

BASIC Daily Trading Journal Entries

- 1) Label each trade setup
- 2) Identify Market Cycle for each trade
- 3) # of winning trades
- 4) # of losing trades
- 5) # of breakeven trades
- 6) Total Profits
- 7) Average Winning \$
- 8) Average Losing \$
- 9) Notes – Comments on positives and negatives from your trading activity.

Lessons Learned