

Trading Analysis Journal

Its systematic maintenance helps you:

- Correctly analyze the results of your trading**
- Quickly identify and eliminate your mistakes in trading**
- Test and develop new trading strategies faster**

How to use:

- 1. At the end of the trading day or session, open your completed "Trader's Diary".**
- 2. Based on the Trader's Diary entries, analyze each trade on the indicated points**
- 3. After analyzing all the trades of the day (session), see what they have in common and draw conclusions about what to change in your trading and what to continue to apply.***
- 4. On the next trading day (session), apply the conclusions you came to and evaluate the result.**

Good luck!

*Try to change only one item. In extreme cases - no more than 3. Otherwise, it will be difficult for you to assess the impact of the introduced changes on trading next time - whether they helped or not.

Session

- Strategie _____
- General trend UP DOWN FLAT
- Trade: With the trend Against the trend In the range
- Main signal to enter a trade (according to the strategy)

- Confirmation signals (if any)

- The result of the trade: _____ _____%(of the total deposit)

Notes and comments (your opinion on the result of the transaction):

Did I follow the trading plan?

Yes

NO

How did I feel during the trading process?

In a series of successful transactions: _____ out of _____

In a series of unsuccessful deals: _____ out of _____

What mistakes did I make?

- _____
- _____
- _____

Causes of errors in my opinion _____

What to change to improve the result

Leave everything unchanged

- _____
- _____
- _____

Session (filling example)

- Strategie "Watcher"
- General trend **UP** DOWN FLAT
- Trade: **With the trend** Against the trend In the range
- Main signal to enter a trade (according to the strategy)
 - The high of the last candle before the upward reversal from the breakout correction
- Confirmation signals (if any)
 - Pinbar on a reversal, just before a trade signal
 - Strong support near reversal
 - _____
- The result of the trade: 36\$ 5%(of the total deposit)

Notes and comments (your opinion on the result of the transaction):

Did I follow the trading plan?

Yes

NO

How did I feel during the trading process?

The deal was concluded under obvious conditions, so I was confident in the opening and did not worry about the result. Watching the price change, I was nervous when the price went in the opposite direction from my forecast anyway.

In a series of successful transactions: 3 out of 5

In a series of unsuccessful deals: _____ out of _____

What mistakes did I make?

- I doubted the signal for a long time and opened a deal later than it was necessary according to the strategy*
- Opened a deal on only one asset*
- Took too little expiration time*

Causes of errors in my opinion

It takes me too long to make a decision on each transaction despite working by a strategy,

What to change to improve the result

Leave everything unchanged

- To work out the application of the strategy on a Demo account*
- Do not observe the price change after the conclusion of the trade*
- Choose a longer expiration time when trend trading*