

Daily plan

Trading journal · Date:

MORNING CHECKLIST	
Sentiment	
Daily bias	
Key levels	
Positions	

TRADE DETAILS					
Asset	Setup		Buy	Sell	R

RESULTS OF THE DAY					
Trades	Best	R	Worst loss	Total P&L	Total R

SESSION EXPECTATIONS	
► Open	
► Close	

CONCLUSIONS

+ Positive	
– Negative	
? Why	
→ Fix	
Plan followed?	

EVENING CHECKLIST	
☐ Position listing	
☐ Conclusions	
☐ Overnight orders	

Weekly recap

Trading journal · Week of:

MARKET CONTEXT OF THE WEEK	
Weekly bias	
Structure	
Key levels	
Catalysts	
☐ Dailies reviewed	
☐ Trades logged	
☐ Equity curve	
☐ Objective met	

DAY BY DAY								
Day	Trades	Wins	Losses	Win rate	P&L	Total R	Best R	Notes
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
Total								

RESULTS OF THE WEEK								
Trades	Win rate	Total P&L	Total R	Best day	Best R	Max drawdown		

► Objective								

CONCLUSIONS								
+ Positive								
– Negative								
? Why								
→ Fix								
⚡ Focus for next week								

Monthly recap

Trading journal · Month of:

1. CONTEXT OF THE MONTH

Macroeconomics	
Market state	
Sentiment	
Narratives	
Overall bias	

2. WEEK BY WEEK

Wk	Trades	Wins	Losses	Win rate	P&L	Total R	Best R	Notes
S1								
S2								
S3								
S4								
S5								

3. RESULTS OF THE MONTH

Trades	Win rate	Total P&L	Total R	Best week	Max drawdown	Best day	Best win streak	

4. ANALYSIS OF FREQUENT MISTAKES

Two mistakes maximum. For each one: the root cause, the action plan, the success indicator.

Mistake #1	
→ Root cause	

→ Action plan	
→ Success indicator	
Mistake #2	
→ Root cause	
→ Action plan	
→ Success indicator	

5. STRATEGY TO DEPLOY

► Setups	
► Markets	
► Context	

6. RISK MANAGEMENT

Risk per trade	
Daily risk	
Monthly risk	
Max leverage	
Position size	
Hard rules	

7. GOALS FOR NEXT MONTH

► Performance	
► Process	
► Mindset	
► Learning	

8. CONCLUSIONS FROM LAST MONTH

+ Positive	
– Negative	
? Why	
→ Fix	
⚡ Key lesson	

9. FOLLOWING GOALS	
Month +1	
Month +2	

Template by Captain Trading — captain-trading.com

Repeat offender

Recurring mistake tracker

RELAPSES — TICK EVERY NEW OCCURRENCE										
Relapse	1	2	3	4	5	6	7	8	Total	What it cost me
Inconsistent risk/reward									0	
Improvised plan									0	
Entry too early									0	
Entry point moved at a loss									0	
Exit too early									0	
Exit too late									0	
Plan changed mid-trade									0	
Bet too big									0	
Bet too small									0	
Trade outside key levels									0	
Trade without a stop loss									0	
New mistake?									0	

CONSEQUENCES AND ACTION PLANS		
Recurring mistake		How to stop making it

