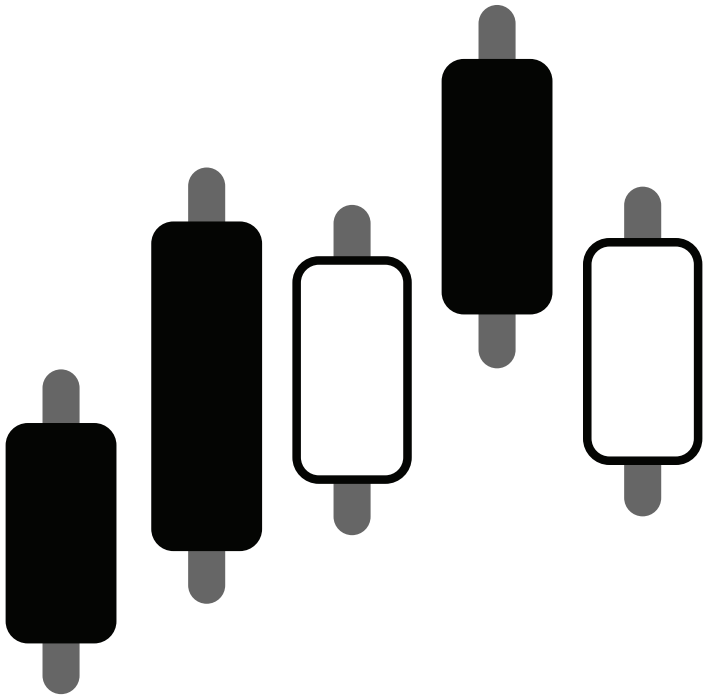
Trading Journal



Name.....

Address.....

Phone number.....

Trading Rules

Strategies and Setup

Trading Plan

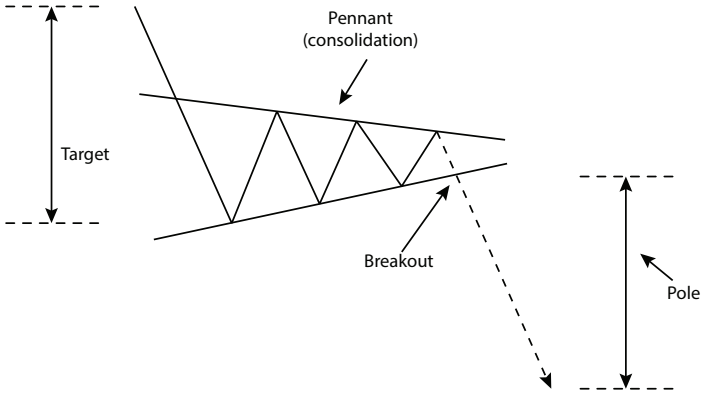
Review

Month	Profit	Goal

Review

Month	Profit	Goal

Bearish Pennant



Explanation

A bearish continuation pattern with consolidation resembling a small symmetrical triangle.

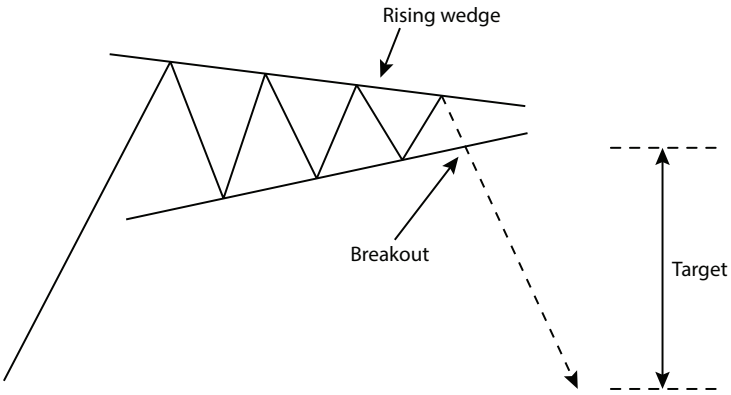
Best performance

Works best after a sharp down trend, signalising further decline after the breakout.

Key insight

Shows a pause in momentum before continuing the downward move.

Bearish Rising Wedge



Explanation

A bearish reversal pattern with upward-sloping converging trend lines.

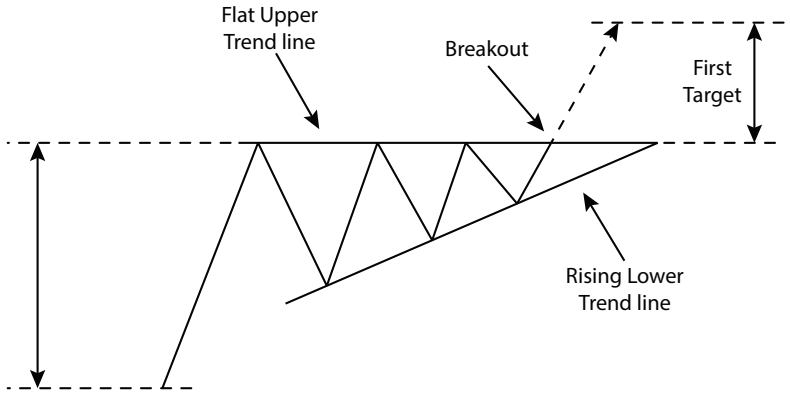
Best performance

Performs well in up trends or down trends, signalising a potential reversal.

Key insight

The breakdown often leads to a sharp decline, especially after an up trend.

Ascending Triangle



Explanation

A bullish continuation pattern with a horizontal resistance line and an ascending support line.

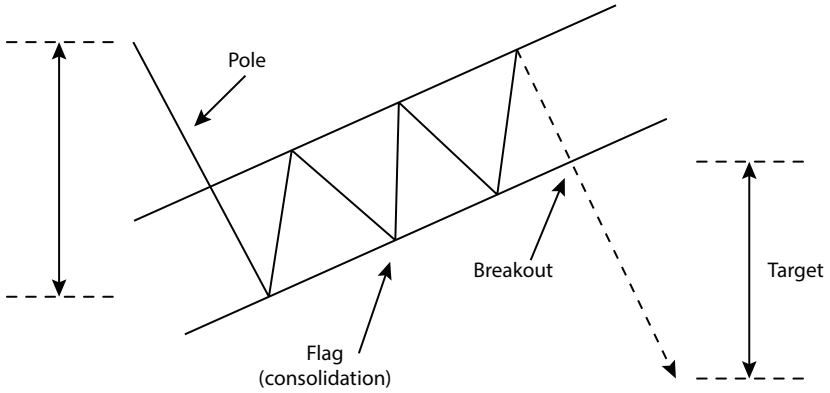
Best performance

Works best in an up trend, signalising a continuation of the bullish move.

Key insight

Breakout often occurs near the apex of the triangle, where support and resistance lines converge.

Bearish Flag



Explanation

A bearish continuation pattern that forms after a sharp decline, followed by brief consolidation in a channel.

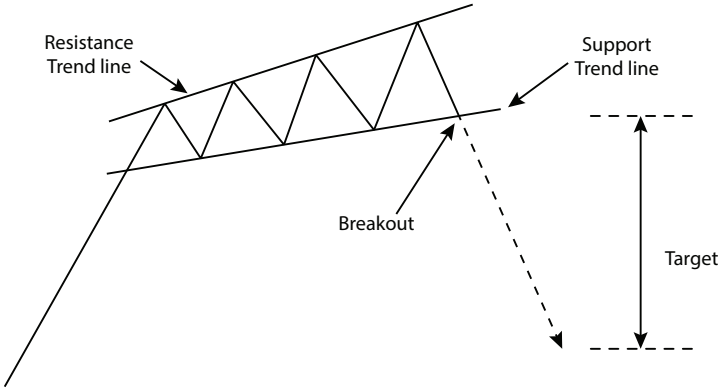
Best performance

After a strong down trend, the breakdown signals further downside.

Key insight

Volume decreases during consolidation and increases during the breakdown.

Broadening Wedge Ascending



Explanation

An expanding pattern with diverging trend lines indicating increased volatility.

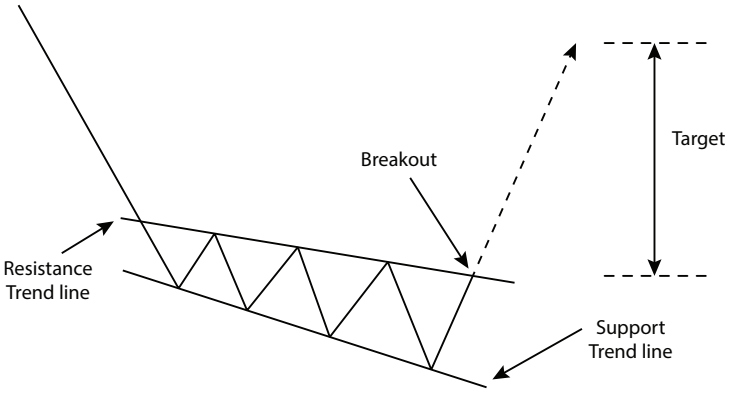
Best performance

Can act as a continuation or reversal pattern, often with a bearish bias.

Key insight

Volume typically expands with the pattern.

Broadening Wedge Descending



Explanation

A broadening pattern with downward-diverging trend lines, showing increasing volatility.

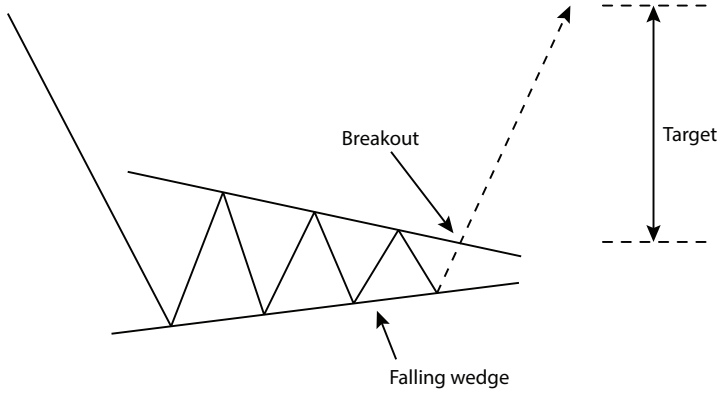
Best performance

Usually bullish, signalising a reversal if the price breaks upward.

Key insight

Volume increase during the breakout confirms the move.

Bullish Falling Wedge



Explanation

A bullish reversal pattern formed by converging downward-sloping trend lines.

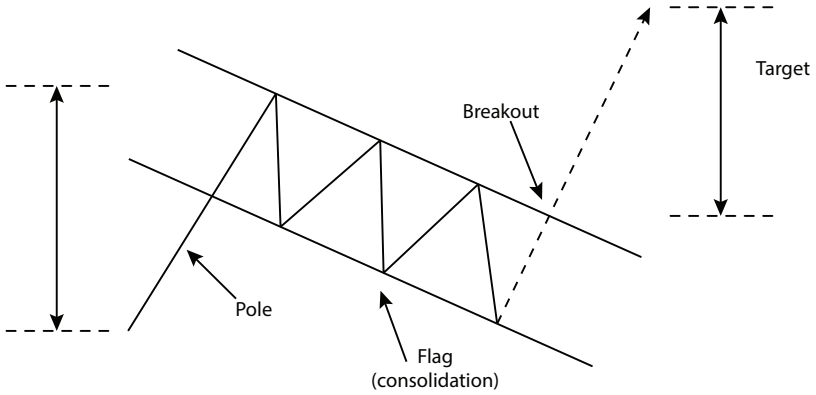
Best performance

Best in a down trend, signalising a reversal to the upside.

Key insight

Volume decreases within the wedge, followed by a spike during the breakout.

Bullish Flag



Explanation

A bullish continuation pattern after a sharp upward move, followed by consolidation in a channel.

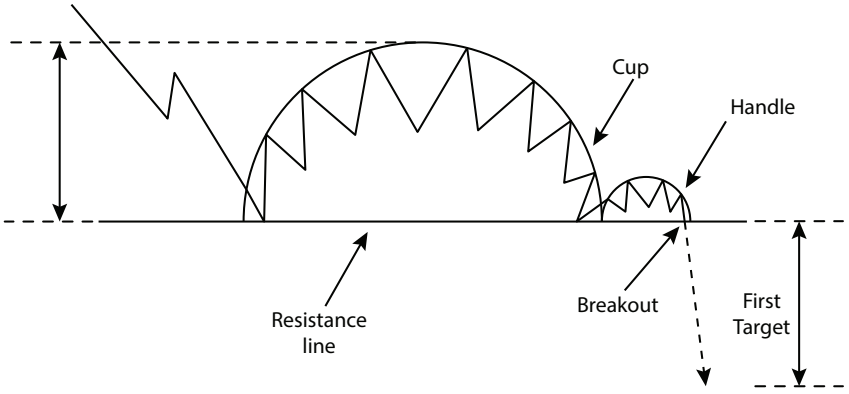
Best performance

Appears during up trends, with a breakout signalising further upward movement.

Key insight

Low volume during the flag's formation and higher volume during the breakout confirm the pattern.

Cup And Handle Inverted



Explanation

A bearish reversal pattern resembling an upside-down “U” followed by a short consolidation (handle).

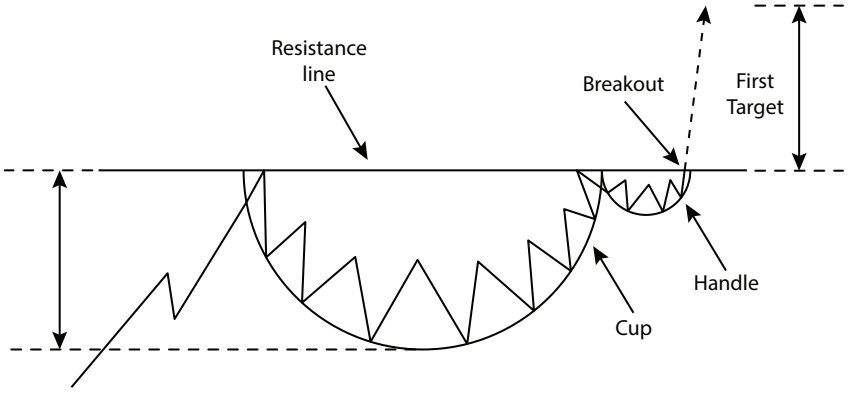
Best performance

Best in down trends, signalising further downside after the handle breaks.

Key insight

Volume increases during the breakdown, confirming the move.

Cup And Handle



Explanation

A bullish continuation pattern where price forms a rounded “U” followed by a small consolidation (handle).

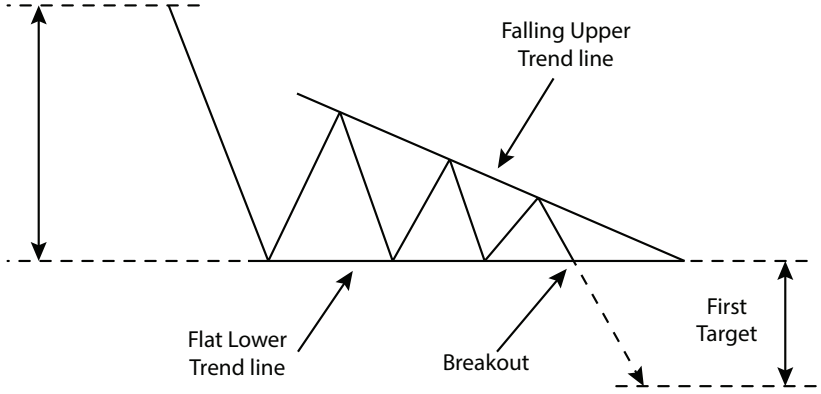
Best performance

Appears during up trends, with a handle breakout signalising further upward movement.

Key insight

Breakout above the handle with strong volume confirms the pattern.

Descending Triangle



Explanation

A bearish continuation pattern with a horizontal support line and descending resistance.

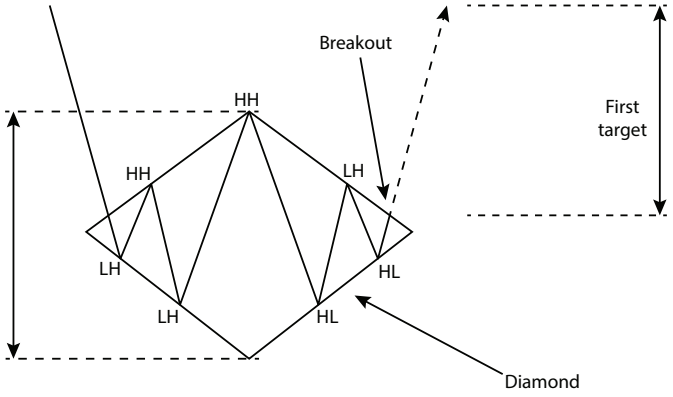
Best performance

Best in down trends, signalising further downside after a breakdown.

Key insight

Breakout near the apex, with increased volume confirming the move.

Diamond Bottom



Explanation

A bullish reversal pattern resembling a diamond shape, often found at the end of a down trend.

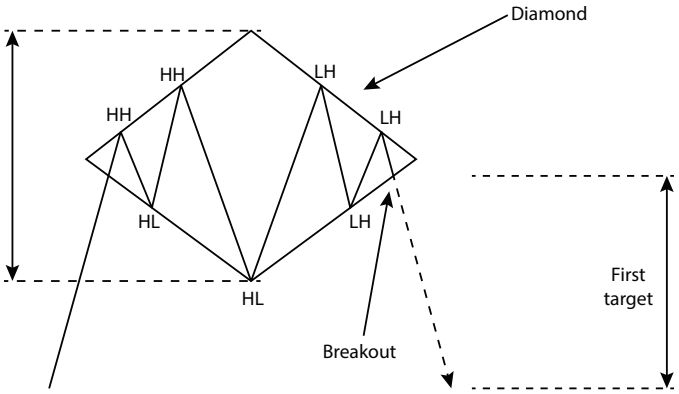
Best performance

After an extended down trend, breakout signals a potential reversal to the upside.

Key insight

Volume confirmation during the breakout is crucial.

Diamond Top



Explanation

A bearish reversal pattern resembling a diamond shape, often found at the end of an up trend.

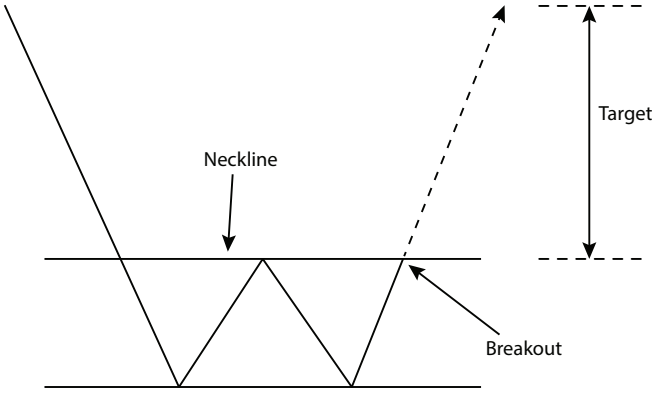
Best performance

Signals a trend reversal when price breaks below the lower boundary of the diamond.

Key insight

Volume typically increases during the breakdown.

Double Bottom



Explanation

A bullish reversal pattern where price tests a support level twice before breaking upward.

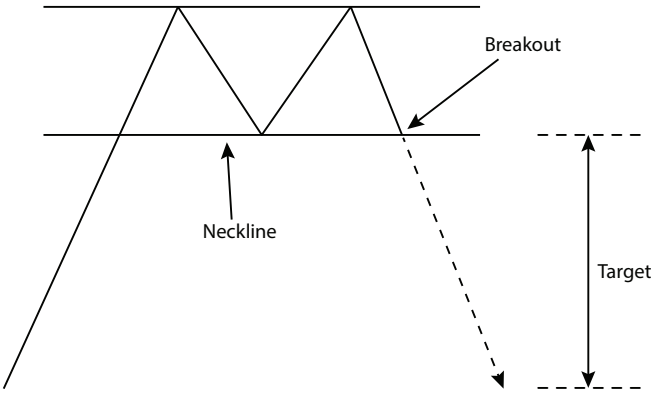
Best performance

Best in down trends, signalising a reversal to the upside after the second bottom.

Key insight

Higher volume on the breakout confirms the pattern.

Double Top



Explanation

A bearish reversal pattern where price tests a resistance level twice before breaking down.

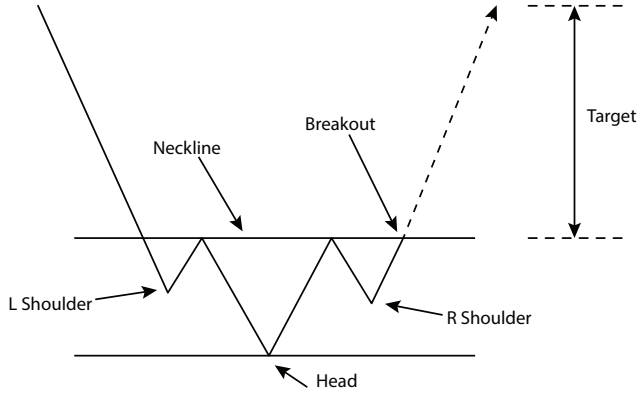
Best performance

Works best in up trends, signalising a reversal after the second top fails to break higher.

Key insight

Volume often increases during the breakdown.

Head & Shoulder Bottom



Explanation

A bullish reversal pattern with three troughs, the middle (head) being lower than the outer two (shoulders).

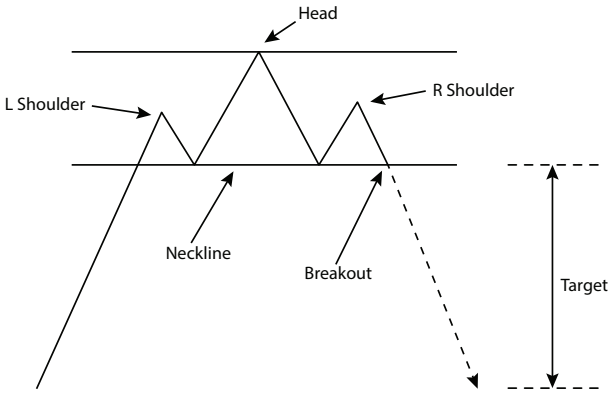
Best performance

Best in down trends, with a breakout above the neckline signalising a reversal.

Key insight

Volume typically decreases during formation and increases during the breakout.

Head & Shoulder Top



Explanation

A bearish reversal pattern with three peaks, the middle (head) being higher than the outer two (shoulders).

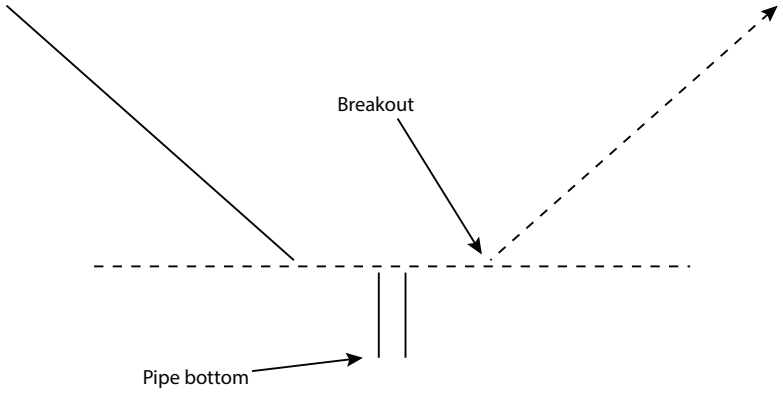
Best performance

Seen in up trends, where a break below the neckline signals a trend reversal.

Key insight

Volume typically increases during the breakdown.

Pipe Bottom



Explanation

A bullish reversal pattern characterized by two long downward spikes forming near the same price level.

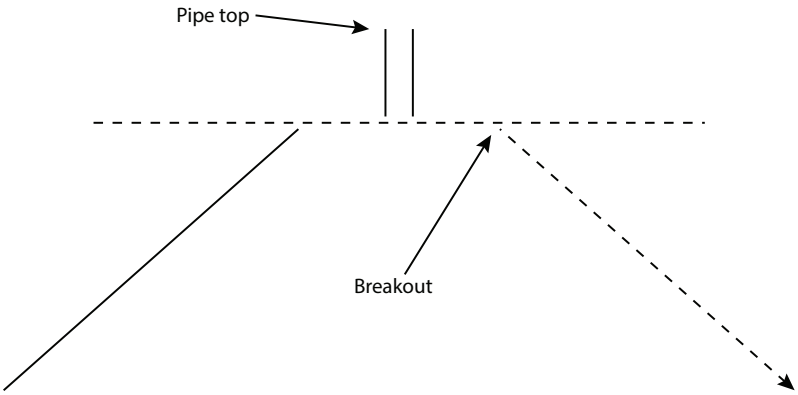
Best performance

Appears at the end of a down trend, signalising a reversal.

Key insight

Volume increase on the second low confirms the reversal.

Pipe Top



Explanation

A bearish reversal pattern characterized by two upward spikes that hit a resistance level.

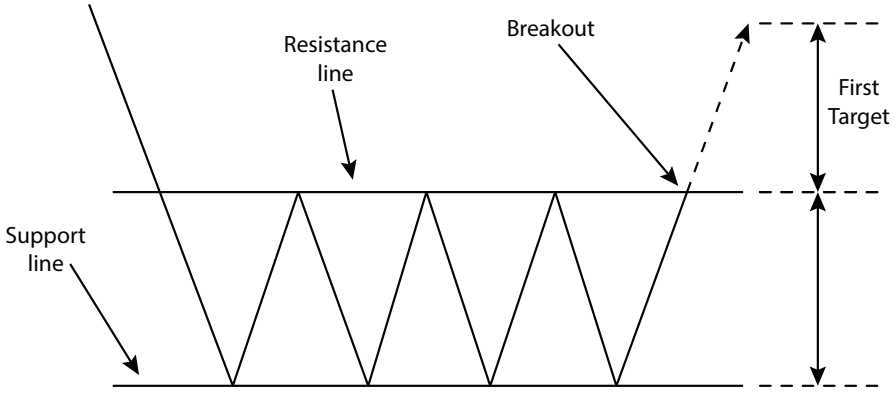
Best performance

Found at the end of an up trend, signalising a reversal after the second peak.

Key insight

High volume on the second peak confirms the pattern.

Rectangle Bottom



Explanation

A continuation or reversal pattern with price consolidating between horizontal support and resistance lines.

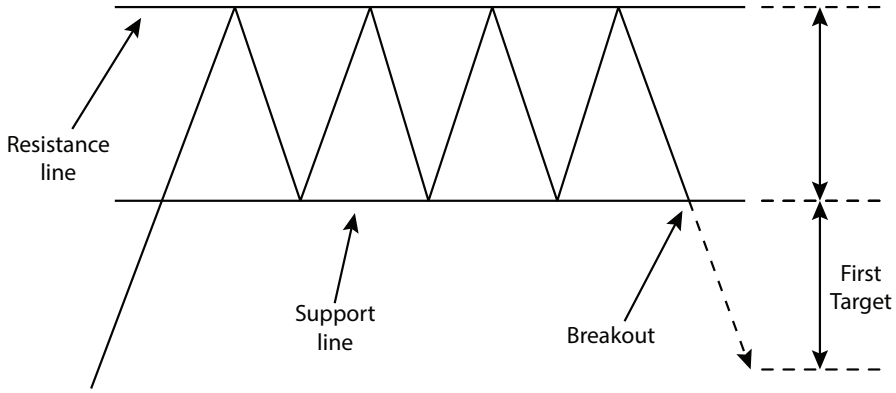
Best performance

In down trends, a breakout from the range signals further downside or a reversal if breaking up.

Key insight

Volume usually declines during consolidation.

Rectangle Top



Explanation

A similar pattern to the rectangle bottom, but in an up trend, with price consolidating in a range.

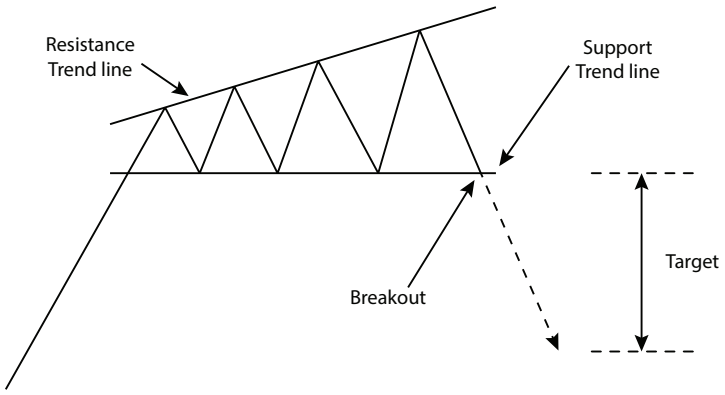
Best performance

Break below support signals further downside, or a break above signals continuation upward.

Key insight

Volume spike confirms the breakout direction.

Right Angle Ascending Wedge



Explanation

A bearish continuation pattern with flat resistance and rising support.

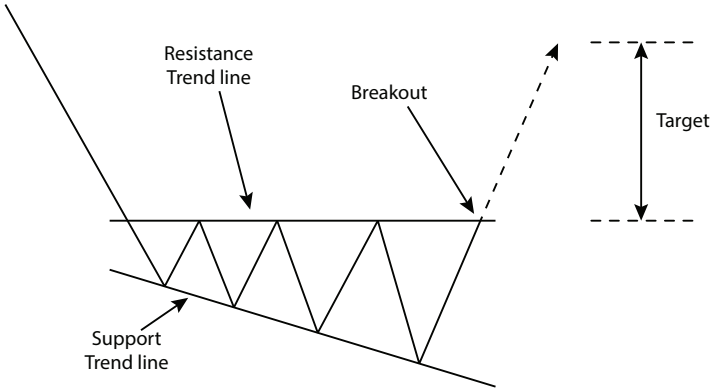
Best performance

Works well in down trends, signalising further decline after support breaks.

Key insight

Sharp breakout is often confirmed by increasing volume.

Right Angle Descending Wedge



Explanation

A bullish continuation pattern with flat support and descending resistance.

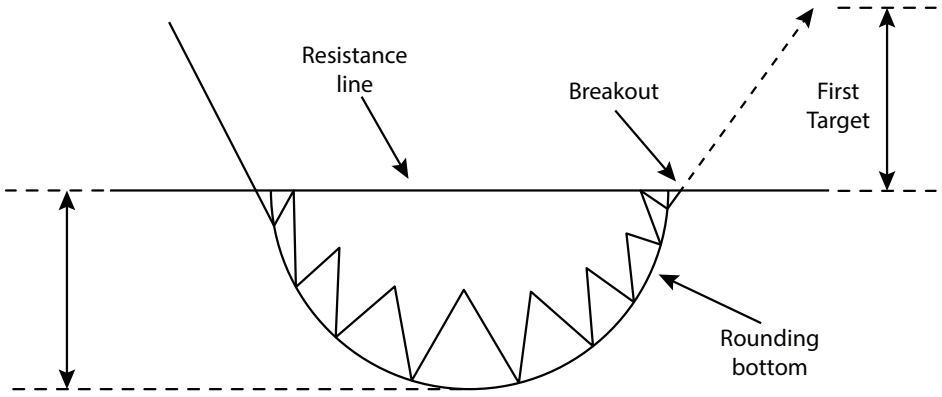
Best performance

Appears in up trends, signalising continuation of the up trend after the breakout.

Key insight

Increasing volume during the breakout confirms the pattern.

Rounding Bottom



Explanation

A bullish reversal pattern with a gradual, curved formation indicating a transition from a down trend.

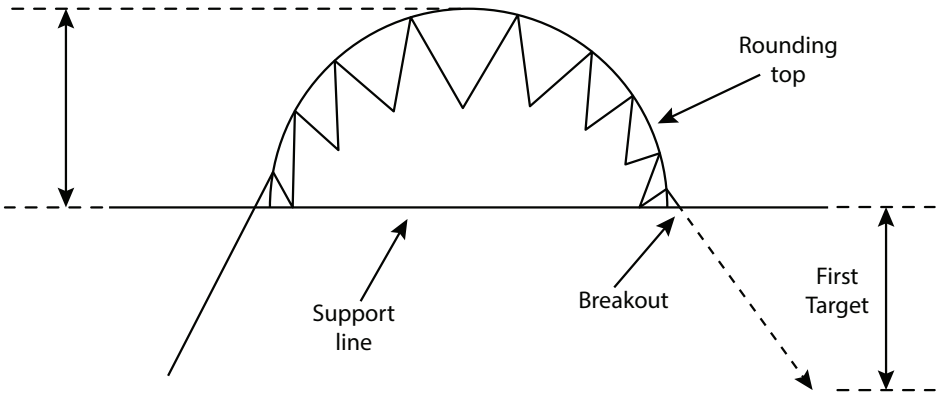
Best performance

Best in down trends, with a breakout above resistance confirming the reversal.

Key insight

Volume typically declines during formation and spikes during the breakout.

Rounding Top



Explanation

A bearish reversal pattern where the price curves gradually downward, indicating a transition from an up trend.

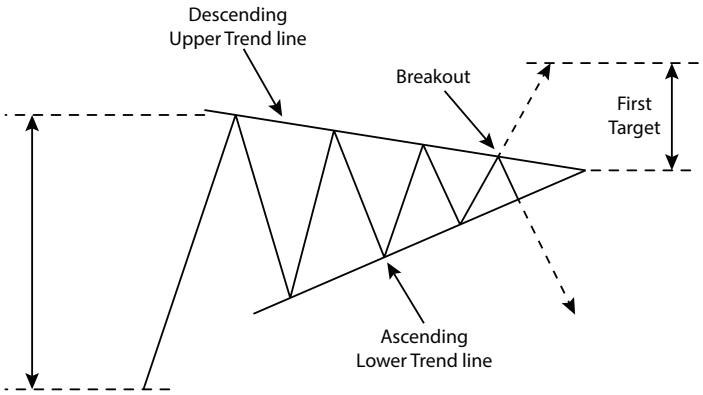
Best performance

Seen in up trends, signalising a reversal when price breaks below support.

Key insight

Volume typically increases during the breakdown.

Symmetrical Triangle



Explanation

A continuation pattern where price converges within two trend lines (one ascending, one descending).

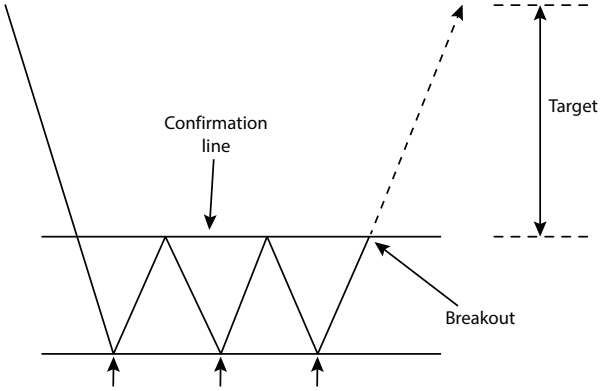
Best performance

Can break in either direction, with the breakout indicating continuation of the previous trend.

Key insight

Closer to the apex, the breakout tends to be more decisive.

Triple Bottom



Explanation

A bullish reversal pattern where price tests support three times before breaking upward.

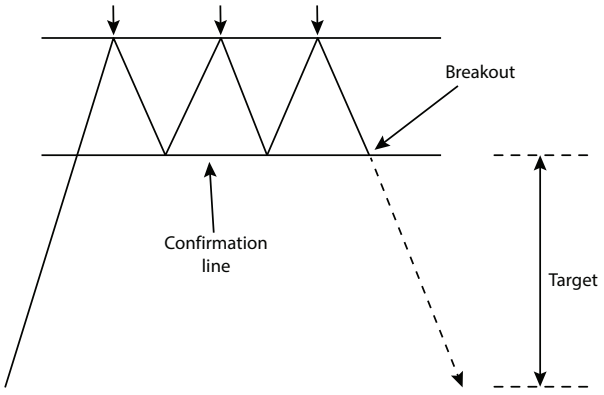
Best performance

Best in down trends, signalising reversal after the third test of support.

Key insight

Volume confirmation on the breakout is crucial for validation.

Triple Top



Explanation

A bearish reversal pattern where price tests resistance three times before breaking down.

Best performance

Works well in up trends, signalising reversal after the third top fails to break higher.

Key insight

Increasing volume during the breakdown confirms the pattern.

Trade log

M T W T F S S

Date _____ Today feel _____

Symbol	Entry time	Buy/Sell	Quantity	Entry price	Stop loss	Take profit	Exit price	PnL

Day performance	
Starting balance	
Total trades	
Stop loss activated	
Take profit activated	
Biggest win/symbol	
Biggest loss/symbol	
%	

Notes

Set-up type	Enter too early	Enter too late	Area of supp	Area of resist	Followed plan	Scared	Greedy	Well managed

Personal performance	
What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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Date _____ Today feel _____

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Day performance	
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Stop loss activated	
Take profit activated	
Biggest win/symbol	
Biggest loss/symbol	
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Personal performance	
What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to improve	
What do I need to avoid	
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Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to avoid	
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Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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Personal performance	
What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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Personal performance	
What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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Personal performance	
What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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Personal performance	
What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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Personal performance	
What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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Personal performance	
What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to avoid	
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Things to do more	
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What do I need to avoid	
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Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to avoid	
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Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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What do I need to improve	
What do I need to avoid	
Habits to remove	
Things to do more	
Where can I be more precise	
How can I fix the issues	

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Things to do more	
Where can I be more precise	
How can I fix the issues	

Trade log

M T W T F S S

Date _____ Today feel _____

Symbol	Entry time	Buy/Sell	Quantity	Entry price	Stop loss	Take profit	Exit price	PnL

Day performance	
Starting balance	
Total trades	
Stop loss activated	
Take profit activated	
Biggest win/symbol	
Biggest loss/symbol	
%	

Notes

Set-up type	Enter too early	Enter too late	Area of supp	Area of resist	Followed plan	Scared	Greedy	Well managed

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