

Date of exit

dfg

Why did you exit the trade?

werw

How much money did you make or lose?

asdf

What was the profit or loss % on the trade.

asdf

What was your average trade position price?

wer

What was your exit price or prices (if you scaled out)?

wer

Did you follow your trading plan?

asdf

Did emotions cause you to make any of your decisions?

wer

What were the lessons learned from this trade?

asdf

If you can do this trade over again, what would you do differently?

wer

Did you take profits too soon? If so, why?

fasdf

Did you cut your loss too late? If so, why?

ewr

Recap your trade in detail

ddrt

Notes

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