Latens Trader Weekly Review – Sunday Session Template

# 1. Trade Review & Logging (Manual Master Log)

- Go through each trade from the past week.  
- Log the following for each trade:  
 - Pair  
 - Setup  
 - Entry reason  
 - Exit reason  
 - R/R  
 - Emotional state  
 - Screenshot link or filename  
 - Key lesson from this trade

# 2. System Feedback Loop

- Did I follow the Latens system rules?  
- Did I break or bend any rules? Why?  
- Were any rules exposed as weak or incomplete?  
- What rule or part of the system needs tightening?  
- One key adjustment to make going forward:

# 3. Performance Metrics Check

Fill in your metrics for the week:  
- Total trades: \_\_\_\_\_\_  
- Win rate (%): \_\_\_\_\_\_  
- Average R per trade: \_\_\_\_\_\_  
- Total R gain/loss: \_\_\_\_\_\_  
- Equity curve update? Y/N  
- Any equity curve screenshots saved? Folder path: \_\_\_\_\_\_

# 4. Visual Recap (Optional)

- Save screenshots or markups of notable trades.  
- Folder for this week: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
- Did I notice any recurring patterns?  
- Any fakeouts, sniper entries, or textbook setups worth studying again?

# 5. Mental State Scan

- How did I feel overall this week during trades?  
- Any fear, hesitation, revenge, greed?  
- Any trade where emotion overpowered logic?  
- What mental pattern am I improving?  
- How’s my patience and discipline score this week (1-10)? \_\_\_\_