

The Only Way To Improve Your Edge: Daily Journals for (EURUSD)

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"It starts with hard work, but it ends with smart work."

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1 The Journal

1. ERL – IRL (Bias):

- LTP = Daily Internal to External — The why
- ITP = 1H Internal to External — The how
- STP = 5M MMXM — The Entry

2. Weekly Profile (confluence) :

- Tuesday = Classic Expansion — low of the week

3. Daily Profile (Bias Confirmation) :

- London reversal = 15M — Change in stat of delivery

1.1 The Logs

SYMBOL	SESSION	ENTRY TIME	ENTRY EXIT	R-R	RISK %	OUTCOME
EURUSD	LOKZN	02:49AM	03:43AM	2R	0.5%	WIN

1.2 Charts

⇒ LTP : (Daily ERL to IRL)



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2 Summary

2.1 Trades Outcome

2.2 Notes:

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