

# Trade Journal Template

## From Lesson 26: Trade Journal Mastery

Use this template to systematically review and improve your trading.



### Trade Details

Date: \_\_ Time: \_\_ Asset: \_\_ Timeframe: \_\_



### Pre-Trade Analysis

#### Setup Identification

**Setup Type:** (Liquidity Sweep / Divergence / Regime Shift / Multi-Timeframe / Other)

**What I saw:** - \_\_\_\_\_ - \_\_\_\_\_

**Signal Pilot Indicators Used:** - [ ] Janus Atlas: \_\_\_\_\_ - [ ] **Plutus Flow:** \_\_\_\_\_ - [ ] Volume Oracle: \_\_\_\_\_ - [ ] Pentarch Pilot: \_\_\_\_\_

**Market Regime:** (Trending Up / Trending Down / Ranging / Volatile)

#### Multi-Timeframe Analysis

**Higher Timeframe (HTF):** - Direction: \_\_ - **Structure:** \_\_\_\_\_ - Supports my trade? Yes / No

**Mid Timeframe (MTF):** - Direction: \_\_ - **Structure:** \_\_\_\_\_ - Indicates setup? Yes / No

**Lower Timeframe (LTF):** - Entry timing: \_\_ - **Precision:** \_\_\_\_\_

**Alignment Score:** \_\_ / 3 timeframes aligned

## Confluence Checklist

- ☐ HTF trend alignment
- ☐ MTF structure alignment
- ☐ LTF precise entry
- ☐ Signal Pilot indicator signal
- ☐ Volume indication
- ☐ Regime supports setup
- ☐ Risk/reward >2:1

**Confluence Score:** \_\_ / 7

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## Trade Execution

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### Entry

**Entry Price:** \$\_\_ **Entry Time:** \_ **Position Size:** \_ shares/contracts **Account Risk:** \_\_\_\_\_% (should be ~1%)

**Entry Quality:** (A+ / A / B / C / D / F) **Why this grade:** \_\_\_\_\_

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### Risk Management

**Stop Loss:** \$\_\_ **Stop Distance:** \_\_ pts / \_\_% **Max Loss:** \$\_\_ (should match 1% account)

**Take Profit Targets:** - Target 1 (1.5R): \$\_\_ **(30% position)** - Target 2 (2.5R): \$\_\_ **(40% position)** - Target 3 (trail): \$\_\_ (30% position)

**Initial R:R Ratio:** \_\_:1

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## Trade Outcome

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### Exit Details

**Exit 1:** - Price: \$\_\_ - Time: \_ - Size: \_% of position - R-multiple: \_\_\_\_

**Exit 2:** - Price: \$\_\_ - Time: \_ - Size: \_% of position - R-multiple: \_\_\_\_

**Exit 3:** - Price: \$\_\_ - Time: \_ - Size: \_% of position - R-multiple: \_\_\_\_

**Final R-Multiple:** \_\_ **P&L:** \$\_\_\_\_\_ **Win / Loss / Breakeven**

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## Post-Trade Analysis

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### What Went RIGHT

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

### What Went WRONG

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

### Emotional State

**Pre-Trade:** (Calm / Excited / Anxious / Fearful / Confident / Overconfident) **During Trade:** (Calm / Stressed / Impatient / Disciplined / Emotional) **Post-Trade:** (Satisfied / Regretful / Neutral / Frustrated / Overjoyed)

**Did emotions affect execution?** Yes / No **If yes, how:** \_\_\_\_\_

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## Setup Quality Review

**Was this an A-grade setup?** Yes / No

**If No, why did I take it?** - ☐ FOMO (fear of missing out) - ☐ Revenge trading (after a loss)  
- ☐ Boredom (forced a trade) - ☐ Overconfidence (after wins) - ☐ Missed something in  
analysis - ☐ Other: \_\_\_\_\_

## Lessons Learned

**Key Insight from this trade:**

**What I'll do differently next time:**

**Rule to add/update:**



## Running Statistics

**Update these after EACH trade:**

**This Week:** - Trades taken: \_ - Average R: \_ - Total R: \_ - Profit Factor: \_

**This Month:** - Trades taken: \_ - Average R: \_ - Total R: \_ - Profit Factor: \_ - Best trade: \_ R -  
Worst trade: \_ R

**By Setup Type:** - Liquidity Sweeps: \_ trades, \_ avg R - Divergence: \_ trades, \_ avg R - Multi-  
Timeframe: \_ trades, \_ avg R

## Action Items

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**Before Next Trade:** - ☐ Review this journal entry - ☐ Update trading plan if needed - ☐  
Practice setup identification - ☐ Check emotional state - ☐ Verify account risk is <1% per trade

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**Remember:** - ☒ Journal EVERY trade (wins and losses) - ☒ Be brutally honest in self-assessment - ☒ Focus on process, not just outcome - ☒ Review weekly for patterns

**This is your edge. Use it.**

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