

Trade Journal Template

From Lesson 26: Trade Journal Mastery

Use this template to systematically review and improve your trading.

July
17

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

Trade Execution

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:** _____

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

Trade Outcome

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**

Post-Trade Analysis

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:** _____

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

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

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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