

Trade Journal Mastery

Checklist

Signal Pilot Education Hub

Trade Journal Entry

Checklist

From Lesson 26: Trade Journal Mastery

Use this checklist to systematically journal every trade and identify improvement patterns.



Pre-Trade Analysis (Fill BEFORE Entry)

Market Context

- [] **Date & Time:** _____ at _____
- [] **Asset:** _____
- [] **HTF bias (Daily):** Uptrend / Downtrend / Range
- [] **Regime (Volume Oracle):** Trending / Ranging / Volatile

Setup Analysis

- [] **Setup type:** Janus sweep / Breakout / POC reversion / Other: ____
- [] **Setup grade:** A+ / A / B / C
- [] **Confluence (0-5):**
 - [] Janus Atlas: Sweep detected? +1
 - [] Plutus Flow: POC/CVD aligned? +1
 - [] Volume Oracle: Regime aligned? +1
 - [] Harmonic Oscillator: Extreme? +1
 - [] Footprint: Absorption/exhaustion? +1
- **Total:** ____/5

Risk Parameters

- [] **Entry price:** \$____
 - [] **Stop loss:** \$____ (structure / ATR-based)
 - [] **Stop distance:** \$____ (Entry - Stop)
 - [] **Target 1:** \$____ = ____R
 - [] **Target 2:** \$____ = ____R
 - [] **Position size:** ____ shares/contracts
 - [] **Risk \$:** \$____ (= ____% of account)
 - [] **Planned R:R:** ____:1
-



Execution Data (Fill AT Entry)

Entry Confirmation

- [] **Actual entry price:** \$____ (vs. planned: \$____)
- [] **Slippage:** \$____ (difference from intended)

- [] **Order type:** Limit / Market
- [] **Fill time:** _____
- [] **Emotional state at entry:** Calm / Anxious / FOMO / Revenge / Other: _____

Hypothesis

Why this trade will work:

Trade Management (Fill DURING Trade)

Position Management

- [] **Stop loss order placed:** ✓ (immediately after entry)
- [] **Target order(s) placed:** ✓
- [] **Stop moved to breakeven at:** \$_ (when? _)
- [] **Scaling plan:** % at T1, % at T2

Monitoring Notes

Observations during trade:

- _____
- _____

Emotional check-ins:

- 30 min after entry: Calm / Anxious / Impatient
- 1 hour after entry: Calm / Anxious / Impatient
- Near target/stop: Calm / Anxious / Impatient



Post-Trade Analysis (Fill AFTER Exit)

Exit Data

- [] **Exit price:** \$__
- [] **Exit reason:** Hit target / Stopped out / Manual exit / Time-based
- [] **Exit time:** __
- [] **Actual R-multiple:** ___R
- [] **Gross P&L:** \$__
- [] **Fees (commission + slippage):** -\$__
- [] **Net P&L:** \$__

Performance Metrics

- [] **Planned R:R:** ___:1
 - [] **Actual R:R:** ___:1
 - [] **Win/Loss:** Win / Loss
 - [] **Trade duration:** __ hours/days
-



Psychological Review

Emotional State at Exit

- [] **Feeling:** Satisfied / Frustrated / Relieved / Regretful / Other: __
- [] **Did emotions influence exit?** Yes / No
- If Yes, how? _____

Decision Quality

- [] **Did I follow my plan?** Yes / No
 - Entry: As planned / Early / Late
 - Stop: As planned / Moved wider / Moved tighter
 - Target: As planned / Exited early / Held too long
-



Mistakes & Lessons

Mistakes Made (Be Honest)

Check all that apply:

- [] Entered too early (before confirmation)
- [] Entered too late (chased price)
- [] Ignored HTF bias
- [] Moved stop loss wider (should NEVER do this)
- [] Exited too early (fear)
- [] Held too long (greed)
- [] Oversized position (> planned risk %)
- [] Traded with FOMO/revenge emotion
- [] Skipped confluence check
- [] Other: _____

What Went Well

Positive actions to repeat:

- [] Patient entry (waited for confirmation)
- [] Followed HTF alignment
- [] Stop discipline (didn't move it)
- [] Scaled out properly
- [] Calm emotional state
- [] Good risk management
- [] Other: _____

Lesson Learned

One key takeaway for next time:



Pattern Recognition Tracking

Setup Performance Tracker

After 10+ trades, calculate by setup type:

Setup Type	Trades	Win Rate	Avg R	Total P&L
Janus sweeps	—	__%	__R	\$__
Breakouts	—	__%	__R	\$__
POC reversions	—	__%	__R	\$__
FOMO entries	—	__%	__R	\$__

Insights:

- Best setup type: __ (% WR, R avg)
 - Worst setup type: __ (% WR, R avg)
 - Action: Focus on __, eliminate __
-



Time-of-Day Performance

After 20+ trades, analyze by hour:

Time Block	Trades	Win Rate	Avg R
9:30-10:30 AM	—	__%	__R
10:30-12:00 PM	—	__%	__R
12:00-2:00 PM	—	__%	__R
2:00-4:00 PM	—	__%	__R

Insights:

- Best hours: __ (% WR, R avg)
 - **Worst hours:** __ (% WR, R avg)
 - Action: Trade only during _, avoid _
-



Regime Performance Analysis

After 30+ trades, analyze by regime:

Regime	Trades	Win Rate	Avg R
Trending	—	__%	__R
Ranging	—	__%	__R
Volatile	—	__%	__R

Insights:

- Best regime: __ (% WR, R avg)
 - **Worst regime:** __ (% WR, R avg)
 - Action: Focus on _ regime, sit out _
-



Weekly Review (Every Sunday)

Weekly Statistics

- [] **Total trades:** __
- [] **Win rate:** ____% (target: 55-65%)
- [] **Average R:** ____R (target: 2.0+)
- [] **Net P&L:** \$__ (____%)
- [] **Best trade:** \$__ (setup: __, R: ____R)
- [] **Worst trade:** -\$__ (setup: __, R: ____R)

Pattern Recognition

Repeated mistakes this week:

1. _____
2. _____

Consistent strengths this week:

1. _____
2. _____

Key lesson for next week:

One rule to add to trading plan:



Monthly Review (End of Month)

Monthly Performance

- [] **Total trades:** __

- [] **Win rate:** ____%
- [] **Average R:** ____R
- [] **Profit factor:** ____ (gross wins / gross losses)
- [] **Net P&L:** \$__ (____%)
- [] **Max drawdown:** ____%
- [] **Sharpe ratio:** ____ (if tracking daily returns)

Deep Analysis

Export journal to spreadsheet, create pivot tables:

- [] Performance by setup type (which setups are profitable?)
- [] Performance by time of day (what hours work best?)
- [] Performance by regime (trending vs. ranging?)
- [] Performance by emotional state (calm vs. FOMO?)

Insights:

Trading plan updates:

- [] Add rule: _____
 - [] Remove/modify rule: _____
 - [] Focus more on: _____
 - [] Eliminate: _____
-

🎓 Continuous Improvement

Monthly Goals

Process goals (more important than P&L):

- [] Journal every trade (100% compliance)
- [] Only take A/B-grade setups (no C-grade)

- [] HTF alignment on every trade
- [] Stop loss discipline (never move wider)
- [] Emotional state = calm (no FOMO/revenge trades)

Performance goals:

- [] Win rate: ___%
 - [] Average R: _R
 - [] Max drawdown: < ____%
-

Remember:

- Journal EVERY trade (5 min now saves hours later)
- Track: Setup, regime, confluence, entry/exit, emotions
- Weekly review: Spot patterns, repeated mistakes
- Monthly review: Deep analysis, update trading plan
- Patterns emerge after 20-50 trades
- Fix 1 mistake/month = massive long-term improvement

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