Daily Report Card
<DATE>|<GRADE>|<PNL>

GOAL: <INSERT THAT DAY'S SOLE SPECIFIC FOCUS THAT YOU WANT TO CONSCIOUSLY WORK ON AND GRADE YOURSELF BASED ON>

<REMINDERS / APHORISMS TO MYSELF>
(Example: Listen to INTRADAY CHART AND BOX)
(Example: Selective, only take trades worth writing up.)

Segment	Grade	Playbook Trades Only	Sizing	Immediately In My Favor	Comments
Temp		-	-	-	
9:30 - 11					
11 - 12					
12 - 2					
2 - 4					

WHAT I LEARNED / IMPROVED UPON TODAY:

CHANGES I NEED TO MAKE FROM TODAY:

OVERVIEW:

EASIEST MONEY TRADE:

TICKER: PNL
<INSERT WRITEUP>
<INSERT CHART W EXECS>

TICKER: PNL
<INSERT WRITEUP>
<INSERT CHART W EXECS>