**Individual Trade Journal**

**Trade Entry**

|  |  |
| --- | --- |
| Initial Risk |  |
| Initial Reward |  |
| Initial RRR |  |

|  |  |
| --- | --- |
| Set-up (fundamental) |  |
| Set-up (technical) |  |
| Trigger |  |
| Execution |  |
| Reason for Stop Loss placement |  |
| Reason for Target Limit placement |  |

Entry Screenshot:

**In-trade Management**

In-trade Management Screenshot(s):

**Trade Exit**

|  |  |
| --- | --- |
| Reason for Exit |  |
| Lessons learned |  |
| Solutions to apply for the next trade |  |

Trade Exit Screenshot: