**Trade Review**

**Starting Balance: Ending Balance:**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **No of Trades** | **Hit Rate** | **Largest Loss** | **Largest Win** | **Average RRR** | **Consecutive Wins** | **Consecutive Loss** | **ROI (%)** |
| **Day 1** |  |  |  |  |  |  |  |  |
| **Day 2** |  |  |  |  |  |  |  |  |
| **Day 3** |  |  |  |  |  |  |  |  |
| **Day 4** |  |  |  |  |  |  |  |  |
| **Day 5** |  |  |  |  |  |  |  |  |
| **Total** |  |  |  |  |  |  |  |  |
| **Day 6** |  |  |  |  |  |  |  |  |
| **Day 7** |  |  |  |  |  |  |  |  |
| **Day 8** |  |  |  |  |  |  |  |  |
| **Day 9** |  |  |  |  |  |  |  |  |
| **Day 10** |  |  |  |  |  |  |  |  |
| **Total** |  |  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **Equity Curve**  *[Insert snapshot]* | **Good Trade (Define your best trade)**  *[Insert snapshots and brief here]* |
| **Profit & Loss Histogram**  *[Insert snapshot]* | **Bad Trade (Define your worst trade)**  *[Insert snapshots and brief here]* |

**Self-Review and Trading Psychology:**

|  |  |
| --- | --- |
| **What went well** | **Key points from last review** |
|  |  |
| **Lessons learnt** | **Goals for next week (Solutions)** |
|  |  |

**Action Plan**

Starting Balance: $XX,XXX Max Drawdown: 4% ($XXX) Target: 6% ($XXX)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Week** | **Risk Per Trade** | **Total Exposure (lots)** | **Min RRR** | **Actual RRR** | **Hit Rate** | **Actual Hit Rate** | **No of Trades Expected** | **Actual No of Trades** | **$ Max**  **Profit** | **$ Max**  **Loss** | **Actual Return** | **Cumulative Profit**  **Amount** | **Cumulative**  **Loss**  **Amount** | **Cumulative Amount Actual** |
| **E.g.** | **0.05%** | **0.3 vol** | **2:1** | **1.5:1** | **50%** | **50%** | **10** | **8** | **$50** | **-$25** | **$30** | **$50** | **-$25** | **$30** |
| **1** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **3** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **4** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **5** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **6** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **7** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **8** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **9** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **10** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **11** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **12** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

*\*Grey Boxes – Fill in your hypothetical risk plan to meet the target at the beginning of the week and see if you achieve this on a weekly basis. Fill in the actual result at the end of the week.*

HIGHLIGHTED RULES TO APPLY FROM ON-GOING LESSONS:

E.g. If I have 3 losses in a row on the same day, I will stop trading for the day.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.