

# Trading Journal Template

Date: \_\_\_\_\_

Symbol: \_\_\_\_\_

Direction: [ ] Long [ ] Short

Entry Time: \_\_\_\_\_

Entry Price: \_\_\_\_\_

Target Price: \_\_\_\_\_

Stop Loss: \_\_\_\_\_

Exit Time: \_\_\_\_\_

Exit Price: \_\_\_\_\_

Profit/Loss: \_\_\_\_\_

Position Size: \_\_\_\_\_

Risk Amount: \_\_\_\_\_

Risk/Reward Ratio: \_\_\_\_\_

Market Conditions: \_\_\_\_\_

Entry Rationale: \_\_\_\_\_

Exit Rationale: \_\_\_\_\_

Lesson Learned: \_\_\_\_\_

Emotional State: \_\_\_\_\_

Overall Rating: [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5