

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