



|              |  |
|--------------|--|
| Trade Number |  |
| Product      |  |
| Direction    |  |

**Entry**

|                      |  |
|----------------------|--|
| Date                 |  |
| Price                |  |
| Stop Loss            |  |
| Minimum Target Price |  |
| Risk / Reward Ratio  |  |
| Account % at risk?   |  |
| Trade Size           |  |

**Exit**

|                         |  |
|-------------------------|--|
| Date                    |  |
| Price                   |  |
| P & L                   |  |
| Final Risk/Reward Ratio |  |

How well did I follow my plan?

Not at all

Slightly

Completely

**Comments**

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