

Trading Journal

- 1) Date, Time started, etc.
 1. I give a grade to my physical condition in the morning.
 - i. Came in at 6:45 AM. Slept well. Physical Condition: C- or D+ (watch out! Probably push trades too hard. Probably impatient, etc.)
- 2) O/N market. Market condition: balanced, imbalanced, Dbl distr, chop, tight range, etc
 1. O/N levels: hi/lo of session. O/N VPOC. Major O/N levels.
- 3) Key releases expected: Home sales/permits, ISM, beige book, whatever
- 4) 3 Hypotheses of the day:
 1. Opening trade: Likely test lower. Rotate to 1170.00 (NVPOC). Continue to 1176.00 (ext NVPOC target)
 2. Open Test Drive lower: Test yday's low, reject, trade to 1159.50 (NVPOC)
 3. Open Reject Reverse: Opens. Tries to push lower, responsive buying....
- 5) Trades Taken:
 1. Setup #, long, qty, price, stop, scales, target, Maximum Favorable Excursion (MFE), Maximum Adverse Excursion (MAE), Best Scale-Out (BSO). How did u execute?
 - i. Execution:
 1. Stop identification: 7 out of 10
 2. Entry: 9 of 10
 3. Trade management: Did u get ur targets, etc? 6 of 10
 4. Trade close: Did u maximize ur target? 8 of 10
 5. Technical Overall: 29/40
 6. Inner Monkey: 8/10
- 6) Session Stats: IB size, Day's Range,
- 7) Things to work on!!!!!!
 1. Start scaling out in larger increments depending on volatility
- 8) End of Day Chart: Print chart of today, place notes on economic figures, etc, file