The trading journal

Print it or fill it in on screen. One log for every setup you see, not just the ones you take, and a weekly page that keeps you honest.

How to use it

- **Log every setup you see**, including the ones you skip. Skipped setups are how you find out whether your filters help.
- **Write the target in R before the trade.** That fixes your chance line: 1 in 3 at 2R.
- **Tick the S I R C stages** that printed, so you can see which stage you most often jump.
- **Once a week**, fill in the review page and compare your hit rate with the chance line, after costs.

Why this matters

A journal of only the trades you took shows you the setups you liked. A journal of every setup shows you the model.

THE LOG

Every setup, taken or not

DATE	MARKET / TF	MODEL	S I R C	TAKEN?	ENTRY	STOP	TARGET (R)	RESULT (R)

S I R C: tick each stage that printed. Log the ones you skip too, or your results will only ever show the setups you liked.

WEEKLY REVIEW

Week of ______________

Numbers

Setups seen: ______ Taken: ______

Average target: ______ R

Chance line (1 ÷ (1 + target)): ______ %

My hit rate: ______ % After costs: ______ R

Rules

- [ ] Waited for the retest every time
- [ ] Stop beyond the sweep, never moved
- [ ] No second entry after a stop
- [ ] Logged every setup, including skips

Best-read setup and why

Worst-read setup and why

One thing to change next week