

Name

Week of

Max loss today

Max trades

Levels to watch

EXCITEMENT METER

Steady

1

2

3

4

5

6

7

8

9

10

FOMO!

Above 7? Trade smaller or sit out.



Celebrate good decisions, not just good profits.

BEST DECISION THIS WEEK

THE TRADE I AM GLAD I SKIPPED

LIGHTBULB MOMENT

WIN I AM PROUD OF

☐

Respected every stop-loss

9

No revenge trades

4

Journalled every trading day

9

Stayed within my risk limit

TRADES

WIN RATE %

NET RESULT

RULES BROKEN

NEXT WEEK I WILL...

"Plan followed?" matters more than profit. Type into this PDF or print a fresh copy every week. For learning only, not investment advice.