

Your TRADING JOURNAL

PDF & Excel Journals to Track and Improve Your Trading Profits

[TRADE #]	Entry Date	FX Pair	L OR S?	Entry Price	Stop	1st Target	Risk
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[TRADE #]	Entry Date	FX Pair	L OR S?	Entry Price	Stop	1st Target	Risk %	Risk \$	Position size (lots)	Exit Price	Profit/Loss Pips + / -	Profit/Loss \$	Exit Date
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eason for Tra	eason for Trade Entry: EXAMPLE; I have just entered a 4 hour chart bearish pin bar that has formed rejecting a major daily support level and with the trend lower.												
IOTES: An example of a trade note may be; after entering the trade I will move to break even when price gets to daily chart level XXX.													
rade Result Remarks: EXAMPLE; Fully recap the whole trade, including how you felt during the trade AND most importantly any psychology or emotional decisions/mistakes you make during the trade.													
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(TRADE #1	Entry Date	FX Pair	L OR S?	Entry Price	Stop	1st Target	Risk %	Risk \$	Position size (lots)	Exit Price	Profit/Loss Pips + / -	Profit/Loss \$	Exit Date
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