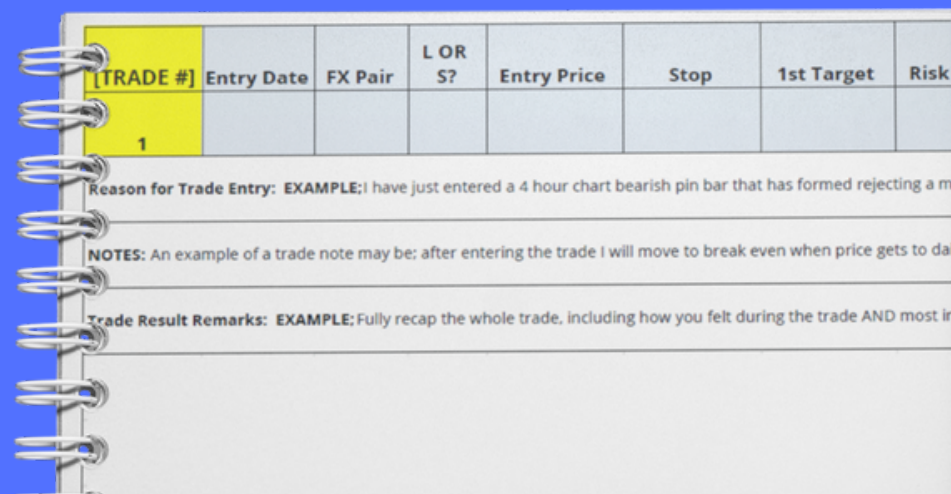*Your*
TRADING JOURNAL

PDF & Excel Journals to Track and Improve Your Trading Profits

[TRADE #]	Entry Date	FX Pair	L OR S?	Entry Price	Stop	1st Target	Risk
1							

Reason for Trade Entry: EXAMPLE; I have just entered a 4 hour chart bearish pin bar that has formed rejecting a ma

NOTES: An example of a trade note may be: after entering the trade I will move to break even when price gets to dail

Trade Result Remarks: EXAMPLE: Fully recap the whole trade, including how you felt during the trade AND most im

[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
1													

Reason 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.

NOTES: 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.

Trade 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.

[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
2													

Reason for Trade Entry:

NOTES:

Trade Result Remarks:

[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
3													

Reason for Trade Entry:

NOTES:

Trade Result Remarks:

[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
4													

Reason for Trade Entry:

NOTES:

Trade Result Remarks:

[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
5													

Reason for Trade Entry:

NOTES:

Trade Result Remarks:

[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
6													

Reason for Trade Entry:

NOTES:

Trade Result Remarks:

[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
7													

Reason for Trade Entry:

NOTES:

Trade Result Remarks:

[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
8													

Reason for Trade Entry:

NOTES:

Trade Result Remarks: