



Professional Trading Tools

# TRADING JOURNAL TEMPLATES

7 Premium Printable Templates for Serious Traders

## // WHAT'S INCLUDED

- |                        |                              |
|------------------------|------------------------------|
| 01 Daily Trade Log     | 02 Weekly Performance Review |
| 03 Monthly Dashboard   | 04 Pre-Market Checklist      |
| 05 Trade Plan Template | 06 Post-Trade Reflection     |
| 07 Goal Tracker        |                              |

Print on Letter size paper · Keep them in a binder · Fill in each day

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DATE	ACCOUNT	STARTING CAPITAL	DAILY RISK %	MARKET CONDITIONS
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

// TRADES

#	Time	Ticker	Dir	Entry	Stop	Target	Size	Result	P&L \$	R	Setup / Notes
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											

// DAILY SUMMARY

TOTAL TRADES	WINS	LOSSES	NET P&L	WIN RATE %	R-MULTIPLE AVG
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>



WEEK OF

ACCOUNT BALANCE START

ACCOUNT BALANCE END

// WEEKLY STATISTICS

TOTAL TRADES	WIN RATE %	PROFIT FACTOR	AVG WIN \$
AVG LOSS \$	BEST TRADE \$	WORST TRADE \$	NET P&L \$

// WEEKLY REFLECTION

**What worked well this week?**

  
  
  


**What didn't work? Mistakes made?**

  
  
  


**Key lessons learned**

  
  
  


**Adjustments for next week**



MONTH

STARTING BALANCE

ENDING BALANCE

## // KEY METRICS

NET P&L

ROI %

WIN RATE

PROFIT FACTOR

## // DAILY P&L HEATMAP

MON

TUE

WED

THU

FRI

SAT

SUN


## // MONTHLY NOTES & GOALS FOR NEXT MONTH

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DATE

TRADER NAME

### // 01 — MENTAL CHECK

- I slept at least 7 hours last night
- I ate breakfast and feel mentally alert
- I am NOT stressed, angry, or emotional
- I have NOT had alcohol in the last 12 hours
- I am ready to follow my rules without exception

### // 02 — MARKET CHECK

- Checked overnight news (Fed, CPI, NFP, earnings)
- Reviewed economic calendar for today
- Checked Asian and European session moves
- Identified key support/resistance levels
- Drew daily and weekly pivots
- Identified key supply/demand zones

### // 03 — TRADE PLAN

- I have my A+ setups defined for today
- I know my entry / stop / target BEFORE I trade
- Position size is calculated (max 1-2% risk)
- I will NOT chase or revenge trade
- I will stop trading after 2 consecutive losses
- I will close my screens after my 3rd trade win

### // TODAY'S TRADING RULES

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**// 01 — SETUP IDENTIFICATION**

DATE / TIME	TICKER	DIRECTION	SETUP NAME
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

**// 02 — LEVELS (SET BEFORE ENTRY)**

ENTRY PRICE	STOP LOSS	TARGET 1	TARGET 2
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

**// 03 — RISK MANAGEMENT**

ACCOUNT SIZE	RISK %	\$ AT RISK	POSITION SIZE	R:R RATIO
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

**// 04 — ENTRY CRITERIA (MUST ALL BE TRUE)**

- Price reaches my predefined entry zone
- Confirmation candle pattern (engulfing, hammer, doji rejection)
- Volume confirms (above average, no climax)
- Higher timeframe trend supports the trade
- No major news event in next 30 minutes

**// 05 — EXIT PLAN**

If price hits stop:	<input type="text"/>
If price hits Target 1:	<input type="text"/>
If price stalls / consolidates:	<input type="text"/>



## // TRADE SUMMARY

DATE	TICKER	RESULT (W/L)	P&L \$	R-MULTIPLE
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

## // PRE-TRADE EMOTIONS (RATE 1-10)

CONFIDENCE	ANXIETY	FOMO	GREED	FEAR OF LOSS
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

## // EXECUTION GRADING

Did I follow my entry rules exactly?	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
Did I set stop loss BEFORE entering?	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
Did I size correctly (max 2% risk)?	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
Did I move my stop loss for any reason?	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
Did I exit at the planned target?	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO
Was this an A+ setup or did I force it?	<input type="checkbox"/>	YES	<input type="checkbox"/>	NO

## // LESSONS LEARNED

**What did I do well in this trade?**

  
  


**What mistake did I make (be honest)?**

  
  


**What will I do differently next time?**



## // MAIN GOAL

ACCOUNT SIZE GOAL \$

CURRENT CAPITAL \$

TARGET DATE

## // MILESTONES

<h3>25%</h3> <p>TARGET / DATE HIT</p>	<h3>50%</h3> <p>TARGET / DATE HIT</p>	<h3>75%</h3> <p>TARGET / DATE HIT</p>	<h3>100%</h3> <p>TARGET / DATE HIT</p>
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## // MONTHLY GOALS (NEXT 12 MONTHS)

<p><b>MONTH 1</b></p> <p>Target \$</p> <p>Actual \$</p>	<p><b>MONTH 2</b></p> <p>Target \$</p> <p>Actual \$</p>	<p><b>MONTH 3</b></p> <p>Target \$</p> <p>Actual \$</p>	<p><b>MONTH 4</b></p> <p>Target \$</p> <p>Actual \$</p>
<p><b>MONTH 5</b></p> <p>Target \$</p> <p>Actual \$</p>	<p><b>MONTH 6</b></p> <p>Target \$</p> <p>Actual \$</p>	<p><b>MONTH 7</b></p> <p>Target \$</p> <p>Actual \$</p>	<p><b>MONTH 8</b></p> <p>Target \$</p> <p>Actual \$</p>
<p><b>MONTH 9</b></p> <p>Target \$</p> <p>Actual \$</p>	<p><b>MONTH 10</b></p> <p>Target \$</p> <p>Actual \$</p>	<p><b>MONTH 11</b></p> <p>Target \$</p> <p>Actual \$</p>	<p><b>MONTH 12</b></p> <p>Target \$</p> <p>Actual \$</p>

## // DAILY HABITS TO REACH YOUR GOAL

- Reviewed pre-market plan
- Followed all entry rules
- Risked max 2% per trade
- Logged every trade
- Reviewed end-of-day