

CryptoMatic360 Million Dollars Trading Journal

If you fail to plan then you plan to fail.

*This journal will allow you to track detailed information about every trade you take. The only way for you to improve your performance and fine tune your strategy is by using **your own** trade data. So be sure to record **every single trade** you take in this journal.*

You can add your specific trade numbers into Excel later, this journal is structured as a text document as you will need to write several sentence to answer some questions.

1. Date, time, day of the week, trading session:
2. Pair, timeframe, trade direction:
3. Who is in control of price? Buyers or sellers:
4. What are my requirements for exiting this trade:
5. How will I manage my stop loss and target:
6. How do I feel about this trade:
7. How do I feel at this moment in general:
8. Am I in the right frame of mind to enter a trade:
9. Am I entering this trade on the right time frame:

10. Entry, stop, position size:

11. Trade notes:

After The Trade

1. Did I follow my plan:

2. Am I happy with the result of this trade:

3. Could I have done anything better: