Trading WorkBook

WORKBOOK USE INSTRUCTIONS

Use interactive fields and checkboxes in a PDF viewer that supports forms.

1. Trading Journal

Fill one trade at a time: date, asset, direction, prices, size, fees, planned risk, and notes.

2. Pre-Trade Checklist

Before entry, tick each item. If an important condition fails, pause and consider skipping the trade.

3. Risk Management Checklist

Write your own risk-per-trade, daily-loss, and open-risk limits; review them consistently.

4. Trading Psychology Guide

Use the prompts when you notice FOMO, revenge trading, boredom, fear, or overconfidence.

5. Weekly Performance Review

At week-end, record trade counts, P&L, plan adherence, lessons, and one improvement for next week.

Good Practice

- [ ] Use the same currency and units consistently.
- [ ] Record fees and costs so net P&L is not overstated.
- [ ] Keep records honest and correct errors transparently.
- [ ] Review a series of trades, not only one outcome.
- [ ] Save a backup copy and protect private financial information.

Important:
Educational tools only; not personalized financial advice or a guarantee of results.

Trading WorkBook

1. TRADING JOURNAL

Record one trade, then review your decisions and lessons.

Date

Market / Asset

Direction

☐ Long ☐ Short

Setup / Strategy

Entry Price

Exit Price

Stop-Loss

Take-Profit

Position Size

Gross P&L

Fees / Costs

Net P&L

Planned Risk

R-Multiple

Review after the trade

Did I follow my plan? ☐ Yes ☐ No ☐ Partly

Emotion before / during trade

Lesson / notes

2. PRE-TRADE CHECKLIST

Complete before entering. If a critical rule fails, pause and reassess.

- [ ] Is this setup part of my written trading plan?
  Notes
- [ ] Have I checked market context, news, spreads, and liquidity?
  Notes
- [ ] Have I identified entry, stop-loss, target, and invalidation point?
  Notes
- [ ] Is the risk/reward acceptable under my rules?
  Notes
- [ ] Have I calculated position size from my planned risk?
  Notes
- [ ] Is my trade risk within my per-trade and daily limits?
  Notes
- [ ] Am I acting on a valid signal—not FOMO, boredom, or revenge?
  Notes
- [ ] Am I calm, focused, and able to follow my plan?
  Notes
- [ ] Have I considered fees, slippage, leverage, and gap risk?
  Notes
- [ ] Can I accept the planned loss without changing my rules?
  Notes

Decision

- [ ] Setup fits my plan
- [ ] Wait / skip this trade

3. RISK MANAGEMENT CHECKLIST

Define your risk limits before trading and follow them consistently.

- [ ] My maximum planned risk per trade is set in advance.
- [ ] My position size is based on account equity and stop distance.
- [ ] My daily loss limit is set; I stop trading when it is reached.
- [ ] Total risk across open or correlated positions is within my limit.
- [ ] I will not widen a stop-loss impulsively to avoid a loss.
- [ ] I will not revenge-trade or increase size to recover losses.
- [ ] I have considered fees, spreads, slippage, leverage, and gaps.
- [ ] I will reduce size or stay out when risk is unclear.
- [ ] I understand a stop may execute at a different price in fast markets.
- [ ] I review drawdowns and change rules only through a written process.

My risk limits

Risk per trade

Daily loss limit

Maximum open risk

Additional notes / rules

4. TRADING PSYCHOLOGY GUIDE

Use these prompts to notice emotional triggers and return to your written process.

FOMO / chasing
Would I take this trade without the sudden move? Wait for my written setup.

My response / note

Revenge trading
Am I trying to win back a loss immediately? Step away and follow my daily stop rule.

My response / note

Overconfidence
Am I increasing size without a planned reason? Keep risk set in advance.

My response / note

Fear after a loss
Am I reacting to the last trade? Assess the current setup objectively.

My response / note

Moving a stop
Am I changing risk because I dislike being wrong? Follow written exit rules.

My response / note

Boredom
Is there a valid setup? No setup means no trade.

My response / note

Fatigue / anxiety
Can I make a calm decision? Take a break or stop if needed.

My response / note

After the trade
Record process, emotion, rule adherence, and one lesson.

My response / note

My most common trigger

What I will do next time

5. WEEKLY PERFORMANCE REVIEW

Complete at week-end. Focus on process and risk, not only profit or loss.

Week ending date

Markets / strategies traded

Total trades

Winning trades

Losing trades

Win rate (%)

Gross P&L

Fees / costs

Net P&L

Average planned risk per trade

Largest loss

Maximum drawdown (if tracked)

Trades that followed the plan

Rule adherence (%)

Best decision this week

Most common mistake / emotional trigger

What did I learn?

One change for next week

Did I respect my daily loss limit? ☐ Yes ☐ No

Did I stop when tired or emotional? ☐ Yes ☐ No