

My Trading Diary



Why do I Trade?

My Trading Style

My Trading SWOT Analysis

Strengths	Weaknesses
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Notes / Observations

My Trading Diary



My Trade Plan 2

Lined writing area for My Trade Plan 2, consisting of approximately 24 horizontal lines.



My Trading Diary

My Trading Rules

Notes / Observations



Checklist

- Update Watchlist
- Review Open Trades
- Review Market Structure (Indian)
- Review International Stock markets
- Go through relevant data (OI, FPI buying, A/D, Delivery %, Volume, India VIX, Fed related news etc.)
- Go through Charts (Indexes / Stocks / Other instruments)
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Am I ready.....

- With my written trade plan?
- With results of my back testing?
- With my psychological improvements as decided previously?
- With my notes after discussion with my trading buddy?
- With my record-keeping and last period post trade analysis?
- With my screener / queries results?
- With the key guidance notes after meeting my mentor?
- With the awareness of my last winning / losing streak?
- With my updated equity curve?
- With in-depth understanding of my trading edge?
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My Trading Diary - Year :

Goal for the year

Trading performance in the last year

Key learnings in the last year

Broad areas of improvement to work upon in this year



My Trading Diary - Month :

Page Alpha (Start of the month)

Major focus area this month

Minor focus areas this month

Notes / Observations



My Trading Diary - Day / Date :

Portfolio Heat

(Σ Stop-Loss of all positions)

New Trades Entry (Reasons with Expected R:R & Feelings and Emotions)

Closed Trades (Reasons with Actual R:R & Feelings and Emotions)

Open Trades Adjustments (Feelings and Emotions)

Notes / Observations
