Post-Trade Review

Plan before entry · log during the trade · debrief within 30 minutes of closing. One sheet per trade.

1 · PRE-TRADE PLAN — before placing the order

DATE	TICKER	SETUP TYPE	
PLANNED ENTRY	PLANNED STOP	PLANNED TARGET	PLANNED R:R = |target – entry| ÷ |entry – stop|
POSITION SIZE	$ RISK (SIZE × STOP DISTANCE)	POSITION SIZE RATIONALE	

WHY THIS SETUP IS VALID RIGHT NOW (THE CRITERIA THAT ARE MET)

2 · IN-TRADE EXECUTION LOG — while the position is open

ENTRY TIMING ☐ Early ☐ On-Plan ☐ Late	ACTUAL ENTRY FILL

STOP ADHERENCE

☐ Held ☐ Moved to BE ☐ Trailed ☐ Widened ☐ Exited early ☐ Ignored

MID-TRADE ADJUSTMENTS (WHAT, WHEN, WHY)

3 · POST-TRADE DEBRIEF — within 30 minutes of closing

ACTUAL EXIT	NET P&L	ACTUAL R = (exit – entry) ÷ (entry – stop)	PLANNED VS ACTUAL R

EMOTIONAL STATE (1 = ANXIOUS · 10 = CALM) 1 2 3 4 5 6 7 8 9 10	RULES FOLLOWED? ☐ Y ☐ N — which rule was broken:

WAS THE SETUP VALID? ☐ Yes ☐ No

WHAT DID I MISREAD?

WHAT WOULD I DO DIFFERENTLY?

ONE-LINE LESSON (ONE SENTENCE, SPECIFIC)

Weekly check (Fridays): rule compliance = Y ÷ (Y + N). Below 70% = rules problem. Average emotion below 5 on losing weeks = psychology pattern. The Google Sheets / Excel version calculates both automatically.