Trade Log — Mood, FOMO & Reflection

Fill the top half BEFORE you enter; fill Outcome and Reflection within 5 minutes of exit.

TRADE 1

Date _____ Time _____ Symbol _____ Setup _____

Pre-trade mood check — energy / focus: (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) below 5 = caution

FOMO / fear checklist (tick every YES — 3 or more = caution)

- ☐ 1. Am I chasing a move I already missed?
- ☐ 2. Did I take a loss in the last 30 minutes?
- ☐ 3. Am I entering because of what others are saying (social media, chat)?
- ☐ 4. Am I sizing up to make back a loss?
- ☐ 5. Am I afraid of missing out if I wait for my trigger?

YES count: _____ / 5

Confidence score (before entry): (1) (2) (3) (4) (5) **Outcome** (after exit): (Win) (Loss) (BE) P&L $ _____ R _____

Post-trade reflection (2 minutes max) — exit driven by: ☐ Fear of further loss ☐ Held for more than target ☐ Disciplined plan

Followed my plan? Yes ☐ No ☐ _____ One thing I'd do differently _____

TRADE 2

Date _____ Time _____ Symbol _____ Setup _____

Pre-trade mood check — energy / focus: (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) below 5 = caution

FOMO / fear checklist (tick every YES — 3 or more = caution)

- ☐ 1. Am I chasing a move I already missed?
- ☐ 2. Did I take a loss in the last 30 minutes?
- ☐ 3. Am I entering because of what others are saying (social media, chat)?
- ☐ 4. Am I sizing up to make back a loss?
- ☐ 5. Am I afraid of missing out if I wait for my trigger?

YES count: _____ / 5

Confidence score (before entry): (1) (2) (3) (4) (5) **Outcome** (after exit): (Win) (Loss) (BE) P&L $ _____ R _____

Post-trade reflection (2 minutes max) — exit driven by: ☐ Fear of further loss ☐ Held for more than target ☐ Disciplined plan

Followed my plan? Yes ☐ No ☐ _____ One thing I'd do differently _____

TRADE 3

Date _____ Time _____ Symbol _____ Setup _____

Pre-trade mood check — energy / focus: (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) below 5 = caution

FOMO / fear checklist (tick every YES — 3 or more = caution)

- ☐ 1. Am I chasing a move I already missed?
- ☐ 2. Did I take a loss in the last 30 minutes?
- ☐ 3. Am I entering because of what others are saying (social media, chat)?
- ☐ 4. Am I sizing up to make back a loss?
- ☐ 5. Am I afraid of missing out if I wait for my trigger?

YES count: _____ / 5

Confidence score (before entry): (1) (2) (3) (4) (5) **Outcome** (after exit): (Win) (Loss) (BE) P&L $ _____ R _____

Post-trade reflection (2 minutes max) — exit driven by: ☐ Fear of further loss ☐ Held for more than target ☐ Disciplined plan

Followed my plan? Yes ☐ No ☐ _____ One thing I'd do differently _____

Weekly Trade Log

One row per trade — the raw data for the weekly pattern grid.

Week of _____ Account _____ Trades this week _____

Copy each trade card here at the end of the day. Mood bucket: S = stressed (1–4), N = neutral (5–6), C = confident (7–10).

#	Date	Symbol	Energy 1–10	Bucket S/N/C	FOMO YES count	Confidence 1–5	W / L / BE	P&L $	Exit driver F / G / D	Followed plan Y/N
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
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26										
27										
28										

Exit driver: F = fear of further loss · G = held for more (greed) · D = disciplined plan execution.

Weekly Pattern Analysis Grid

Run every Friday from the weekly trade log.

Week of _____ Total trades _____ Net P&L $ _____

Emotional State vs. P&L

Pre-trade mood	Trades (tally)	Wins	Losses	Win rate %	Total P&L $	Avg P&L $
Stressed energy 1–4						
Neutral energy 5–6						
Confident energy 7–10						

Win rate = Wins ÷ Trades. Avg P&L = Total P&L ÷ Trades. Patterns become reliable at 15–20 trades per bucket (about 3 weeks).

Confidence Calibration

Confidence (pre-entry)	Trades	Wins	Win rate %	Avg P&L $	Calibrated? (higher score → better result)
1					
2					
3					
4					
5					

FOMO / Fear Triggers

Checklist item	Times YES	Losers when YES	P&L when YES $
1. Am I chasing a move I already missed?			
2. Did I take a loss in the last 30 minutes?			
3. Am I entering because of what others are saying (social media, chat)?			
4. Am I sizing up to make back a loss?			
5. Am I afraid of missing out if I wait for my trigger?			

This Week's Biggest Leak

Condition that cost the most: _____

Estimated cost $ _____ Exit driver most linked to losses (Fear) (Greed) (Discipline)

Notes for the Monthly Reset: _____

Monthly Reset

Last trading day of the month: turn the data into one concrete rule.

Month _____ Total trades _____ Net P&L $ _____

Month at a Glance (from the weekly grids)

	Stressed trades	Stressed win %	Neutral trades	Neutral win %	Confident trades	Confident win %	Top FOMO item
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							

1. The Highest-Impact Emotional Pattern

Trades affected _____ Estimated cost this month $ _____

2. My ONE Behavioral Rule for Next Month

Specific and checkable: "No trades on days I rate below 5/10 energy" — not "be less emotional". One rule only.

3. How I Will Enforce It

4. Last Month's Rule — Did It Stick?

Last month's rule _____

Days followed _____ of trading days _____ Keep it? Keep Drop Revise