

DATE	MTWTF	EQUITY	OUTCOME	P/L

TRADE DESCRIPTION:

GRADE MY PERFORMANCE:

1. IDENTIFY MARKET CONDITIONS:	/10	NOTES:
2. DRAW KEY AREAS OF VALUE:	/10	
3. DETERMINE RISK TO REWARD:	/10	
4. IDENTIFY HIGH QUALITY SETUP:	/10	
5. CAPTURE THE MARKET IMBALANCE:	/10	

WHAT DID I DO RIGHT?

HOW COULD I IMPROVE?

DID I FOLLOW MY TRADE STRATEGY?

LIMITING BELIEFS: