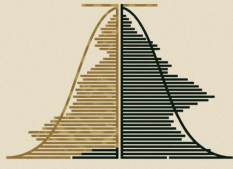


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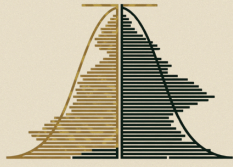


30-Day Trading Journal



***The goal is not more trades.
The goal is better decisions.***

-Viswas Yadav



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How to Use This Journal

Most traders track profit.
Professionals track decisions.

This journal helps you improve:
Execution, Discipline, Psychology, Consistency

Before Market

Ask:

- a). What is the market condition?
- b). Where are key levels?
- c). Where is liquidity resting?
- d). What must happen before entry?

Start with structure, not trades.

During Trade

Record:

Entry, Stop Loss, Target, Position Size, Confirmation, Reason for Entry, Facts first. Emotions later.

After Trade

Review:

Did I follow my rules?, Was this planned or impulsive?, What mistake was made?, What did I learn today?

**Process creates consistency.
Prediction creates frustration.**

