

# Trade Journal Mastery Checklist

---

Signal Pilot Education Hub

---

## Trade Journal Entry Checklist

---

### From Lesson 26: Trade Journal Mastery

Use this checklist to systematically journal every trade and identify improvement patterns.

---



## Pre-Trade Analysis (Fill BEFORE Entry)

### Market Context

- [ ] **Date & Time:** \_ at \_
- [ ] **Asset:** \_
- [ ] **HTF bias (Daily):** Uptrend / Downtrend / Range
- [ ] **Regime (Volume Oracle):** Trending / Ranging / Volatile

## Setup Analysis

- ☐ **Setup type:** Janus sweep / Breakout / POC reversion / Other: \_\_
- ☐ **Setup grade:** A+ / A / B / C
- ☐ **Confluence (0-5):**
- ☐ Janus Atlas: Sweep detected? +1
- ☐ Plutus Flow: POC/CVD aligned? +1
- ☐ Volume Oracle: Regime aligned? +1
- ☐ Harmonic Oscillator: Extreme? +1
- ☐ Footprint: Absorption/exhaustion? +1
- **Total:** \_\_\_\_/5

## Risk Parameters

- ☐ **Entry price:** \$\_\_
  - ☐ **Stop loss:** \$\_\_ (structure / ATR-based)
  - ☐ **Stop distance:** \$\_\_ (Entry - Stop)
  - ☐ **Target 1:** \$\_\_ = \_\_\_\_R
  - ☐ **Target 2:** \$\_\_ = \_\_\_\_R
  - ☐ **Position size:** \_\_ shares/contracts
  - ☐ **Risk \$:** \$\_\_ (= \_\_\_\_% of account)
  - ☐ **Planned R:R:** \_\_\_\_:1
- 

## Execution Data (Fill AT Entry)

### Entry Confirmation

- ☐ **Actual entry price:** \$\_ (vs. planned: \$\_)
- ☐ **Slippage:** \$\_\_ (difference from intended)

- [ ] **Order type:** Limit / Market
- [ ] **Fill time:** \_\_
- [ ] **Emotional state at entry:** Calm / Anxious / FOMO / Revenge / Other: \_\_

## Hypothesis

**Why this trade will work:**

---



---



---



## Trade Management (Fill DURING Trade)

### Position Management

- [ ] **Stop loss order placed:** ✓ (immediately after entry)
- [ ] **Target order(s) placed:** ✓
- [ ] **Stop moved to breakeven at:** \$\_ (when? \_)
- [ ] **Scaling plan:** % at T1, % at T2

## Monitoring Notes

**Observations during trade:**

- \_\_\_\_\_
- \_\_\_\_\_

**Emotional check-ins:**

- 30 min after entry: Calm / Anxious / Impatient
- 1 hour after entry: Calm / Anxious / Impatient
- Near target/stop: Calm / Anxious / Impatient



## Post-Trade Analysis (Fill AFTER Exit)

### Exit Data

- ☐ **Exit price:** \$\_\_
- ☐ **Exit reason:** Hit target / Stopped out / Manual exit / Time-based
- ☐ **Exit time:** \_\_
- ☐ **Actual R-multiple:** \_\_\_\_R
- ☐ **Gross P&L:** \$\_\_
- ☐ **Fees (commission + slippage):** -\$\_\_
- ☐ **Net P&L:** \$\_\_

### Performance Metrics

- ☐ **Planned R:R:** \_\_\_\_:1
- ☐ **Actual R:R:** \_\_\_\_:1
- ☐ **Win/Loss:** Win / Loss
- ☐ **Trade duration:** \_\_ hours/days



## Psychological Review

### Emotional State at Exit

- ☐ **Feeling:** Satisfied / Frustrated / Relieved / Regretful / Other: \_\_
- ☐ **Did emotions influence exit?** Yes / No
- If Yes, how? \_\_\_\_\_

## Decision Quality

- ☐ ☐ **Did I follow my plan?** Yes / No
  - Entry: As planned / Early / Late
  - Stop: As planned / Moved wider / Moved tighter
  - Target: As planned / Exited early / Held too long
- 

## Mistakes & Lessons

### Mistakes Made (Be Honest)

#### Check all that apply:

- ☐ ☐ Entered too early (before confirmation)
- ☐ ☐ Entered too late (chased price)
- ☐ ☐ Ignored HTF bias
- ☐ ☐ Moved stop loss wider (should NEVER do this)
- ☐ ☐ Exited too early (fear)
- ☐ ☐ Held too long (greed)
- ☐ ☐ Oversized position (> planned risk %)
- ☐ ☐ Traded with FOMO/revenge emotion
- ☐ ☐ Skipped confluence check
- ☐ ☐ Other: \_\_\_\_\_

### What Went Well

#### Positive actions to repeat:

- ☐ ☐ Patient entry (waited for confirmation)
- ☐ ☐ Followed HTF alignment
- ☐ ☐ Stop discipline (didn't move it)
- ☐ ☐ Scaled out properly
- ☐ ☐ Calm emotional state
- ☐ ☐ Good risk management
- ☐ ☐ Other: \_\_\_\_\_

## Lesson Learned

One key takeaway for next time:

---

---

---



## Pattern Recognition Tracking

### Setup Performance Tracker

After 10+ trades, calculate by setup type:

Setup Type	Trades	Win Rate	Avg R	Total P&L
Janus sweeps	__	__%	__R	\$__
Breakouts	__	__%	__R	\$__
POC reversions	__	__%	__R	\$__
FOMO entries	__	__%	__R	\$__

#### Insights:

- Best setup type: \_\_ (% **WR**, **R avg**)
- **Worst setup type:** \_\_ (% **WR**, R avg)
- Action: Focus on \_\_, eliminate \_\_

---



## Time-of-Day Performance

After 20+ trades, analyze by hour:

Time Block	Trades	Win Rate	Avg R
9:30-10:30 AM	__	___%	___R
10:30-12:00 PM	__	___%	___R
12:00-2:00 PM	__	___%	___R
2:00-4:00 PM	__	___%	___R

### Insights:

- Best hours: \_\_ (% **WR**, **R avg**)
- **Worst hours:** \_\_ (% **WR**, R avg)
- Action: Trade only during \_\_, avoid \_\_

## Regime Performance Analysis

After 30+ trades, analyze by regime:

Regime	Trades	Win Rate	Avg R
Trending	__	___%	___R
Ranging	__	___%	___R
Volatile	__	___%	___R

### Insights:

- Best regime: \_\_ (% **WR**, **R avg**)
- **Worst regime:** \_\_ (% **WR**, R avg)
- Action: Focus on \_\_ regime, sit out \_\_



## Weekly Review (Every Sunday)

### Weekly Statistics

- [ ] **Total trades:** \_\_
- [ ] **Win rate:** \_\_\_\_% (target: 55-65%)
- [ ] **Average R:** \_\_\_\_R (target: 2.0+)
- [ ] **Net P&L:** \$\_\_ (\_\_\_\_%)
- [ ] **Best trade:** \$\_ (setup: \_, R: \_\_\_\_R)
- [ ] **Worst trade:** -\$\_ (setup: \_, R: \_\_\_\_R)

### Pattern Recognition

#### Repeated mistakes this week:

1. \_\_\_\_\_
2. \_\_\_\_\_

#### Consistent strengths this week:

1. \_\_\_\_\_
2. \_\_\_\_\_

#### Key lesson for next week:

---

#### One rule to add to trading plan:

---

---



## Monthly Review (End of Month)

### Monthly Performance

- [ ] **Total trades:** \_\_



- [ ] **Win rate:** \_\_\_\_%
- [ ] **Average R:** \_\_\_\_R
- [ ] **Profit factor:** \_\_\_\_ (gross wins / gross losses)
- [ ] **Net P&L:** \$\_\_ (\_\_\_\_%)
- [ ] **Max drawdown:** \_\_\_\_%
- [ ] **Sharpe ratio:** \_\_\_\_ (if tracking daily returns)

## Deep Analysis

### Export journal to spreadsheet, create pivot tables:

- [ ] Performance by setup type (which setups are profitable?)
- [ ] Performance by time of day (what hours work best?)
- [ ] Performance by regime (trending vs. ranging?)
- [ ] Performance by emotional state (calm vs. FOMO?)

### Insights:

---



---

### Trading plan updates:

- [ ] Add rule: \_\_\_\_\_
- [ ] **Remove/modify rule:** \_\_\_\_\_
- [ ] **Focus more on:** \_\_\_\_\_
- [ ] **Eliminate:** \_\_\_\_\_

---



## Continuous Improvement

### Monthly Goals

#### Process goals (more important than P&L):

- [ ] Journal every trade (100% compliance)
- [ ] Only take A/B-grade setups (no C-grade)

- [ ] HTF alignment on every trade
- [ ] Stop loss discipline (never move wider)
- [ ] Emotional state = calm (no FOMO/revenge trades)

### Performance goals:

- [ ] Win rate: \_%
  - [ ] **Average R:** \_R
  - [ ] Max drawdown: < \_\_\_\_%
- 

### Remember:

- ☒ Journal EVERY trade (5 min now saves hours later)
- ☒ Track: Setup, regime, confluence, entry/exit, emotions
- ☒ Weekly review: Spot patterns, repeated mistakes
- ☒ Monthly review: Deep analysis, update trading plan
- ☒ Patterns emerge after 20-50 trades
- ☒ Fix 1 mistake/month = massive long-term improvement

**This is for educational purposes only. Not financial advice.**

---

© Signal Pilot Education Hub

---

© 2025 Signal Pilot Labs, Inc. | [education.signalpilot.io](https://education.signalpilot.io)

This material is for educational purposes only. Not financial advice.