Trade Details & Process

01 · TRADE DETAILS

DATE | PAIR | TRADE NO. | TIME (IST)

ORDER OF THE DAY
☐ 1st ☐ 2nd ☐ 3rd

SESSION
☐ Asian ☐ London ☐ New York ☐ Overlap

DIRECTION
☐ Buy ☐ Sell

TRADE TYPE
☐ Continuation ☐ Reversal

DIRECTION NOTE

02 · THE ARISE PROCESS

REGION OF THE TRADE (4H ZONE)

HTF FLOW
☐ With HTF ☐ Against HTF ☐ Range

CMP STRUCTURE CONFIRMATION
☐ Confirmed ☐ Not confirmed

CMP CONFIRMATION (15M)
☐ EF – strong ☐ EG – alert only ☐ None

ENTRY | STOP LOSS | TARGET | RISK % | PLANNED R:R

03 · RESULT & SOP

TRADE RESULT
☐ Win ☐ Loss ☐ Break-even

R MULTIPLE | P&L ($)

SOP FOLLOWED?
☐ Yes ☐ Partly ☐ No

WHAT IS THE SOP FOR THIS TRADE?

Review & Diagram

04 · SOP HIGHLIGHTS

HIGHLIGHT WIN SOP

HIGHLIGHT LOSS SOP

05 · MISTAKES & EMOTION

MISTAKE MADE IN THIS TRADE

- [ ] No mistake
- [ ] Entered on EG only
- [ ] No 4H zone
- [ ] Ignored HTF flow
- [ ] Moved SL
- [ ] Early exit
- [ ] Held past target
- [ ] Overtrading
- [ ] Revenge trade
- [ ] FOMO entry
- [ ] Oversized risk

DESCRIBE THE MISTAKE

EMOTION

- [ ] Calm
- [ ] Confident
- [ ] FOMO
- [ ] Fear
- [ ] Greed
- [ ] Revenge
- [ ] Bored

06 · DID YOU LEARN ANYTHING NEW?

07 · DIAGRAM / SCREENSHOT

CHART LINK

Sketch the 4H zone, CMP and the 15m EF here — or paste the chart

Weekly Review

WEEK NO. | FROM | TO | WEEK GRADE ☐ A+ ☐ A ☐ B ☐ C ☐ D

01 · TRADES THIS WEEK

#	DATE	PAIR	DIR	RESULT	R	CMP	SOP	MISTAKE
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								

02 · WEEKLY STATS

TRADES	WINS	LOSSES	BREAK-EVEN	WIN RATE %	NET R

P&L ($)	SOP %	EF %	BEST R	WORST R	TOP MISTAKE

03 · REVIEW

WHAT WORKED

WHAT TO FIX

ONE RULE FOR NEXT WEEK

Monthly Report

MONTH

GOAL (R)

GOAL HIT? ☐ Yes ☐ No

MONTH GRADE ☐ A+ ☐ A ☐ B ☐ C ☐ D

01 · WEEK BY WEEK

WEEK	TRADES	WIN RATE	NET R	P&L ($)	SOP %	GRADE
W1						
W2						
W3						
W4						
W5						

02 · MONTHLY STATS

TOTAL TRADES	WIN RATE %	NET R	P&L ($)	PROFIT FACTOR	AVG R / TRADE

AVG WIN (R)	AVG LOSS (R)	SOP %	EF %	BEST PAIR	BEST SESSION

03 · COSTLIEST MISTAKES

1. _____ _____ R lost

2. _____ _____ R lost

3. _____ _____ R lost

04 · MONTHLY REVIEW

WHAT HAPPENED THIS MONTH

FOCUS FOR NEXT MONTH