



FREE PRINTABLE · SUCCESS PATH GURU

Trading Journal & Weekly Report Card

The habit every serious trader shares: write down every trade, review every week. Inspired by the lessons of Mastering the Trade. Your journal is the teacher that corrects you without shouting.

Honest numbers: SEBI found 93% of individual F&O traders in India lost money (FY22–FY24). 97% of Brazilian day traders who persisted over 300 days lost money. Trade only money you can lose completely.

PRINT IT · FILL IT WITH A PEN · REVIEW EVERY SUNDAY

1 My rules card

My learning budget (money I can lose completely)	
Max risk per trade (1-2%)	
Daily stop: I close the app after ... losses or ... lost	
My trading hours (never on breaks or when tired)	
Markets / setups I trade	
Things I never do	

2 Pre-trade checklist

All boxes ticked — or no trade.

- ☐ The setup is in my written plan — not a tip, not a feeling.
- ☐ Bigger timeframe agrees with my direction.
- ☐ I know my stop-loss and it is set in the app.
- ☐ I know my target / exit.
- ☐ Risk is inside my 1-2% (checked with the Trading Risk Calculator).
- ☐ I am not trying to win back a loss.
- ☐ I am calm, not tired, not angry, not rushed.

Yaad rakho: Sabse achha trade kabhi-kabhi woh hota hai jo tum nahi lete.

3 Trade journal

Date / time	Market	Why I entered	Entry	Stop	Target	Risk	Result	My mood (1-5)

3 Trade journal (continued)

[illegible]

4 Weekly report card

Week	
Number of trades	
Wins / losses	
Result after all fees	
Trades where I broke a rule	
Biggest loss — and why	
Best trade — did I follow the plan?	
Pattern I see (time of day, mood, setup)	
One thing I change next week	

Rules followed this week: _____ out of 10

Stop signal: If after 50 journaled trades your result after fees is negative, stop adding money. Fix the system on paper first — or move that money to long-term investing.

Free tools: Trading Risk Calculator — successpathguru.com/trading-risk-calculator.html · Book summary: Mastering the Trade — [/books/mastering-the-trade.html](https://books/mastering-the-trade.html)