PROFITAMITRA

# Trading Journal Template

The discipline habit every profitable trader keeps. What you don't measure, you can't improve.

## Why Journal Every Trade?

A trading journal turns random guessing into a repeatable, improvable process. Professional traders review their journal weekly to find patterns in what works — and, more importantly, what doesn't. Fill in one row per trade, ideally right after you exit the position while the details are fresh.

> *"Amateurs think about how much money they can make. Professionals think about how much money they could lose."*

## What Each Column Means

### The Trade Facts

- **Date** — when you entered
- **Instrument** — stock/index name
- **Direction** — Long (buy) or Short (sell)
- **Entry / Exit** — actual prices
- **Stop-Loss / Target** — your plan before entry
- **Quantity** — from your Position Size Calculator

### The Learning Facts

- **P&L** — actual profit or loss on the trade
- **R:R** — risk-to-reward you actually got
- **Reason for Entry** — the setup/signal you saw
- **Emotion** — how you felt (calm/anxious/greedy/FOMO)
- **Lesson** — one thing to repeat or avoid next time

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Free tool from ProfitaMitra — profitamitra.com/journal.html has a digital version of this journal too.

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# Your Trading Journal

| Date | Instrument | Dir. | Entry | Stop-Loss | Target | Exit | Qty | P&L | R:R | Reason for Entry | Emotion | Lesson Learned |
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