FREE TOOL FROM MOTIONFX

TRADING JOURNAL

Log every trade, review what works and build better habits.

NAME

ACCOUNT CURRENCY

STARTING BALANCE

JOURNAL STARTED



HOW TO USE IT

1. Open this PDF in Adobe Acrobat Reader, Chrome, Edge or Preview, and type straight into the boxes.
2. Fill in your trading plan, then log every trade on the trade log pages, win or lose.
3. Use the trade review pages for the trades you learn most from, and the weekly review every weekend.
4. Save the file after each session. Keep a copy somewhere safe, such as a cloud folder.

motionfx.co.uk

Educational tool from MotionFX. It records the trades you enter; it does not give financial advice or tell you what to trade.
Trading forex, gold and CFDs is high risk and you can lose some or all of your capital. Past performance is not a guarantee of future results.
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JOIN OUR TELEGRAM

MY TRADING PLAN

Write your rules down before you trade. Read them before every session.

MARKETS I TRADE

SESSIONS I TRADE

MAX RISK PER TRADE (%)

MAX LOSS PER DAY

MAX TRADES PER DAY

MINIMUM RISK-TO-REWARD

SETUPS I TAKE

MY ENTRY RULES

MY EXIT AND TRADE MANAGEMENT RULES

RULES I WILL NOT BREAK

TRADE LOG

Log every trade. P/L after fees, minus sign for losses. R = P/L ÷ risk. Plan? = did you follow your plan (Y/N).

#	DATE	PAIR	L / S	ENTRY	STOP	TARGET	EXIT	LOTS	RISK	P/L	R	SETUP	PLAN?	NOTES
1														
2														
3														
4														
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17														

PAGE TOTALS TRADES WINS LOSSES NET P/L TOTAL R

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18														
19														
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35														
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53														
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TRADE REVIEW

Pick the trades you learn most from, winners and losers, and break them down.

TRADE # | DATE | PAIR | RESULT (P/L OR R)

WHY I TOOK IT

HOW I MANAGED IT

HOW I FELT

- [ ] Calm
- [ ] Confident
- [ ] Patient
- [ ] Hesitant
- [ ] Anxious
- [ ] Impatient
- [ ] FOMO
- [ ] Frustrated
- [ ] Overconfident

MISTAKES

- [ ] Entered without a plan
- [ ] Moved my stop-loss
- [ ] Risked too much
- [ ] Closed too early
- [ ] Chased the entry
- [ ] Revenge trade
- [ ] Broke my rules
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WHAT I LEARNED / WHAT I'LL DO NEXT TIME

WEEKLY REVIEW

Do this at the end of each week. Be honest: the point is to improve, not to look good.

WEEK OF	TRADES	WINS	LOSSES	WIN RATE %	NET P/L	TOTAL R	RULE BREAKS

BEST TRADE AND WHY

WORST TRADE AND WHY

WHAT WENT WELL

WHAT I NEED TO IMPROVE

MY FOCUS FOR NEXT WEEK

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