EVENLINE

T R A D I N G

Trading Journal

Track the decision, not just the result.

A one-month printable journal built around a simple idea: a trade that follows your plan and still loses is a good decision with a bad outcome. A trade that breaks your plan and wins is a bad decision with a good outcome. Only a journal that records the reasoning — not just the result — can tell the two apart.

01 How to use this journal

02 – 05 Four weekly log + reflection spreads

06 End-of-month review

Educational content only — not financial advice.

BEFORE YOU START

How to use this journal

Most trading journals fail because they only record what happened — entry, exit, profit or loss — and never why. Track the decision, not just the outcome, and the real patterns start to show up within a few weeks.

What to write where

Setup	The one-line reason you took the trade. If you can't write it in a line, that's worth noticing before you enter.
Plan?	Did you follow your own stop, target, and entry rule — yes or no. The most useful column in the whole journal.
Mood	A couple of words on your state at entry — calm, impatient, chasing, revenge. Patterns here matter more than any single entry.
Next time	What you'd do differently — even, especially, on trades that won.

Keep it short enough to actually keep

An elaborate journal with twenty fields per trade usually gets abandoned within a week. If it feels like too much, start with three things: the setup, whether you followed your plan, and what you'd do differently. At the end of each week, read back through that week's rows looking specifically for repeated setups, repeated mistakes, or repeated emotional states — that's almost always where the real insight is, far more than picking apart any single trade in isolation.

Dates: _____ to _____

Trade log

DATE	INSTRUMENT	DIR	ENTRY	STOP	TARGET	SIZE	EXIT	RESULT ($)	R-MULT.	PLAN?

This week's reflection

Setups that worked

Setups that didn't

Repeated mistakes to watch for

Emotional patterns noticed

One change to make next week

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ZOOM OUT

End-of-month review

Four weeks is usually enough to see a real pattern rather than noise from one or two trades. Pull the numbers from your four weekly logs — or from the Summary tab if you're also using the companion spreadsheet — and fill in the stats below before answering the questions underneath them.

Trades logged	Win rate	Followed-plan rate	Avg. R-multiple

Four questions worth answering honestly

What setup or pattern showed up most in your winning trades?

What's one mistake that repeated more than once this month?

Was there a mood or state of mind that consistently cost you money?

What's the one change you're making for next month — and how will you know if it worked?