



The Trade Tracker

“Write it down, then go to town.”

TRADE-MINDSET

1. How do I feel now?

2. Why do I feel the need to make this trade now?

3. How does this trade feel (Buy-side, sell-side?)

TRADE-STYLE

What time frame is this trade? (Days, months, years, etc.?)

What other periods will I watch?

How closely do I need to monitor (Hourly, daily, weekly, etc.?)

TRADE-BASICS

Where’s support?

Where’s resistance?

Where are key moving averages?

TRADE STRATEGY

How to scale in? Where to place my buys?

Should I FLIP this trade if it’s a loser? Why or why not?

At what point(s) does it make sense to add to the position?

How to scale out? Where to place my sells?

How often will I update this strategy?

TRADE DEETS:

Date Executed:

Bullish, bearish, or neutral:

Entry Price:

Company Name / Ticker:

Why I like this trade:

Profit Target(s):

Trader Trigger (Bounce off X, Breakout from Y, etc.):

How much to risk:

Stop Loss(es):

BONUS TIPS:

SET ALERTS ON BUY SIGNALS

BLOCK OUT 30MIN. DAILY FOR REVIEW

SET ALERTS ON SELL SIGNALS

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