

Track
Learn
Improve
Grow

TRADING JOURNAL

A RECORD TODAY. A BETTER TRADER TOMORROW.

DISCIPLINE | INSIGHTS | CONSISTENT GROWTH



“ You can’t improve what you don’t measure. A trading journal turns experience into insight. — NAVDEEP CHHABRA —

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WHY KEEP A TRADING JOURNAL?



- ✓ Build self-awareness
- ✓ Find what works (and what doesn't)
- ✓ Improve decision-making
- ✓ Stay accountable to your plan
- ✓ Turn mistakes into learning
- ✓ Develop long-term consistency

It's not just a record of trades, it's a record of your thinking.

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WHAT TO RECORD?



- ✓ Trade details (date, instrument, etc.)
- ✓ Setup and strategy
- ✓ Entry and exit (with rationale)
- ✓ Position size and risk
- ✓ Screenshots / chart
- ✓ Emotions and mindset
- ✓ Outcome and lessons learned

Be honest, specific and consistent.

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HOW OFTEN?



- ✓ Record every trade (including small ones)
- ✓ Review weekly for patterns
- ✓ Do a deeper monthly review
- ✓ Track both wins and losses
- ✓ Note important observations even if you didn't take a trade

Consistency creates clarity.

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TRADING JOURNAL TEMPLATE (EXAMPLE)

Feel free to copy this structure into Excel or your preferred tool.

Date	Instrument	Setup / Strategy	Entry Price	Exit Price	Position Size	Risk (R)	Outcome (P/L)	Was it a Planned Trade?	Emotions (Pre / During / After)	Notes / Lessons Learned
12 Jan 2025	NIFTY	Breakout	21,450	21,520	1 lot	1R	+0.8R	Yes	Calm / Focused / Happy	Good execution. Followed plan.
14 Jan 2025	BANKNIFTY	Pullback	48,200	48,050	1 lot	1R	-1.0R	Yes	Confident / Anxious / Frustrated	Stop hit. Valid setup. Move on.
16 Jan 2025	RELIANCE	Reversal	2,850	2,910	2 lots	1R	+1.5R	No	FOMO / Excited / Relieved	Impulsive trade. Good result but violated plan.
20 Jan 2025	NIFTY	Range	21,300	21,310	1 lot	1R	+0.2R	Yes	Calm / Calm / Neutral	Small win. Could have booked earlier.
22 Jan 2025	BANKNIFTY	Breakdown	47,900	48,150	1 lot	1R	-1.0R	Yes	Calm / Nervous / Accepting	Stop hit. No rule violation.

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KEY REFLECTION QUESTIONS



- ✓ Did I follow my trading plan?
- ✓ Was the setup valid?
- ✓ Did I manage risk properly?
- ✓ What was my emotional state?
- ✓ What did I learn from this trade?
- ✓ Is there a pattern I need to address?
- ✓ What will I do differently next time?

Better questions lead to better trades.

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WEEKLY & MONTHLY REVIEW



- ✓ What are my overall results?
- ✓ Which setups work best?
- ✓ Am I following my rules?
- ✓ Where do I make mistakes?
- ✓ How is my emotional discipline?
- ✓ What 1–3 things will I focus on improving next?

Review. Learn. Adapt. Repeat.

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PRO TIPS



- ✓ Be honest (especially with losses)
- ✓ Keep it simple but complete
- ✓ Use screenshots
- ✓ Track your emotions
- ✓ Look for patterns over time
- ✓ Include both trades and key market observations
- ✓ Consider using Excel, Google Sheets or a journal app

A great trader is a lifelong learner.

DISCIPLINED TRADING BUILDS FREEDOM



Your journal today is the foundation for a more confident, consistent and successful tomorrow.

“ Discipline in recording leads to clarity in thinking, which leads to better decisions, and ultimately to freedom. ”

- TOOLS YOU CAN USE
-  Microsoft Excel (Simple & Flexible)
 -  Google Sheets (Accessible Anywhere)
 -  Trading Journal Apps (e.g., Edgewonk, TraderSync, etc.)

Small Steps
Big Progress