



Webinar will start at 8pm

Creating and Maintaining a Trading Journal

PRESENTED BY:

Peter on November 15th, 2022

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Objectives

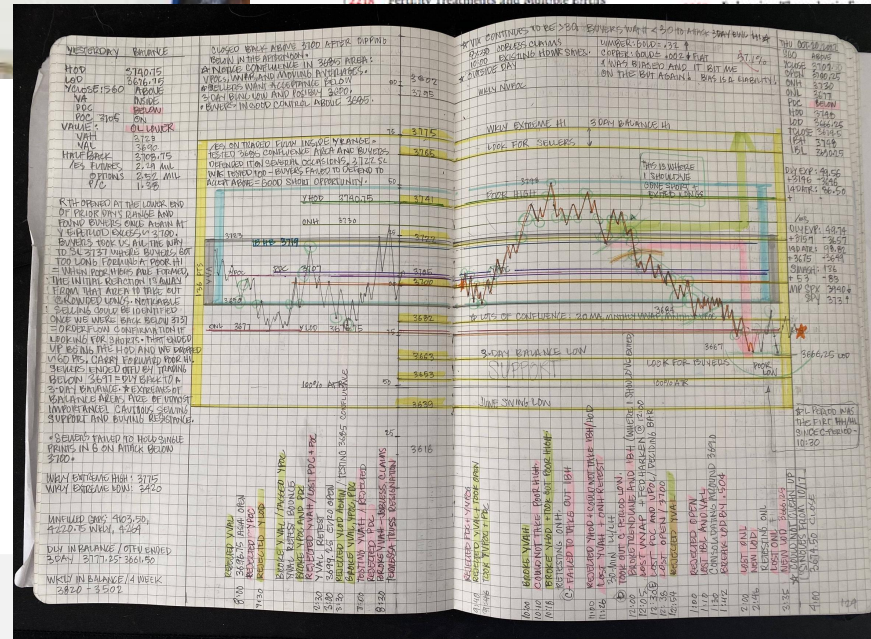
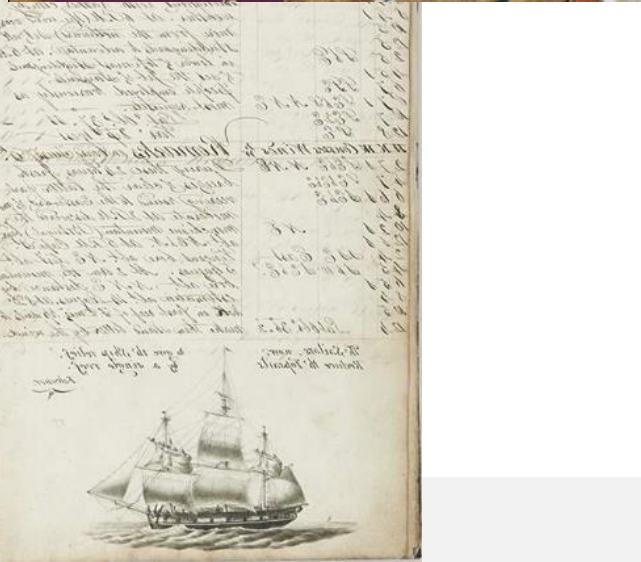
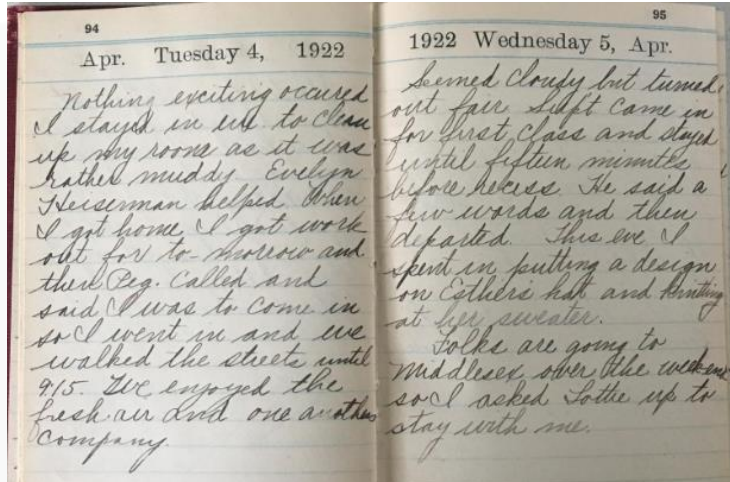
- ✓ Why journal at all?
- ✓ Journaling elements and tools
- ✓ Journaling examples

Journal - Definition

Noun

1. a daily record, as of occurrences, experiences, or observations
2. a newspaper, periodical or magazine, especially one published for a special group, learned society, or profession
3. a record, usually daily, of the proceedings and transactions of a legislative body, an organization, etc.
4. In bookkeeping, a book into which all transactions are entered from the daybook or blotter to facilitate posting into the ledger.

There Are All Types of Journals



Trading Journal - Definition

A record of information that will assist in improving your trading

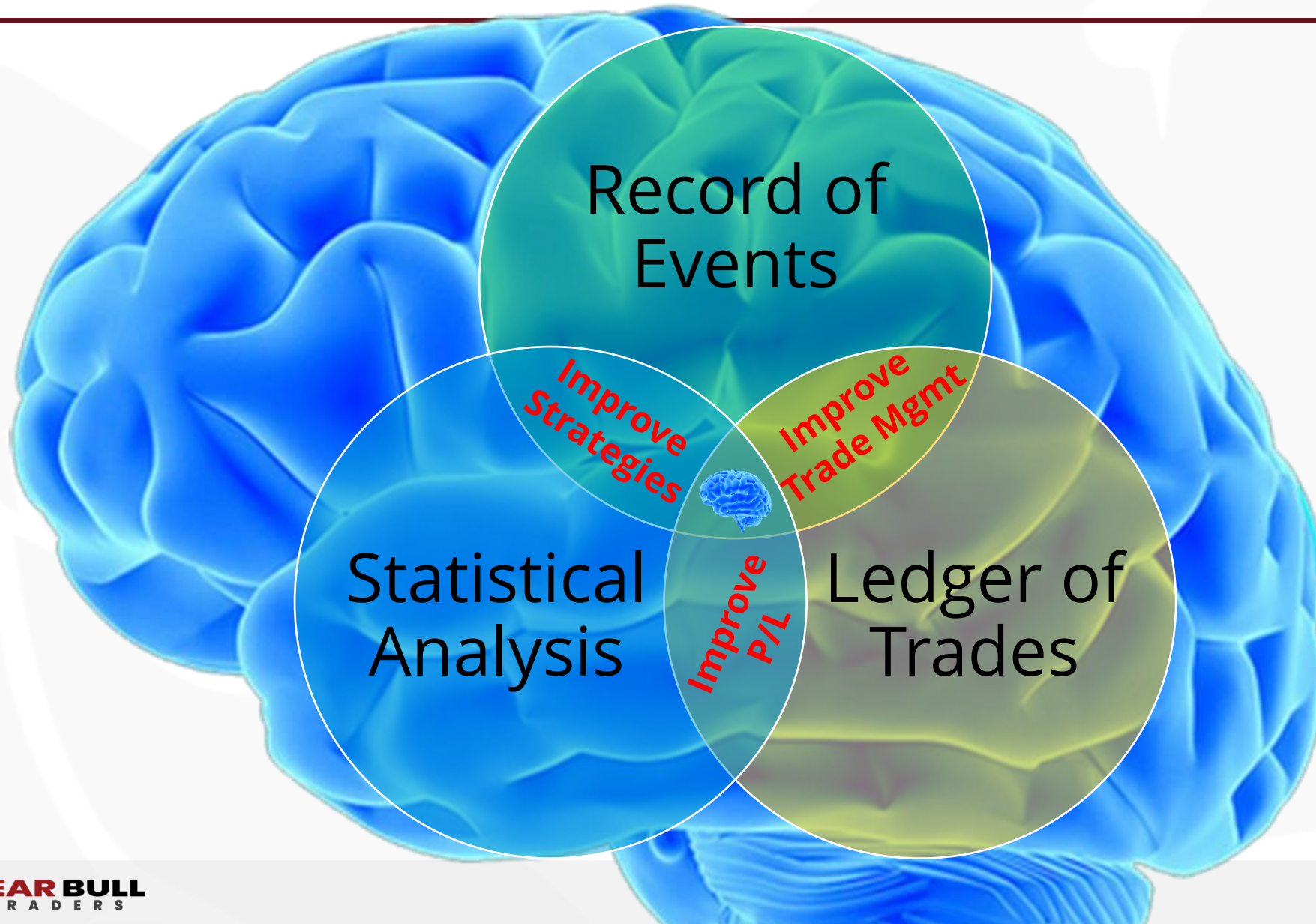
Trading Journal - Definition

*A record of **information** that will assist in improving your trading*

What Information?



What Information?



Keys to Creating a Productive Journal

1. Provides insight upon creation and upon review
2. Keeps ***only*** info you will use (!!!)
 - Either while creating it or in the future
3. Reminds you what you did and why you did it
4. Contains both daily *and* trade-by-trade info

Elements of a Good Journal

Any information that helps YOU manage and improve your:

Trading Psychology
Trade Management
Risk Management
Trade Strategies
Profitability
Mental Health
Life

Some Available Journaling Tools

Text



Graphic



Video



Specialty



Some Available Journaling Tools

Text



Graphic



Video



Specialty



Some Available Journaling Tools

Text



Graphic



Evernote

Video



Specialty



Some Available Journaling Tools

Text



Graphic



Evernote

Video



Specialty



Examples from



Moderators

- ✓ Susan
- ✓ John
- ✓ Andrew
- ✓ Megan
- ✓ Peter



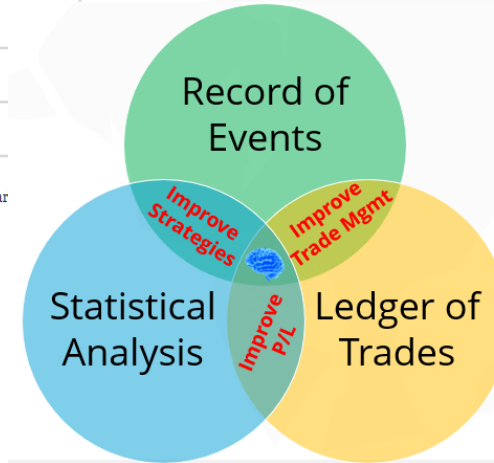
Susan

In excel - starts with some rule reminders:

No trades is sick
No trades if busy with family that morning and cannot prep adequately (at this time)
Pick 2 best tickers and wait for perfect entry on 15; stops/targets on 1
*** No non-TB trades unless in SIM
2 LOSSES ON SAME TICKER - DONE FOR DAY WITH THAT TICKER

Currently trying this which is calculations of CPR (based on my interpretation of Pivot Boss book/reading). I fill what you see out in the evening, print and do the rest premar

Date	11.7.22	Date	11.8	Date	11.7.22	Date	11.8
Stock	TSLA			Stock	SPY		
Price High	203.90	T TC	198.13	Price High	380.57	T TC	379.31
Price Low	196.66	T PIVOT	199.21	Price Low	375.53	T PIVOT	378.68
Closing Price	197.06	T BC	200.28	Closing Price	379.94	T BC	378.05
Y CPR	209.37- 213.04	T CPR	198.13- 200.28	Y CPR	374.44- 368.64	T CPR	378.05- 379.31
2 Day	LV	Open Price		2 Day	HV	Open Price	



I have this page & this changes based on what current needs are

Goal = 35 or higher	1 - no, 2 - yes
Premarket CPR Plan	
Premarket Stretch	
Premarket Pray	
Premarket Meditation/Affirmations	
Premarket Daily Levels Marked	
Entry from 15 confirmation	
Used 1 or 2 for stop/entry?	
Did original bias work	
If new plan; able to readjust	
Partial to plan in 3rds; 10% runs	
Ended Trade based on 15?	
Zero Fear?	
Took trade without hesitation?	
Healthy emotions during trade/calm?	
Felt calm & composed after trade?	
Did you stop at Max Loss of 2R	
Did you hit \$100 Profit Goal?	
Did you take 5 or less trades?	
Total for Day	20

Building 20 trade datasets for 3 plays - S3-R3, S4/R4 breaks or rejections and last week for kicks added 5 min ORB. If they aren't done to tradebook standards; they don't get

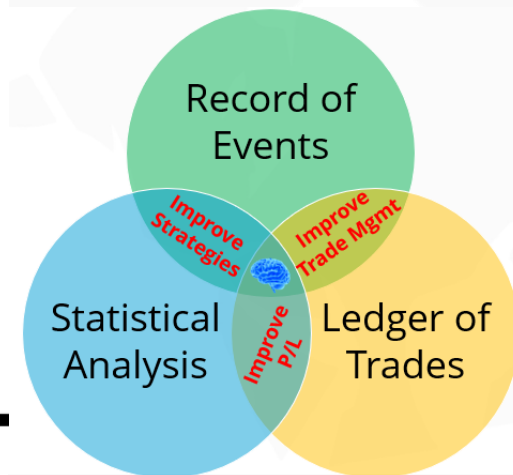
S3-R3	1	2	3	4	5	6	7	8	9	10	11	12
Date	10.19	11.9	11.11.22									
Dataset												
Ticker	AMD	TSLA	TSLA									



Best Trade - 11Nov22

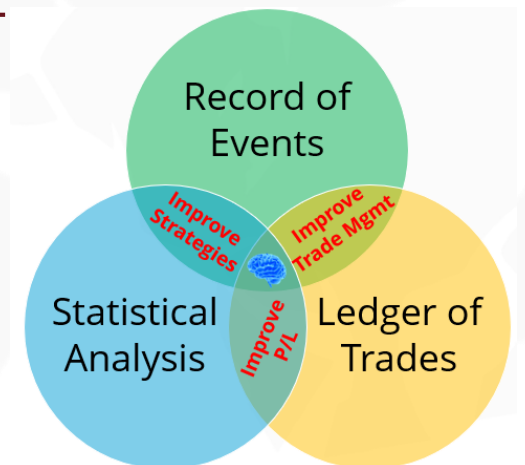
\$SQ HOD break trade, HOD = \$68.17

Volume at Entry (approx)	4.1M	RVOL (approx)	120%
Catalyst	None		
HOD Price	At \$-Level or Below Within \$0.10		No Special Price
	X		
Nearby Levels of Interest	Pre-Market High	Previous Day High	Previous Day Close
	Above Entry	X	Above Entry
Punch to Entry	Present?	# of Candles	Shape
	No	1	Single Candle
1 Minute Volume at Entry	White Steps	Parabolic White Steps	Spike
	Pivot	General Build	Failed Volume or No Event
SPY Behavior	Relationship of Ticker and SPY Prior to Entry		Spy Candle on Entry
	Uncorrelated (Good)	X	Red (Be Careful)
	Some Correlation (OK)		Flat (OK)
Patience	Happy With My Patience		Unhappy With My Patience
	Poor, I was looking too hard for a winner		
Risk & Reward	Traded At	\$68.17	Entry
	Target	\$69	Full Stop
Result	I love when pre-market high is at/near HOD and we had that here. Also had yesterday high just above which can be a good price magnet. But honestly this was a dangerous entry in retrospect. When it worked I took 50% off to cover morning losses and then decided to hold for more than target on average. Accidentally got all out on last "partial"		
Exit	\$69.44	Partialled?	Yes



John

https://mail.google.com/mail/u/1?ui=2&ik=61779917b5&attid=0.1&permmsgid=msg-f:1749134627157318104&th=18462cad140c19d8&view=att&disp=safe&realattid=f_labefohq0



Andrew

<https://youtu.be/ACqnte2CC1Q>



Megan

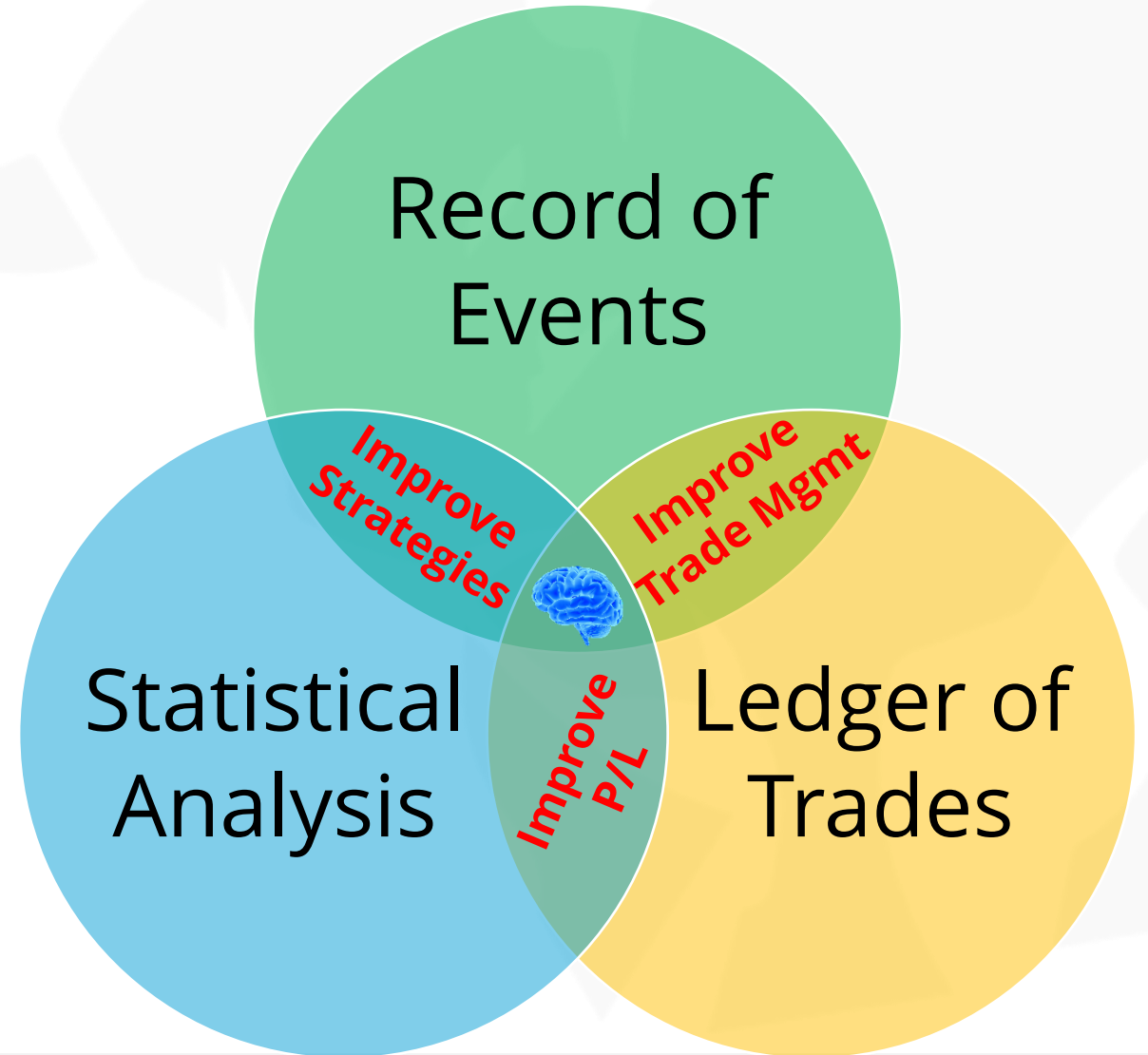
<https://www.notion.so/SEPTEMBER-6-2022-f6b266ed349843cf88869779e454f92b>



Peter

Four tools in use:

1. Paper (yes, paper!)
2. PowerPoint
3. Excel
4. Tradervue



Xxx, xxx xx

My watchlist: AMD,
secondary:

IPOs: none
SPACs: none

x / x – XX% trades taken

Notes

Pre-Trading Checklist:

1. Stretch
2. Mindfulness moment
3. Affirmations
4. Pre-market pause

Today's goals:

- Today I am going to target a 'perfect' day:
 - Take only A/A+ set-ups
 - Take all the trades
 - No partials until >1R and b/e at 1R
 - TALK OUT LOUD!

Missed trades:

- XX short \$xx

\$0

Today's targets

Per trade risk: \$ 200

Profit target: \$500

Daily stop-loss: -\$400

Mental state: None

Trading effectiveness: None

What happened today: What prevented/allowed me to trade

Breaks: 1) time / 2) time

Mon, May 17th



Pattern: PCL break
Entry: Ok

Exit: Panicked. Had I stayed calm I would have again had a partial and a stop out.
Notes: I really missed two good opportunities on AMD out of fear. TTDT

Journal Process

Wed, May 26th

My watchlist: AMD, NCLH, AAPL
secondary: TSLA, DKS, OXY

1 / 2 – 33% trades taken

Notes

TTDT!

I need to control my emotions and let the trades play out. Once the decision is made to enter, let it work or fail! Continue to work on keeping this under control.

Missed trades:

- AAPL short \$108
- AMD short \$265
- AMD long \$121
- TSLA short \$60 stop

\$554

Today's targets

Per trade risk: \$ 200
Profit target: \$500
Daily stop-loss: -\$400

Mental state: Calm and ready
Trading effectiveness: Poor – don't panic
What happened today: No events
Breaks: 1) 10:45am / 2) 1:30pm

Symb	Company Name	Realized	Type
AMD	Advanced Micro Device	\$ 20.42	Margin
OXY	Occidental Petroleum	\$ 304.17	Margin
Summary		\$ 324.59	

Mon, May 17th



Risk: 0.40
Pattern: PCL break
Entry: Ok
Exit: Panicked. Had I stayed calm I would have again had a partial and a stop out.
Notes: I really missed two good opportunities on AMD out of fear. TTDT

Journal Process

Wed, May 26th
 My watchlist: \$AMD, \$NCLH, \$AMC
 secondary: \$DKS, \$OCGN, \$SOXY, \$JWN
 x/x-XXX% trades taken

Missed trades:
 - XX short Six



Analysis

Gross Cumulative P&L (last 30 trading days)



Date	Win trad	Loss trad	Trades	Trades (per DAS)	Shares (1 side on)	Shares per trade	Shares per ticket	Trade P&L	Commissi	SEC	FINRA	DAS Estim P&L	DAS Estimated P&L	Actual IB P&L	Actual fee	"almost" trad	Revised P&L
12-May-21	8	2	10	-	1,420	0.00	0.00					\$ -	\$ -		\$ -		
13-May-21	3	1	4	-	1,650	0.00	0.00					\$ -	\$ -		\$ -		
14-May-21	7	-	7	10	1,000	142.86	100.00					\$ -	\$ -		\$ -		
17-May-21	5	1	6	12	1,500	250.00	125.00					\$ -	\$ -		\$ -		
18-May-21	4	-	4	15	700	175.00	46.67					\$ -	\$ -		\$ -		
19-May-21	3	-	3	13	500	166.67	38.46					\$ -	\$ -		\$ -		
20-May-21	4	2	6	21	340	56.67	16.19					\$ -	\$ -		\$ -		
21-May-21	2	-	2	7	2,500	1250.00	357.14					\$ -	\$ -		\$ -		
24-May-21	4	-	4	3	100	25.00	33.33					\$ -	\$ -		\$ -		
25-May-21	3	1	4	15	1,300	0.00	0.00					\$ -	\$ -		\$ -		



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