How To Keep A Trading Journal - 8 Details to Include in Your Entries

Trading is a game of strategy that requires you to make the most out of every investment. This can be challenging if you're not keeping track of your thoughts & feelings during trades or just looking at the big picture. To help, we compiled a list on how to keep a trading journal - and which details you should include in your entries.



- [ ] Date and time
- [ ] Trading instrument
- [ ] Trade direction
- [ ] Position size
- [ ] Entry and exit prices of the trade
- [ ] Results of the trade (any profit or loss made)
- [ ] Reasons for taking a trade

Make and Share Free Checklists
checkli.com