ECN1 EDUCATION · PRINTABLE WORKSHEET

Trading Journal Worksheet

Record the plan, the execution, and what you learned. Complete the review after the trade is closed.

Date / time		Platform / account	
Instrument		Timeframe	
Market context		Order type	
Entry plan		Invalidation level	
Position size		Risk / margin notes	
Exit plan		Actual exit	

Post-trade review

What followed the plan?	
What changed during execution?	
What did I learn?	
One process improvement for next time	

This worksheet is for reflection and record keeping. It does not provide investment advice or recommend a trade. Trading involves risk; use the current account terms and instrument specifications.