

TRADING JOURNAL

DATE:

DAY OF WEEK:

TIME:

STARTING BALANCE:

TEMPO OF MARKET:

WHAT MARKET/SECURITY:

TREND:

DAILY:

HOURLY:

5 MIN:

PRE MONTH HI.:

LOW: _____

MONTHLY HI:

LOW: _____

PRE WEEK HI:

LOW: _____

WEEKLY HI:

LOW: _____

DAILY EMA'S 50:

20:

125:

OVERNIGHT HI:

LOW: _____

OVERNIGHT HI:

LOW: _____

OVERNIGHT HI:

LOW: _____

OVERNIGHT HI:

LOW: _____

P/L TICKS:

OVERNIGHT HI:

LOW: _____

ENDING BALANCE: