SOCRATIC TRADING ACADEMY

Personal Trading Journal

A blank, repeatable worksheet for recording your own decisions, reasoning and review notes.

How to use this journal

- **One worksheet per decision.** Print or copy pages 2 and 3 as many times as you need. A documented decision not to trade can be recorded too.
- **Write the "before" part before you act.** Keep what you knew at the time separate from what you learned afterward.
- **Record, don't rewrite.** If you find a mistake later, add a dated correction in the space provided instead of changing the original note.
- **This is a manual record.** Nothing here imports broker data or calculates results. If you copy prices or fills from your own platform, note where they came from.
- **Leave unknowns as unknown.** A blank or "not recorded" field is more useful in review than a guess filled in later.

Entry index

List each worksheet here so you can find it at review time.

Entry ID	Date	Instrument	Setup name (your own)	Plan version	Reviewed on

Education only, not investment advice. This record may contain private information; store it securely.

A Entry worksheet, part 1 of 2: before the decision

Entry ID		**Date**	
Session		**Time recorded**	
Instrument / contract		**Timezone used**	
Chart timeframe(s)		**Plan version**	

Decision type: ☐ Planned entry ☐ Documented no-trade ☐ Other (describe below)

Setup, in my own words *Name and describe the setup as defined in your own plan.*

Market context I observed *What you could see at the time, not what happened later.*

My plan for this decision *Why act or not act, the conditions you wrote in advance, and what would show the idea is wrong.*

My checklist, as written in my plan

Copy your own checklist items. A "no" means stop and check, not find a reason to continue.

		Yes / No / Note
☐		
☐		
☐		
☐		
☐		

My own risk limits for this decision *Copy the limits from your plan in your own words. This sheet does not supply amounts.*

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B Entry worksheet, part 2 of 2: during and after

Entry ID (from part 1)		Date recorded	

	Planned (from part 1)	What actually happened	Time and source of record
Entry			
Exit			
Size / quantity			

Entry and exit observations *What you saw and did, including order types and anything unexpected.*

Did I follow my written plan? ☐ Yes ☐ Partly ☐ No ☐ Unknown

Where did I follow or depart from the plan, and why?

Emotions and state: before	During	After

One thing I want to remember from this record *About process, not only the outcome.*

Next review date		Screenshot reference	

Later corrections (dated; do not erase the original)

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