

**Trading**

Date: \_\_\_\_\_  
 Day.No. \_\_\_\_\_  
 Wk No. \_\_\_\_\_

**Economic Calenders**

Investing.com   
 ForexFactory   
 Market Type

**Today's Target**

£		%
Day's Result		
£		%

**Trading Objectives**

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My Big 8    Daily ATR ↑    Prev Close ↓ ↑

DAX \_\_\_\_\_  
 DOW \_\_\_\_\_  
 FTSE \_\_\_\_\_  
 GOLD \_\_\_\_\_  
 CRUDE \_\_\_\_\_  
 EUR/USD \_\_\_\_\_  
 GBP/USD \_\_\_\_\_  
 USD/JPY \_\_\_\_\_

**Economic Events**

Time	Country	Impact	Events	Forecast

No.	Type	L/S	Set Up	£'s /Pt	Stop	Entry	Target	Time Held	Profit /Loss	Trade Grade
1									£	
2									£	
3									£	
4									£	
5									£	
6									£	
7									£	
8									£	

Trade Notes: *Include Objectives, Initial Trade Signal (What Was My Edge?)*

**EQ Grade    T/A Grade**

1		
2		
3		
4		
5		
6		
7		
8		

**Final Thoughts: Include:-** # What Did I do Well & Why? # What Could I do Better & How?

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**\*Market Type:** ① Bull, volatile ② Bull, quiet ③ Sideways, volatile ④ Sideways, quiet ⑤ Bear, volatile ⑥ Bear, quiet