


INFO	FTSE	DAX	DOW	S & P	NAZDAQ
Market Type					
Daily ATR					
Weekly ATR					
Yesterday's HIGH					
LOW					
CLOSE					
Today's OPEN					
+/- To Y/day's CLOSE					
Yesterday's GAIN +/-					
Yesterday's GAIN %					

Sheet No: _____ Today's Target: £

Date: ____ / ____ / ____

Economic Events: 

Trade Type & Set Up				(P)Entry Price,(£)Amount,(T)Time			Targets, Stops, Risk/Reward Ratio			(P)Exit Price,(£)Amount,(T)Time			Total (£)		Grades	
No	Purchase	L/S	Set Up	Entry Price	Amount	Time	Target	Stop	R/R	Exit Price	Amount	Time	Profit/Loss	T.A.	E.Q.	
1													£			
Trade Notes:				Entry Notes:			Mistakes Made?			Exit Notes:			Grade Comment:			
2													£			
Trade Notes:				Entry Notes:			Mistakes Made?			Exit Notes:			Grade Comment:			
3													£			
Trade Notes:				Entry Notes:			Mistakes Made?			Exit Notes:			Grade Comment:			
4													£			
Trade Notes:				Entry Notes:			Mistakes Made?			Exit Notes:			Grade Comment:			
5													£			
Trade Notes:				Entry Notes:			Mistakes Made?			Exit Notes:			Grade Comment:			