

Lesson 14: Trading Plan and Journal System

Overview

- Turn rules into a plan and track progress with KPIs.

Key Concepts

- Plans define markets, sessions, setups, and risk rules.
- KPIs reveal strengths and leaks.
- Reviews create continuous improvement.

Framework

- Draft a one-page plan.
- Create a daily checklist.
- Journal every trade.
- Review weekly and adjust only after data.

Checklist

- Plan documented.
- Daily checklist ready.
- Journal entries complete.
- Weekly review scheduled.