



Weekly Review – [Week of ...]



Summary Stats (fill in from Trade Log)

- Total trades this week:
- Winning trades:
- Losing trades:
- Win rate: %
- Total P&L: \$
- Average risk per trade: %
- Largest loss: \$
- Largest win: \$



Three Questions (required before next week)

1. What worked well this week? *(Write 1-3 things)*
2. What was my biggest mistake? *(Be honest – no one sees this but you)*
3. One thing I will change next week: *(Example: lower position size, avoid London open, check higher timeframe first)*



Emotion Check-In

- Days I felt calm: out of 5
- Days I wanted to revenge trade:
- Did I break any rules? Yes / No → If yes, which one?



One Goal for Next Week

Example goal: "Max 2 trades per day" or "Only take A+ setups"

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