KunmiteFx

KUNMITEFX FREE RESOURCE

TRADING JOURNAL & WEEKLY REVIEW

A practical workbook for tracking trades, emotions, R-multiples, mistakes, and improvement.

Education only - not financial or investment advice

Trading Journal & Weekly Review Workbook

Track the decision, the risk, the emotion, and the result - not just profit or loss.

Why journal?

A journal helps separate outcome from decision quality. A profitable trade can still be poorly executed, and a losing trade can still be a good trade if it followed your tested process.

What to record consistently

- [ ] Setup and market context
- [ ] Entry, stop, target, and position size
- [ ] Planned risk in money and percentage
- [ ] Risk-to-reward planned
- [ ] Emotion before entry
- [ ] Whether every rule was followed
- [ ] Result in money and R-multiple
- [ ] Screenshot or chart reference
- [ ] One lesson from the trade

R-multiple reminder

1R is the amount you planned to risk. If planned risk was $50, a $100 gain is +2R and a $50 loss is -1R.

Risk notice: Forex and CFD trading involve significant risk. These worksheets and examples are for educational purposes only. They do not guarantee profitability and are not individualized financial advice. Consider your circumstances, experience, and tolerance for loss before trading.

Trade Log

Use one row per completed trade.

#	Date	Market	Setup	Risk %	Stop	R:R	Result R	Rules?
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								

Notes / recurring patterns:

Detailed Trade Review

Date / time:

Market / pair:

Setup:

Entry / stop / target:

Account balance before trade:

Risk % and monetary risk:

Position size:

Planned risk-to-reward:

Why did I enter this trade?

What was I feeling before entry?

- [ ] Calm
- [ ] Patient
- [ ] FOMO
- [ ] Frustrated
- [ ] Overconfident
- [ ] Trying to recover a loss

Result in money and R-multiple:

Did I follow the plan? What did I do well?

What would I change next time?

Weekly Review

Review behaviour and process before focusing on money.

Week ending:

Starting equity:

Ending equity:

Total trades:

Wins / losses / break-even:

Net R for the week:

Largest drawdown this week:

Process review

- [ ] I followed my setup rules consistently.
- [ ] I respected my planned risk.
- [ ] I did not widen stops emotionally.
- [ ] I avoided revenge trading.
- [ ] I avoided unnecessary overtrading.
- [ ] I recorded each trade honestly.

Best decision this week:

Biggest mistake this week:

One rule I will focus on next week:

Monthly Performance Snapshot

Use this page to look for patterns across a larger sample.

Metric	This month	Previous month
Total trades		
Win rate		
Average winner (R)		
Average loser (R)		
Net R		
Largest drawdown		
Rule-following rate		
Best setup		
Most common mistake		

What improved most this month?

What needs the most work?

One measurable goal for next month:

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