

Weekly Trading Review

End-of-week structured review. The journal habit of consistently profitable traders.

Week ending: _____

1. PERFORMANCE SUMMARY

Trades taken	Wins / Losses	Win rate	Net R
_____	_____ / _____	_____ %	_____ R

2. TRADE LOG (this week's trades)

Date	Symbol	Setup	R	Grade

3. PROCESS ADHERENCE (tick honestly)

- ☐ Filled in pre-trade checklist on every trade
- ☐ Filled in journal at exit, every trade (not from memory)
- ☐ Respected the daily loss limit, every day
- ☐ Did not move stops once placed
- ☐ Took only A-grade setups (no marginal ones)
- ☐ Ran the state check before every session

4. EMOTIONAL PATTERNS

What state was I in for my **worst** trade this week?

What triggered the worst state? (loss, news, life, fatigue?)

5. ONE LEAK TO FIX NEXT WEEK

One specific behaviour to work on. Not five. One.

6. INTENTION FOR NEXT WEEK (behaviour-based)
