

## TRADE REVIEW

		Details	
<b>Date</b>			
<b>Contract</b>			
<b>Aligned with Trading Plan?</b>			
<b>Long/Short</b>			
<b>Entry Price</b>		<b>Exit Price</b>	
<b>Entry Time</b>		<b>Exit Time</b>	
<b>Emotions During Trade</b>			
<b>Profit / Loss</b>			
<b>Lot Size</b>			
<b>What Was Done Right</b>			
<b>Setup Used</b>			
<b>Trigger for Entry</b>			
<b>What Needs Improvement</b>			
<b>Reason for Exit</b>			
<b>Trade Quality Rating (1-5)</b>			

## COMMENTS: