

## TRADE REVIEW

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

**COMMENTS:**

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