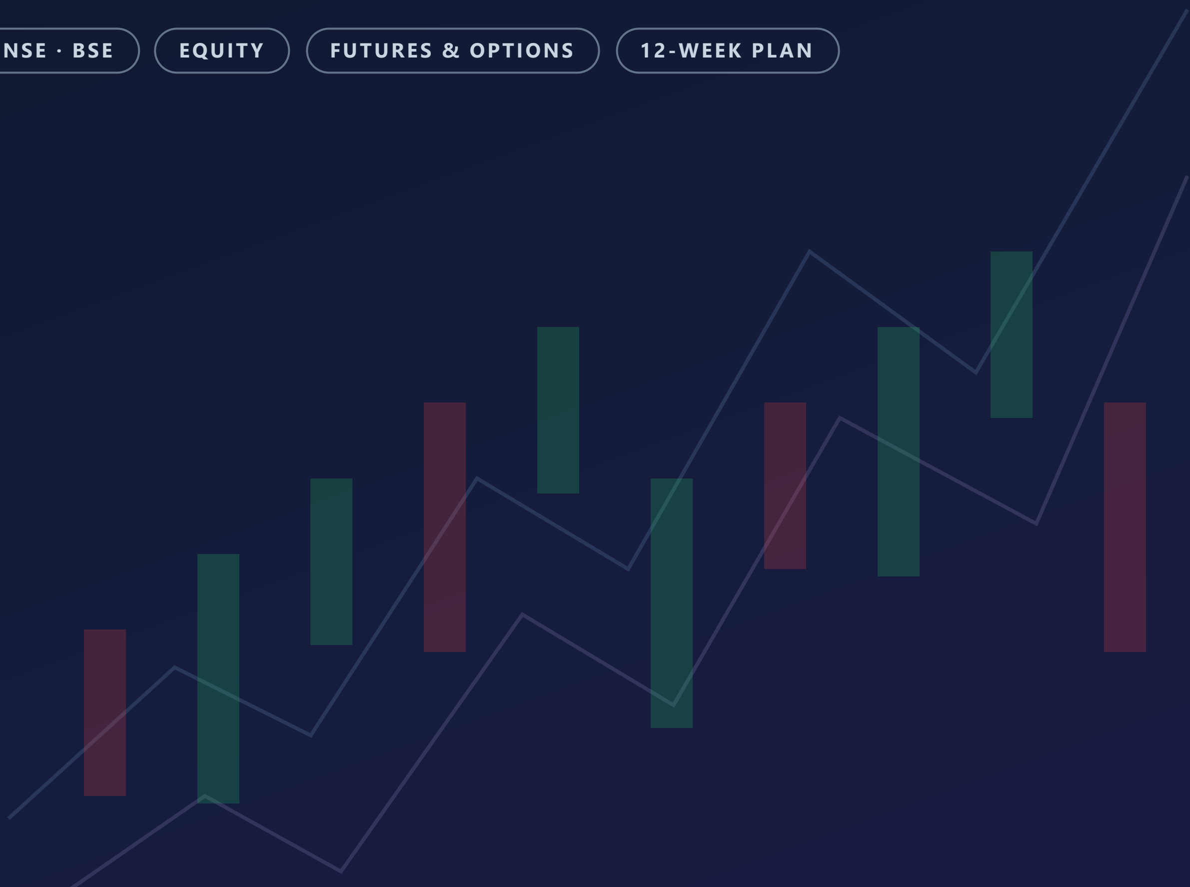
INVESTINGG.IN

The Trader’s Journal

100 pages to record your trades, name your emotions and build the discipline that outlasts any single win.

NSE · BSE | EQUITY | FUTURES & OPTIONS | 12-WEEK PLAN



EVERY EMOTION HAS A COLOUR

THIS JOURNAL BELONGS TO

STARTING ON

START HERE

How to use this journal

A trade journal is not a diary of profits. It is a record of **what you planned, what you did and how you felt**, so that you can see your own habits clearly. Ten focused minutes a day is enough.

START
MONTH 1
MONTH 2
MONTH 3
SCORE

1 Plan

Before the market opens, write what you expect, what you will trade and how much you will risk. No plan, no trade.

2 Trade

Take only the setups you wrote down. Place the stop-loss the moment you enter.

3 Log

Record every trade in the daily log: entry, stop, target, exit, P&L and R. Do it while it is fresh.

4 Feel

Tick every emotion you felt and any mistake tags. This is where patterns hide.

5 Review

Weekly and monthly reviews turn a pile of trades into a few clear decisions.

A GOOD DAILY RHYTHM

- Before the open: fill the pre-market plan and mood.
- 9:15 to 3:30 (cash market hours, IST): trade only what is on the plan.
- After the close: complete the trade log, emotions, what went well and wrong.
- Weekend: the weekly review, then plan the next week.

THREE WAYS TO USE IT

- **Type in it.** Every box is fillable in any PDF reader on phone, tablet or computer.
- **Write in it.** Print the pages you need and use a pen.
- **Draw on it.** Import into GoodNotes, Notability or a similar app.

WORDS YOU WILL MEET IN THIS JOURNAL

R (risk unit) — The rupees you risk on one trade. A result of +2R means you made twice what you risked.

Reward : risk — How far the target is compared with the stop. 1 : 2 means the target is twice as far as the stop.

Expectancy — The average result per trade, in R. Positive expectancy is what a real edge looks like.

Slippage — The gap between the price you wanted and the price you got.

Stop-loss (SL) — The price where you admit the trade is wrong and exit, decided before you enter.

Win rate — The share of your trades that make money. It says little without the average win and loss.

Drawdown — The fall from your account's highest point to its next low. Protect it.

Position size — The number of shares or lots, worked out from your risk and stop distance.

Be brutally honest and never edit history. The journal only works if it records what really happened. A bad day logged honestly teaches more than a good day recorded selectively. This journal is an educational tool and is not investment advice.

The emotion colour guide

Markets do not move your money; your reaction to them does. Name the feeling, and it loses some of its grip. Every daily page has these twelve colours: tick each one you felt, and watch the pattern build.

☐ Calm	**Feels like:** Steady, unhurried, waiting for your setup. **The trap:** Getting complacent and skipping the checklist. **Do this:** Keep the routine. Calm is the state to protect.
☐ Focused	**Feels like:** Locked onto the plan; noise fades. **The trap:** Tunnel vision: missing that the market has changed. **Do this:** Re-check the bigger picture once an hour.
☐ Confident	**Feels like:** You trust the setup and your process. **The trap:** Sliding into overconfidence after a few wins. **Do this:** Keep position size fixed. Confidence never changes size.
☐ Excited	**Feels like:** Buzzing after a win or a big move. **The trap:** Oversizing, or trading everything that moves. **Do this:** Wait five minutes. Re-read the pre-trade checklist.
☐ Greedy	**Feels like:** Wanting more than the plan allows. **The trap:** Moving the target, refusing to book profit. **Do this:** Book at the target you wrote. Log what happens after.
☐ Impatient	**Feels like:** Can't wait for the setup to arrive. **The trap:** Entering early, before the trigger. **Do this:** Set an alert on the trigger price and step away.
☐ Anxious	**Feels like:** On edge, checking the P&L every minute. **The trap:** Exiting good trades too soon. **Do this:** Cut the size until the stop-loss no longer scares you.
☐ Fearful	**Feels like:** Dread of losing; a hand hovering over the button. **The trap:** Hesitating on a valid setup, then chasing it. **Do this:** Trade smaller. Judge the trade by the plan, not the fear.
☐ Frustrated	**Feels like:** Annoyed by whipsaws and small losses. **The trap:** Forcing trades to feel productive. **Do this:** Stop at your daily limit. Walk away without a plan to 'fix' it.
☐ Revenge	**Feels like:** You need to win it back, right now. **The trap:** Bigger size, no plan, the fastest way to a large loss. **Do this:** Close the terminal. Do the 15-minute reset before anything else.
☐ Regret	**Feels like:** Replaying the 'if only I had...' trade. **The trap:** Chasing the move you already missed. **Do this:** Write the lesson in one line, then let it go.
☐ FOMO	**Feels like:** Fear of missing out as price runs away. **The trap:** Buying extended prices with no stop in mind. **Do this:** Skip it, or wait for a pullback to your entry zone.

How to read your colours: a week full of warm reds, pinks and oranges is a signal to trade smaller, not harder. A week of teal, blue and green means the process is holding. Tick the boxes above to mark the feelings you most want to work on.

Week 1 · Plan

MONTH 1 · GET READY FIRST

FROM

TO

START

MONTH 1

MONTH 2

MONTH 3

SCORE

THEME OF THE WEEK

WORD OF THE WEEK

MARKET VIEW

levels and bias

	SUPPORT	RESISTANCE	BIAS
Nifty 50			
Bank Nifty			
Sector focus			

KEY EVENTS THIS WEEK

results, policy, expiry

DATE	EVENT	IMPACT

WATCHLIST

only what fits a written setup

SYMBOL	SETUP	TRIGGER	STOP	TARGET	R:R

RISK BUDGET FOR THE WEEK

CAPITAL (₹)	RISK PER TRADE (₹)	MAX LOSS PER DAY (₹)	MAX LOSS THIS WEEK (₹)	MAX TRADES A DAY

WEEKLY GOALS

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

IF… THEN… PLANS

decide now

If I feel revenge or FOMO, then I will…

ONE HABIT TO FIX

Week 1 · Monday

DAILY TRADING JOURNAL · DAY 1 OF 60

DATE

MOOD ☐ Bullish ☐ Sideways ☐ Bearish ☐ Volatile ☐ Event

Nifty

Bank Nifty

PRE-MARKET PLAN AND THOUGHTS

what I expect · what I will trade · how I feel

TRADE LOG

#	SYMBOL	B/S	QTY	ENTRY	STOP	TARGET	EXIT	P&L ₹	R
1									
2									
3									
4									
5									

HOW I FELT

tick every emotion you felt today

☐ Calm ☐ Focused ☐ Confident ☐ Excited ☐ Greedy ☐ Impatient ☐ Anxious ☐ Fearful

☐ Frustrated ☐ Revenge ☐ Regret ☐ FOMO

Intensity ○ ○ ○ ○ ○ Focus ○ ○ ○ ○ ○ Trigger:

✓ WHAT WENT WELL

✗ WHAT WENT WRONG

MISTAKE TAGS

tick the codes that apply · see page 12

☐ M1 Moved stop ☐ M2 Averaged down ☐ M3 Oversized ☐ M4 Revenge ☐ M5 FOMO ☐ M6 Early exit

☐ M7 Held loser ☐ M8 Overtraded ☐ M9 Ignored plan ☐ M10 No stop ☐ M11 Chased news

☐ M12 Bored trade

RULE CHECK

- ☐ I followed my plan
- ☐ Stop-loss set on every entry
- ☐ No FOMO or chasing
- ☐ Risk stayed within my limit
- ☐ No revenge trades
- ☐ Only A+ setups taken

DAY P&L (₹)

CHARGES (₹)

DISCIPLINE SCORE (OF 10)

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

THE LESSON

TOMORROW I WILL...

EVENING THOUGHTS

anything else on my mind

START · MONTH 1 · MONTH 2 · MONTH 3 · SCORE

Week 3 · Wednesday

DAILY TRADING JOURNAL · DAY 13 OF 60

DATE WED 14 / 10

MOOD: ☑ Bullish ☐ Sideways ☐ Bearish ☐ Volatile ☐ Event

Nifty 24,410 Bank Nifty 52,180

PRE-MARKET PLAN AND THOUGHTS

what I expect · what I will trade · how I feel

Nifty above yesterday's high, bank stocks leading. Plan: only my breakout-retest setup. Max 3 trades, risk Rs 2,000 each. Stay out for the first 15 minutes.

TRADE LOG

#	SYMBOL	B/S	QTY	ENTRY	STOP	TARGET	EXIT	P&L ₹	R
1	HDFCBANK	B	200	1,642	1,632	1,662	1,660	+3,600	+1.8
2	TATASTEEL	B	800	158.4	156.0	163	156.0	-1,920	-1.0
3	BANKNIFTY	S	30	52,240	52,320	52,000	52,320	-2,400	-1.0
4									
5									

HOW I FELT

tick every emotion you felt today

☑ Calm ☑ Focused ☐ Confident ☐ Excited ☐ Greedy ☑ Impatient ☐ Anxious ☐ Fearful ☐ Frustrated ☐ Revenge ☐ Regret ☑ FOMO

Intensity ○ ○ ● ○ ○ Focus ○ ○ ○ ● ○ Trigger: saw it run 60 pts

✓ WHAT WENT WELL

Waited for the retest on HDFCBANK and took profit at my target. Logged every trade straight away.

✗ WHAT WENT WRONG

Chased BANKNIFTY short after it had already dropped, with no proper entry. Stop was hit. That was FOMO (M5).

MISTAKE TAGS

tick the codes that apply · see page 12

☐ M1 Moved stop ☐ M2 Averaged down ☐ M3 Oversized ☐ M4 Revenge ☑ M5 FOMO ☐ M6 Early exit ☐ M7 Held loser ☐ M8 Overtraded ☐ M9 Ignored plan ☐ M10 No stop ☐ M11 Chased news ☐ M12 Bored trade

RULE CHECK

- ☑ I followed my plan
- ☑ Stop-loss set on every entry
- ☑ No FOMO or chasing
- ☑ Risk stayed within my limit
- ☐ No revenge trades
- ☐ Only A+ setups taken

DAY P&L (₹): -720

CHARGES (₹): 410

DISCIPLINE SCORE (OF 10): ✓ ✓ ✓ ✓ ✓ ✓ ✓ ○ ○ ○

THE LESSON

If I missed the entry, I missed it. The next setup always comes.

TOMORROW I WILL...

Set an alert on my trigger and stop watching every tick.

EVENING THOUGHTS

anything else on my mind

Two good trades, one impulsive. Calm start, lost focus after lunch. Feeling OK: the process mostly held.

SAMPLE ENTRY · ILLUSTRATIVE NUMBERS

START MONTH 1 MONTH 2 MONTH 3 SCORE

Week 1 · Review

WHAT DID THE WEEK REALLY SAY?

THE NUMBERS

TRADES TAKEN	WINS	LOSSES	WIN RATE (%)

AVERAGE WIN (₹)	AVERAGE LOSS (₹)	NET P&L (₹)	CHARGES (₹)

P&L BY DAY

₹

MON	TUE	WED	THU	FRI

EMOTION TALLY

days I felt each one

Calm	Focused	Confident	Excited	Greedy	Impatient
Anxious	Fearful	Frustrated	Revenge	Regret	FOMO

MISTAKE TALLY

how many times

M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	M11	M12

BEST TRADE AND WHY

WORST TRADE AND WHY

WHAT I DID WELL

WHAT I WILL CHANGE

DAYS I FOLLOWED EVERY RULE

/ 5

MY GRADE FOR THE WEEK

☐ A ☐ B ☐ C ☐ D ☐ F

NEXT WEEK'S ONE RULE

START | MONTH 1 | MONTH 2 | MONTH 3 | SCORE

Month 1 • Review

WEEKS 1 TO 4 · STEP BACK AND LOOK AT THE PATTERN

WEEK BY WEEK

	NET P&L ₹	TRADES	WIN %	AVG R	RULES KEPT /5	TOP EMOTION
Week 1						
Week 2						
Week 3						
Week 4						
Month						

EQUITY CURVE

plot the cumulative ₹

profit

loss

MONTH IN NUMBERS

NET P&L (₹)	PROFIT FACTOR
BEST WEEK (₹)	WORST WEEK (₹)
MAX DRAWDOWN (₹)	EXPECTANCY (R)

EMOTION HEAT MAP

days felt

	W1	W2	W3	W4	TOTAL
Calm					
Focused					
Confident					
Excited					
Greedy					
Impatient					
Anxious					
Fearful					
Frustrated					
Revenge					
Regret					
FOMO					

MY MOST FREQUENT MISTAKE

MY BEST HABIT THIS MONTH

NEXT MONTH, I WILL

MISTAKE TALLY

how many times each code appeared

	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	M11	M12
W1												
W2												
W3												
W4												
Month												