TradeTracking.com

Trading Plan Template

Write your plan once, review it monthly, and follow it every session.

Goals

Why I trade and what success looks like this year:

Process goals (not profit targets) for this quarter:

Markets & schedule

Instruments I trade:

Sessions / hours I trade:

Days or events I do not trade:

Setups

Setup 1 — entry, stop, target rules:

Setup 2 — entry, stop, target rules:

Setup 3 — entry, stop, target rules:

Risk rules

Risk per trade (%):

Daily / weekly loss limits:

Maximum open positions:

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Routine & review

Pre-market routine:

End-of-day journaling steps:

Weekly review day and checklist:
