CHES

FREE TEMPLATE · ONE TRADE PER PAGE

Trade journal

Same fields, every trade, in R. If it is not in the journal, it did not teach you anything.

Date and time (NY)
Window

Market and contract
Size

Liquidity taken
PDH, PDL, Asia, London, NY AM, swing

Displacement
Yes / no

Inversion TF
15m / 5m / 3m

Gap TF
15m / 5m / 3m

Entry, stop, TP1, runner
Stop: bottom of the inversion candle body

Planned R / actual R
Never dollars

Emotion
1-5 and the word

Execution grade
A / B / C, not the result

Rule break?
Which, and the trigger

Screenshots
Before and after

END OF DAY

The day and the week

State check and news

Bias, and was it valid?

Process score out of ten

What I did well

What I would change

The rule for tomorrow

EVERY FRIDAY

Rule adherence rate

Total R

Top rule break, and its if-then rule

Valid setups I skipped, and why

THE JOURNAL CHES USES

Tradezella

The paid journaling and replay-backtesting platform Ches rates highest: every trade logged, tagged and reviewed.

Open Tradezella

#ad Affiliate link: I earn a commission at no extra cost to you.

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