SIGNAL PILOT EDUCATION

Trade Journal Template

Signal Pilot Education — companion to Lesson 23: Keeping the Record.

Copy one **Trade Record** block per trade. Fill the pre-trade section **before** you enter; if you cannot complete it, that is the signal to skip the trade rather than to guess.

> **Educational only.** Trading involves substantial risk of loss. Not financial advice. Past performance does not guarantee future results. Every number in this template is one you record about your own trading.

Trade Record

Field	Entry
Trade #	
Date / time (with timezone)	
Symbol	
Timeframe of the read	
Higher timeframe state	

1. Pre-trade analysis — complete before entering

Question	Answer
What structure am I reading?	
Which cycle event printed, and on what close?	
Did every layer I require confirm?	Yes / No
What would make this read wrong?	
Where does the invalidation sit?	
Is that invalidation outside typical noise for this symbol?	Yes / No
Planned risk, as a % of account	
Position size from the calculator	
Correlated exposure already open	
Portfolio heat after this trade	

Skip-the-trade checklist — any "no" is a reason to pass, not to proceed smaller:

- [ ] The setup matches a rule I wrote down before today
- [ ] I am inside my session and market conditions
- [ ] The invalidation level is defined and outside noise
- [ ] I am not replacing a trade I just lost
- [ ] Portfolio heat stays inside my cap

2. Execution

Field	Planned	Actual	Difference
Entry			
Invalidation level			
Size			
Entry timing vs. bar close			

Deviation notes:

3. Post-trade review — complete the same day

Question	Answer
Outcome in R (result ÷ planned risk)	
Did I follow the plan?	Yes / Partly / No
If not, what did I actually do, and why?	
Was the *read* correct, regardless of outcome?	Yes / No
Was the *process* correct, regardless of outcome?	Yes / No
What would I repeat?	
What would I change?	
Emotion at entry	
Emotion at exit	

A losing trade with a correct process is a good trade. A winning trade with a broken process is a warning. Grade the process column, not the P&L column.

4. Screenshot log

When	Link / filename
At entry	
At exit	
One week later	

The one-week screenshot is the one people skip and the one that teaches most: it shows whether the marks stayed where they printed.

Running statistics

Recompute after every 20 trades. Fewer than 20 tells you almost nothing.

Metric	How to compute	Value
Trades recorded	count	
Plan adherence %	followed ÷ total	
Win rate	wins ÷ total	
Average winner	mean of positive results	
Average loser	mean of negative results	
Payoff ratio	avg winner ÷ avg loser	
Expectancy per trade	(WR × avgW) − ((1−WR) × avgL)	
Average R	mean of R multiples	
Largest loss vs. planned risk		
Longest losing streak		

Plan adherence is the metric to fix first. Everything below it is noise until adherence is high, because a rule you did not follow was never tested.

Review prompts, once per month

1. Which single rule did I break most often?
2. Which market condition produced most of my losses?
3. What did I skip that I should have taken, and vice versa?
4. Which one change would remove the most damage next month?