

## Plan Your Trade

Stock \_\_\_\_\_ Buy \_\_\_ Sell Short \_\_\_ Pattern \_\_\_\_\_ Entry \_\_\_\_\_  
Protective Stop \_\_\_\_\_ Initial Profit Target \_\_\_\_\_ Trailing Stop (how) \_\_\_\_\_  
Confirmation of Trend (or Transition) from Market \_\_\_\_\_ Sector \_\_\_\_\_ Other stocks  
within sector \_\_\_\_\_  
How are you?—any major (or *not so major!*) crises in your life?

Notes:

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## Gray Area

Describe what discretionary techniques you might consider (e.g. Front running, OGeR entries, etc...). Keep in mind that the larger the “gray area” the more decisions you will be faced with during the “heat of battle.” Items that re-occur frequently here should become part of the “Plan Your Trade” section.

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## Trade Your Plan

Actual: Entry \_\_\_\_\_ Initial Protective Stop \_\_\_\_\_  
Where did you take partial profits (if offered) \_\_\_\_\_  
Did you honor your stop? \_\_\_\_\_  
How/Where did you trail your stop? \_\_\_\_\_  
Notes:

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## Post Mortem

Did you deviate from the plan?  
Was this deviation profitable?  
Was it following sound trading practices?  
How are you?

Notes: