

One row = one trade. Result R = net result ÷ 1R. Without a 1R amount: (exit – entry) ÷ (entry – stop), if the stop is on the losing side — then without costs. Execution 1-5 rates how you followed the plan, not the result.

#	Date	Instrument	B / S	Entry	Stop	Exit	1R	Net result	Result R	Total R	Exec. 1-5	Note
1			B S									
2			B S									
3			B S									
4			B S									
5			B S									
6			B S									
7			B S									
8			B S									
9			B S									
10			B S									
11			B S									
12			B S									
13			B S									
14			B S									
15			B S									
16			B S									
17			B S									
18			B S									

PAGE SUMMARY

Trades _____ Wins _____ Win rate _____ %
 Total _____ R Average _____ R Longest losing streak _____

The full journal (136 pages) as a book on Amazon, and the free online journal: **rulesbeforeresults.app**

Week of _____ Trades _____ Total _____ **R** Avg. execution _____

Trades	Wins	Total (R)	Average (R)	Max drawdown (R)	Longest losing streak

Best decision this week (not best result)

Worst decision this week

Did I break a rule? Which one, and why?

What do I keep doing?

What do I watch — without changing the rules?

Focus / energy this week ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5**Notes**
