

How To Keep A Trading Journal - 8 Details to Include in Your Entries

Trading is a game of strategy that requires you to make the most out of every investment.

This can be challenging if you're not keeping track of your thoughts & feelings during trades or just looking at the big picture. To help, we compiled a list on how to keep a trading journal - and which details you should include in your entries.



- Date and time
- Trading instrument
- Trade direction
- Position size
- Entry and exit prices of the trade
- Results of the trade (any profit or loss made)
- Reasons for taking a trade