

VIBEMOTION LABS

Stock Market

Trading Journal

The journal that converts your losses into your most valuable education.

\$9

Track every trade, identify behavioural patterns, and systematically improve your performance over time.

THREE RULES FOR USING THIS JOURNAL

- Complete your pre-trade plan before placing the order — never after. The discipline is the point.
 - Be brutally honest in your post-trade review — especially on winning trades where luck played a role.
 - Review your last twenty trades every month. Your edge, and your weaknesses, live in the patterns.
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PRE-TRADE PLAN

Pre-Trade Plan

Complete this entirely before placing the order.

DATE AND TIME

Date: _____ Time: _____

TICKER AND MARKET

Ticker: _____ Exchange: _____ Sector: _____

SETUP OR PATTERN

THESIS — STATE IN ONE SENTENCE

ENTRY TRIGGER — WHAT MUST HAPPEN EXACTLY FOR ME TO ENTER

ENTRY PRICE

\$ _____

STOP LOSS — PRICE AND RATIONALE

Price: \$ _____ Because: _____

PROFIT TARGETS

Target 1: \$ _____ Target 2: \$ _____ Target 3: \$ _____

RISK-REWARD RATIO

Risking \$ _____ to make \$ _____ — R/R ratio = _____:1

POSITION SIZE

Shares: _____ Dollar amount: \$ _____ Portfolio weighting: _____ %

TIME HORIZON

Circle: Day trade · Swing (1 to 10 days) · Position (weeks to months)

WHAT WOULD INVALIDATE THIS TRADE?

POST-TRADE REVIEW

Post-Trade Review

Complete this within 24 hours of closing the position.

ACTUAL ENTRY — PRICE AND DATE

Price: \$ _____ Date: _____

ACTUAL EXIT — PRICE AND DATE

Price: \$ _____ Date: _____

RESULT

P&L: \$ _____ (_____ %) Circle: Winner · Loser · Breakeven

DID I FOLLOW MY PLAN EXACTLY?

Circle: Yes, completely · Mostly · No — I deviated because:

WHAT WENT RIGHT?

WHAT WENT WRONG?

MY EMOTIONAL STATE DURING THIS TRADE (BE HONEST)

Circle: Calm · Greedy · Fearful · Impatient · Confident · Revenge-trading

WOULD I TAKE THIS EXACT TRADE AGAIN WITH THE SAME INFORMATION?

Circle: Yes · No — because:

EXECUTION GRADE — RATE THE PROCESS, NOT JUST THE OUTCOME

A = Perfect execution · B = Good · C = Sloppy · F = Should not have been taken Grade: _____

ONE LESSON TO CARRY FORWARD