PROEA LAB · PRINTABLE TRADING JOURNAL · CHECKED 29 OCTOBER 2026

The printable trading journal

Six pages to print and fill by hand: a daily trade log, a page for any trade worth studying, the pre-trade checklist, the weekly review with its five numbers, and a month on one page. Everything is counted in R, the same way as our free Excel template, so a paper week and a spreadsheet week read the same.

How to use it

1. **Print page 2 every trading day** (landscape). One row per trade, written as you close it.
2. **Print page 3 for a trade you want to study**: your best, your worst, any rule break. Fill the top half before you enter.
3. **Keep page 4 beside the screen.** Ten yeses, or no trade.
4. **On Sunday, fill page 5** from the week's logs. It takes the five numbers and gives you one rule for next week.
5. **Page 6 is the month**: each day's R and trade count, so a bad week can't hide in a good month.

The one number to write before entry: Risk

Risk is what you lose if the initial stop is hit, in your account currency: the distance from entry to stop, times what a 1.00 price move is worth on one lot, times your lots. Write it before you click. Then **R = Result ÷ Risk**: risk $100, make $196, and the trade is +1.96R; lose $112 and it is −1.12R. R makes a 0.10-lot trade and a 2-lot trade comparable, which dollars never do.

Write Result net of costs

Commission, swap and fees come off the result before you write it down, so every R is a net R. A loss bigger than −1R means slippage, costs, a gap or a moved stop came between the plan and the fill: tag it.

Mistake tags (pick from this list)

☐ Moved stop ☐ Early exit ☐ Oversized
☐ Off-plan entry ☐ Revenge trade
☐ Chased the move ☐ No stop

A fixed list can be counted on Sunday; free text can't.

When paper stops being enough

Paper is the cheapest way to start and the easiest to skip on a losing day. The same columns as a spreadsheet, with the formulas built in: proea.app/en/blog/free-trading-journal-template. Filled-in entries to copy: proea.app/en/blog/trading-journal-examples.

Ours, TradeLens: a weekly review computed from your imported MT4, MT5 or CSV history on your own computer (what pays and what leaks, by session, symbol and setup), with an AI coach that explains figures computed in code. $47 once. proea.app/en/tradelens

What three filled rows look like (the Excel template's own example rows)

Symbol	L / S	Setup	Entry	Stop	Exit	Size	Risk	Result	R	Plan Y/N	Mistake tag
EURUSD	L	Pullback - London open	1.1700	1.1680	1.1740	0.50	$100	+$196	+1.96R	Y	
XAUUSD	S	Range fade - Asia high	3350.00	3355.00	3355.50	0.20	$100	−$112	−1.12R	Y	
GBPUSD	L	Breakout retest	1.3400	1.3375	1.3360	0.40	$100	−$163	−1.63R	N	Moved stop

The gold loss is bigger than 1R because of $0.50 an ounce of slippage ($10) and $2 of fees, the ordinary cost of trading; the GBPUSD loss is bigger because the stop was moved, a rule break. In dollars they are two bad days; with R and the plan flag, they are two different problems.

The columns and the R arithmetic match ProEA's free trading journal template (v1). A journal records what you did; it doesn't tell you whether a strategy has an edge. Educational, not financial advice. © ProEA Lab · proea.app

Daily trade log

Date _____ Account _____ Daily loss limit _____ Risk per trade _____

#	Date / time	Symbol	L / S	Setup	Entry	Stop	Exit	Size	Risk	Result	R	Plan Y/N	Mistake tag
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													
17													
18													

Risk = planned loss at the initial stop. Result = net of commission and swap. R = Result ÷ Risk. Plan Y/N: did you follow your rules on this trade? Mistake tag: one from the list on page 1. Day total: _____ R over _____ trades.

One trade, studied

Trade # _____ from the log of _____

Before entry

Symbol / direction _____

Setup (from my menu) _____

Reason, one line _____

Entry _____ Stop _____ Target _____

Risk _____ Size _____ Target in R _____

Checklist: all ten yes? _____

After exit

Exit price / time _____

Result (net) _____ R _____

Followed plan? Y / N _____

Mistake tag _____

What happened, one line _____

What I'd do the same _____

The chart (sketch it, or note where the screenshot is saved)

Mark the entry, the stop, the target and where price went

The lesson, if there is one

_____

_____

_____

_____

A single trade is a sample of one. The lesson becomes a rule only if the weekly review shows it again.

Before every trade: ten yeses

Tick each day you trade. One no is a skipped trade, and a skipped trade is a row in the log too: write it with a dash for Result.

#	Check	Mon	Tue	Wed	Thu	Fri
1	The setup is on my menu, and I can name it.					
2	I wrote the reason in one line before entry.					
3	The stop is where the idea is wrong, not where the loss feels small.					
4	Risk is my fixed amount or less, and the size comes from it.					
5	The target, or the exit rule, is written down.					
6	No news in the next 30 minutes that I haven't planned for.					
7	I am under my daily loss limit, and this is not a trade to win a loss back.					
8	Spread and commission are normal for this market and hour.					
9	This position doesn't double a risk I already hold (same currency, same direction).					
10	If it stops out, I'll still be fine with having taken it.					

My setups (the menu)

#	Setup name	In one line: when it's valid	Where the stop goes
1			
2			
3			
4			
5			

My limits

Risk per trade _____ **Daily loss limit** _____ **Max trades a day** _____

After two losses in a row I _____

The weekly review

Week of _____

Fill it on Sunday from the week's logs, in this order. Total trades comes first because it says how much to believe the rest.

#	Number	How to work it out	This week
1	Total trades	Count the rows. Under 20, read the others as a hint, not a verdict.	
2	Expectancy (R per trade)	Win rate × average win R − loss rate × |average loss R|. Cross-check: total R ÷ total trades.	
3	Plan Y vs plan N	Average R of the Y trades, then of the N trades. Y positive and N negative: the leak is behaviour.	Y ____ R N ____ R
4	Largest loss in R	Anything beyond −1R: read that row's mistake tag.	
5	Profit factor	Gross wins ÷ |gross losses|, in money. Read it beside expectancy, not instead of it.	

Mistake tags this week

Tag	Count	Total R
Moved stop		
Early exit		
Oversized		
Off-plan entry		
Revenge trade		
Chased the move		
No stop		

By setup

Setup	Trades	Total R

The costliest leak, in R, and the one rule it becomes for next week

The month on one page

Month _____ Total _____ R over _____ trades Rule-break R _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
date ___ R _____ trades ___	date ___ R _____ trades ___	date ___ R _____ trades ___	date ___ R _____ trades ___	date ___ R _____ trades ___	date ___ R _____ trades ___	date ___ R _____ trades ___
date ___ R _____ trades ___	date ___ R _____ trades ___	date ___ R _____ trades ___	date ___ R _____ trades ___	date ___ R _____ trades ___	date ___ R _____ trades ___	date ___ R _____ trades ___
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date ___ R _____ trades ___	date ___ R _____ trades ___	date ___ R _____ trades ___	date ___ R _____ trades ___	date ___ R _____ trades ___	date ___ R _____ trades ___	date ___ R _____ trades ___

Shade a day by its R if you like: a run of red days in one week is a cue to cut size, not to raise it. Read it in full: proea.app/en/blog/trading-journal-pdf