FOREXIZER

Week of

Weekly review

Ten minutes. Five questions. One rule for next week.

Net P&L	Win rate	Best trade	Worst trade	Trades, no risk set

MON P&L	TUE P&L	WED P&L	THU P&L	FRI P&L
☐ Followed plan	☐ Followed plan	☐ Followed plan	☐ Followed plan	☐ Followed plan

1 Plan versus reality

What I planned to trade, and what I traded.

2 The trade I'd take again

Not the biggest win. The cleanest one.

3 What breaking my rules cost

Habit	Times	Cost
Revenge trade		
Moved stop		
Early breakeven		
News entry		
Size after a win		
Other		

My biggest leak

Habit

What it cost

4 When I was at my worst

☐ Asia ☐ London ☐ New York | ☐ Tired ☐ Bored ☐ Angry ☐ Rushed ☐ Overconfident

5 One rule for next week

Something I can check before I enter.

I kept it: ☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri

Let Forexizer do the math.
Your numbers and your biggest leak, from your own trades.

forexizer.app
Not financial advice.