

01 · SETUP

Ticker: _____ Date: _____ Methodology: _____ Stage: _____ RS Rating: _____ Base #: _____

Entry Price ■: _____ Qty: _____ Cost Basis ■: _____ Initial Stop ■: _____ Risk/Share ■: _____ Risk Amount ■: _____

02 · ENTRY THESIS — Why am I buying this?

WHY THIS STOCK PASSES YOUR METHODOLOGY:

MA Stack ✓ Volume ✓ Stage 2 ✓ Near High ✓ RS 90+ ✓ Volume Dry-up ✓

CATALYST / TRIGGER (BREAKOUT, PULLBACK, SECTOR ROTATION):

WHAT WOULD PROVE ME WRONG — EXIT CONDITION:

03 · TRADE MANAGEMENT — While Position is Open

Week 1: Price ■: _____ Stage: _____ Trailing Stop ■: _____ Thesis intact ✓ / Action: _____

Week 2: Price ■: _____ Stage: _____ Trailing Stop ■: _____ Thesis intact ✓ / Action: _____

Week 3: Price ■: _____ Stage: _____ Trailing Stop ■: _____ Thesis intact ✓ / Action: _____

04 · EXIT

Exit Date: _____ Exit Price ■: _____ Proceeds ■: _____ Realised P&L ■: _____ P&L %: _____ Days Held: _____

Exit reason: Stop Hit Trailing Stop Target Stage Change Thesis Changed Trim

R-MULTIPLE Realised P&L ÷ Initial Risk Amount = _____ R (target: >1.0R) **+2R = WIN**

05 · LESSONS — What did this trade teach you?

WHAT WENT RIGHT:

WHAT WENT WRONG:

WHAT WOULD I DO DIFFERENTLY: