

# Keeping Good Trading Records



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- “What gets measured, gets improved”

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- When you keep accurate records of your activities in the market it can help you spot patterns in your performance...

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- By reviewing your records on a regular basis you'll be able to spot any areas of weakness...
- And you'll also spot areas in which you're naturally talented

# Keeping Good Trading Records

- Start to focus on improving or eliminating weak areas

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- Start to focus on improving or eliminating weak areas
- And maximising the results from your naturally strong areas

# Keeping Good Trading Records

- 2 parts to good record keeping...

# Keeping Good Trading Records

1. Your **Trading Journal**

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1. Your **Trading Journal**
2. Your **Record of Results**

# Keeping Good Trading Records

**You'll be able to...**

# Keeping Good Trading Records

- Approach your trading from the perspective of a scientist

# Keeping Good Trading Records

- Approach your trading from the perspective of a scientist
- Get valuable feedback from your own performance...

# Keeping Good Trading Records

- Cut out weakness...

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- Cut out weakness...
- Some setups or market conditions just won't be your strong point

# Keeping Good Trading Records

- Capitalise on strengths...

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- You'll start to notice setups and conditions you naturally synchronise with

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- Capitalise on strengths...
- You'll start to notice setups and conditions you naturally synchronise with
- They are 'your trades' - the ones to focus on!

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1. Your **Trading Journal**

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## 1. Your Trading Journal

- i. Can be a digital document

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- i. Can be a digital document
- ii. Can be a pen & paper journal

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- iii. Keep a record of your Daily Battle Plan

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- iv. Record a 'post match' analysis

# Keeping Good Trading Records

## 1. Your **Trading Journal**

- i. Can be a digital document
- ii. Can be a pen & paper journal
- iii. Keep a record of your Daily Battle Plan
- iv. Record a 'post match' analysis
- v. Space to record your observations and feelings about the trading day

# Keeping Good Trading Records

## 2. Your Record of Results

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- i. Can be pen & paper

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- iii. Clinical record of your activities

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- i. Can be pen & paper
- ii. Probably best as a digital spreadsheet
- iii. Clinical record of your activities
- iv. Reconcile your broker's statement

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## 2. Your Record of Results

- i. Can be pen & paper
- ii. Probably best as a digital spreadsheet
- iii. Clinical record of your activities
- iv. Reconcile your broker's statement
- v. Will become VERY useful to you over time

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## Example Record of Results

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- Improve your performance by measuring and analysing

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- Your **Trading Journal** – creative and organic

# Keeping Good Trading Records

- Improve your performance by measuring and analysing
- Your **Trading Journal** – creative and organic
- Your **Record of Results** – clinical and scientific

