THE REVIEW SERIES / FREE WORKSHEET

The weekly review.

Use a completed period and historical records. Keep the source private. Aim for one clear observation and one process change.

1. Period, timezone, source and unit (position / order / fill):

2. Gross result / costs / net result. What is already included?

3. What did I plan? What did I actually do?

4. Which process repeated? Evidence and sample size:

5. One change to test and how I will observe it:

6. Next review date and data still missing:

Do not count deposits as trading profit or subtract fees twice. Planned stops do not guarantee execution prices. Process tracking does not establish an edge. No new trade is needed to complete this sheet.