

Prop Firm Reviews & Deals

DAILY TRADING

JOURNAL TEMPLATE

2025

@funding4trds

www.funding4traders.com

DAILY TRADING JOURNAL

SESSION DETAILS

Date:
Session Start Time:
Market(s) Traded:

PLANNED SETUP

- Setups Planned (Strategy): (e.g., Trendline Breakout, Pullback, News Reaction)

- Entry Reason:

TRADE EXECUTION

- Entry Price:

- Stop Loss:

- Target(s)

- Result: ☐ Win ☐ Loss ☐ Break-even

- PL for the Trade:

TRADER MINDSET

- Setups Planned (Strategy): (e.g., Trendline Breakout, Pullback, News Reaction)

- Did I Follow My Plan?: ☐ Yes ☐ No

- Lessons Learned for Tomorrow:



3 QUICK TIPS FOR USING THIS JOURNAL

- ✓ Fill it out in real time, not hours later.
- ✓ Review your notes every weekend.
- ✓ Use what you learn to adjust your strategy.

**WANT MORE TRADER TIPS & FUNDED
ACCOUNT DEALS?**



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