

# Forex Trading Journal

**Date:**

**Account Balance:**

**Daily Loss Limit:**

(This is the amount in cash that you can comfortably lose each day during the current week)

**Daily Lot Size:**

**Best Opportunity:**

(Underlying fundamentals, risk events, sentiment shift, price action move, which currency(s))

**Best Price:**

(Overall value, key price levels, confluences & zone, pivot points, Fibonacci levels, etc.)

**Overall Conviction:** /10

**Trade Details:**

<b>FX Pairs</b>	<b>Entry Price</b>	<b>Stop Loss</b>	<b>Take Profit</b>	<b>Lot Size</b>	<b>Results</b>

**Trade Management:**

Risk Exposure:
Number of Positions Opened:

**Result:**

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**Reasons for trade result:**

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