WHITE FEATHER FINANCE · FREE DOWNLOAD

Futures Trading Journal

Print it, fill it in by hand, or use the matching Excel / Google Sheets workbook for automatic statistics.

How to use this journal

1. Fill the Setup in the workbook (or on paper): account size, risk per trade (for example 1%), daily loss limit.
2. Before the trade: write entry, stop and target. Compute risk in dollars: points x point value x contracts.
3. After the trade: fill the log within 5 minutes. Add MAE and MFE from your chart.
4. Score the four process checks: setup matched, size within 1R, stop honoured, inside the window.
5. Tag one mistake (or None) and the emotion before and after.
6. Every week, total the R, check which setup, session and mistake tag matter, and write one rule for next week.

The numbers, in plain English

R = your planned risk on the trade. A stop-out is -1R, a trade that makes twice its risk is +2R.

R-multiple = net P&L / risk in dollars.

Expectancy = (win rate x average win) - (loss rate x average loss), in R.

MAE / MFE worst / best open profit in points during the trade.

Capture = R-multiple / MFE in R: how much of the best move you kept.

Process score 0 to 4 checks you passed. It rewards rules, not winning.

ES example 1 point = $50, 1 tick (0.25) = $12.50. MES: 1 point = $5, tick = $1.25 (CME Group specifications).

Excel workbook: futures-trading-journal.xlsx at wfeatherfinance.com/trading-journals. Educational template, not advice. Nothing here predicts results.

Trade log (part 1: the plan and the numbers)

#	Date	Session	Symbol	Setup	L/S	Qty	Entry	Stop	Target	Exit	Fees $	Risk $ (1R)	Net P&L $	R
1														
2														
3														
4														
5														
6														
7														
8														
9														
10														
11														
12														
13														
14														
15														
16														
17														
18														

Trade log (part 2: the review)

#	Date	MAE pts	MFE pts	Rules followed Y/N	Setup matched	Size ok	Stop honoured	In window	Process 0-4	Mistake tag	Emotion before	Emotion after	Cum. R
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													
13													
14													
15													
16													
17													
18													

Trade review cards (one trade per card: your best and your worst each week)

Trade review card #___ Date _____

Symbol:	Setup:	Direction:	Contracts:
Entry:	Stop:	Exit:	Net R:
MAE / MFE:	Process score:	Mistake tag:	Emotion:

Paste or draw the chart: entry, stop, target, exit

What the plan said

What I actually did, and what I felt

Trade review card #___ Date _____

Symbol:	Setup:	Direction:	Contracts:
Entry:	Stop:	Exit:	Net R:
MAE / MFE:	Process score:	Mistake tag:	Emotion:

Paste or draw the chart: entry, stop, target, exit

What the plan said

What I actually did, and what I felt

Weekly review

The numbers (from the log)

Trades	Total R	Net P&L	Win rate	Rules followed	Avg process

What went well, and will I repeat it?

Which setup earned or lost the most R? Is the sample big enough?

Which mistake cost the most R?

Which sessions or days should I skip or size down?

Did I respect the daily loss limit every day?

One rule for next week

Rules checklist

Before the session

- [ ] Sleep and mood check (3 or higher)
- [ ] Calendar read; no trades around red-folder news
- [ ] Levels marked: prior high, low, close, overnight range
- [ ] Plan written: if X then Y; what makes me wrong
- [ ] Max loss ($) and max trades written

Before each trade

- [ ] Setup is in my playbook
- [ ] Entry, stop and target written first
- [ ] Risk is 1R or less; size calculated
- [ ] Stop placed as an order immediately
- [ ] No revenge, FOMO or boredom

During and after

- [ ] I do not widen the stop or add to a loser
- [ ] Profit taken by my written rule
- [ ] Logged within 5 minutes with a screenshot
- [ ] Process score and mistake tag filled

End of day

- [ ] Stopped at the loss limit or max trades
- [ ] One lesson and one thing to repeat written
- [ ] Platform closed

Daily tracker (30 days)

Date	Pre-session done	Within max trades	Within loss limit	Journal done	Mood 1-5	Sleep h

Count the ticks: your compliance score is the percentage of boxes you could tick honestly.