

MASTERING QQQ | TRADING JOURNAL

The Tech Investor's Blueprint for Nasdaq-100 Success

TRADE DETAILS

Date: _____ Time: _____ Ticker: _____ Account: _____

Strategy: _____ Direction: _____ Timeframe: _____

Entry Price: _____ Exit Price: _____ # Shares/Contracts: _____

Stop-Loss: _____ Target: _____ Risk/Reward Ratio: _____

OPTIONS DETAILS (IF APPLICABLE)

Option Type: _____ Strike: _____ Expiration: _____ Premium: _____

IV at Entry: _____ Delta: _____ Theta: _____ LEAPS/PMCC: _____

PRE-TRADE CHECKLIST

- | | | |
|--|--|--|
| ☐ Trend confirmed (200-day SMA) | ☐ Entry signal confirmed (RSI/MACD) | ☐ Risk/reward ratio $\geq 1.5:1$ |
| ☐ Position size within limits | ☐ Stop-loss level defined | ☐ No mega-cap earnings imminent |
| ☐ Checked QQQ-to-SPY ratio | ☐ Reviewed semiconductor signals | ☐ Fits overall portfolio strategy |

TECH & NASDAQ MARKET CONDITIONS AT ENTRY

QQQ Price: _____ VIX: _____ QQQ vs. 200-day: _____ RSI: _____

QQQ/SPY Ratio: _____ 10Y Treasury Yield: _____ Key News/Catalyst: _____

NVDA/Semis Trend: _____ AI Capex Signals: _____ IV Rank (%): _____

TRADE RESULT

P/L (\$): _____

P/L (%): _____

Holding Period: _____

Win/Loss: _____ Fees/Commissions: _____ Running Total P/L: _____

POST-TRADE REVIEW

What went well?

What could be improved?

Lessons learned / Notes:

EMOTIONAL & DISCIPLINE CHECK

Emotional State: ☐ Calm & Confident ☐ Anxious ☐ FOMO ☐ Revenge Trading ☐ Disciplined ☐ Impulsive

Did I follow my trading plan?

☐ Yes ☐ No

If no, why?

Discipline Rating (1–10):

1

2

3

4

5

6

7

8

9

10

"Innovation distinguishes between a leader and a follower." — Steve Jobs