

MASTERING SPY | TRADING JOURNAL

The Wall Street Investor's Blueprint for S&P 500 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: _____ Strategy Leg 2: _____

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 major news/earnings imminent |
| ☐ Checked VIX level | ☐ Reviewed sector rotation signals | ☐ Fits overall portfolio strategy |

MARKET CONDITIONS AT ENTRY

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

Market Trend: _____ Sector Leader: _____ Key News/Catalyst: _____

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

"The goal of a successful trader is to make the best trades. Money is secondary." — Alexander Elder