Mr. Backtester

A 90-DAY PROGRAM FOR DISCIPLINED TRADING

Trading Psychology Journal

Know your triggers before they cost you.
Build the habits that keep you on plan.

This workbook belongs to

NAME _____

MARKETS / STYLE _____

DAY 1 DATE _____

MY ONE-LINE REASON TO TRADE _____

IF FOUND, PLEASE CONTACT _____

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Click any line to jump there. The tabs on the right edge work on every page.

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How to use this journal

FOUR PARTS

You already know what to do. This journal is about doing it on the days when it is hard: after three losses, after a missed move, after a big win.

1 **Learn the patterns**
Part 1: the tilt scale, the seven traps and how if-then plans work.

2 **Set up**
Part 2: your profile, a starting self-assessment, your trigger map and your first if-then plans.

3 **Check in daily**
Part 3: one page per trading day for 90 days: before, during and after the session.

4 **Review weekly**
Every seventh page is a weekly review; every 30 days a monthly review.

5 **Measure the change**
Part 4: rule-break log, evidence log, and a 90-day summary against your starting self-assessment.

How to fill in the pages

- The check-in takes three minutes. Do it before the platform is open, not after the first trade.
- Be honest, not harsh. The aim is to see patterns, not to punish yourself.
- Rate yourself on the same scale every day so the weekly averages mean something.
- Missed a day? Leave the page blank and carry on. Do not fill it in from memory a week later.
- In this fillable edition, the weekly and monthly reviews add up your daily pages automatically. Calculations work best in Adobe Acrobat Reader (free).

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The tilt scale

Tilt is the state where emotion, not your plan, is making the decisions. Rate it from 1 to 10 before the session, after every trade that stung, and at the end of the day.

1–3
Calm

SIGNS
Clear head, patient, following the plan without effort.

ACTION
Trade normally.

4–6
Alert

SIGNS
Restless, checking the P/L often, wanting the next trade a little too much.

ACTION
Half size or one more trade at most. Re-read your checklist before each entry.

7–8
Tilted

SIGNS
Irritated, talking to the screen, entering before the setup is complete, thinking about getting it back.

ACTION
Stop for the day. Close the platform. Write one line about why.

9–10
Full tilt

SIGNS
Raising size, removing stops, trading markets you never trade.

ACTION
Step away from all screens. No trading until tomorrow's check-in says 3 or below.

Decide the stop rule now, not in the moment

At 7 or above you will not want to stop: that is what tilt means. The rule only works if it is automatic. Write it on your non-negotiable rules page and on a note next to your screen.

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My trigger map

A trigger is the situation that starts the slide: a loss, a missed move, a message from a friend who is up 30% this week. Add new ones whenever a weekly review finds them.

TRIGGER	FIRST SIGN IN MY BODY / THOUGHTS	WHAT I USUALLY DO	WHAT IT COSTS ME

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Day 1

DATE _____ SESSION _____

Before the session

SLEEP (H)	ENERGY 1-10	STRESS 1-10	FOCUS 1-10	MOOD 1-10	TILT NOW 1-10

ON MY MIND OUTSIDE TRADING _____

TODAY'S FOCUS RULE _____

FIT TO TRADE TODAY? ☐ Yes ☐ Reduced size ☐ No: no trading today

During: tilt log

Whenever something stings

TIME	WHAT HAPPENED	TILT	WHAT I DID NEXT

After the session

TRADES	RULES FOLLOWED	NET R	HIGHEST TILT	DISCIPLINE 1-10

BEST DECISION TODAY _____

WORST DECISION TODAY _____

WHICH IF-THEN PLAN FIRED? DID IT WORK? _____

TRIGGER I NOTICED _____

TOMORROW I WILL _____

NOTES

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