No-trade day review

A planned rest day can be one line. Record only what you can support.

Session facts

SECTION 01

1. Date
2. Planned participation: trade / stand aside / rest / undecided
3. Actual day: no eligible setup / deliberate stand-aside / planned rest / mixed / unsure
4. Window observed, if any
5. Plan or boundary that applied

At the time

SECTION 02

6. What I knew at the time
7. Record or timestamp that supports it
8. Decision I made

Later observations

SECTION 03

9. What I learned later
10. Unknown or not recorded

Next session

SECTION 04

11. One condition or boundary to check
12. One note to make when the decision happens