



Review a trading loss

Record the result as context, then review the decision against the plan in force.

Trade record

SECTION 01

1. Trade date / time zone

2. Instrument / market

3. Plan version in force

4. Result (context only)

Decision to review

SECTION 02

5. Rule that applied before the decision

6. What I observed or checked at the time

7. Evidence and timestamp

8. Action I took

Adherence

SECTION 03

9. Adherence: followed / did not follow / unknown

10. What supports that assessment

11. What remains unknown

12. What I learned only afterward

Next step

SECTION 04

13. Keep rule / repair a process lapse / investigate rule clarity

14. One observable action for next session

15. When I will compare this with other records
