

Monthly Trading Audit Page 1 - State of the Markets

| | Quick description of current regime (keep it simple, only mention salient points) | Is this regime likely to persist next month? | What might change this regime? Data, events, price level breaks, etc. |
|-----------------------|---|--|---|
| Narrative | | | |
| Economics | | | |
| Correlation | | | |
| Sentiment | | | |
| Positioning | | | |
| Volatility | | | |
| Liquidity | | | |
| Range or Trend | | | |

Monthly Trading Audit Page 2 - Past month trading evaluation

| | Answer | Notes |
|---|--------|---|
| P&L | | |
| Best Day | | |
| Worst Day | | |
| YTD max drawdown from peak | | |
| Mental health (out of 10) | | |
| Sleep quality (out of 10) | | |
| Did you lose more than you planned to on any trades? Why? | | |
| What percent of days were you more rational than emotional? | | |
| Do you automate your stop losses and take profits? If not, why? | | |
| How many times this month has trading made you angry or upset? | | <i>If more than one: what's going on??</i> |
| Biggest mistake | | |
| Best trade | | |
| Repeated errors | | |
| One strong emotion you felt this month | | <i>What information might that contain?</i> |
| What styles and frameworks made money for you? | | |
| What styles and frameworks lost money? | | |
| List any significant deviations from proper process | | |
| What did you learn this month? | | |
| Bright spots and growth | | |

Monthly Trading Audit Page 3 - Plan for next month

| | | |
|--|---|--|
| Limits for next month (where applicable) | Risk per trade or day (% of free capital) | |
| | Daily stop loss | |
| | Monthly stop loss | |
| | Yearly stop loss | |

Process Tracker

| | | |
|---|--|---------------|
| | | 1 to 5 |
| 1: never 2: sometimes 3: often 4: most of the time 5: always | Position size determined by math | |
| | Stop loss set with technical analysis or math | |
| | Risk units clearly defined (% of capital) | |
| | SL, TP and reassessment triggers on all trades | |
| | Emotional check-ins in calendar | |
| | Consistent time frame | |
| | Pre-trade or morning checklist? | |
| | Asymmetry for trades known (price convexity, headline risk) | |
| | Wrote in trading or personal journal | |

One Goal for next month