TRADING
Performance PRO



FREE TEMPLATE

Your Trading Plan

The rulebook that turns decisions under pressure into decisions you made calmly in advance.

FILL IN ON SCREEN OR PRINT

Time needed	Format	Version
30–45 minutes	Fillable PDF	1.0 · 2026

START HERE

How to use this plan

Consistent traders don't make decisions in the heat of the moment. They decide in advance – and then execute. This template walks you through every decision a complete trading plan needs.

1. **Fill it in once.** Take 30–45 minutes in a calm moment – not during market hours.
2. **Read your rules before every session.** Two minutes. Print page 12 and keep it next to your screen.
3. **Review it once a month.** Change rules only based on your journal data – never after a single loss.

How to fill it in: type directly into the grey fields (Adobe Acrobat Reader, Preview on Mac or your browser) and save the file. Or print it and use a pen.

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1

You as a trader

Your plan starts with you – your reasons, your resources and your limits. Be honest. Nobody else will read this.

WHY DO I TRADE? WHAT DO I WANT TO ACHIEVE IN THE NEXT 12 MONTHS?

MY PROCESS GOAL FOR THE NEXT 90 DAYS

Process goals are in your control: “Follow my risk rules in 95% of trades” – not “make $5,000”.

HOURS PER WEEK

ACCOUNT SIZE

RISK CAPITAL (MAX. I CAN LOSE)

EXPERIENCE

- [ ] Beginner (< 1 year)
- [ ] Intermediate (1–3 years)
- [ ] Advanced (3+ years)

STRENGTHS I BRING

WEAKNESSES I MUST MANAGE

Risk capital is your hard ceiling. Only trade money you can afford to lose. If it’s gone, the plan says: stop and reassess – not deposit more.

2

Markets & time

Focus beats variety. Most consistent traders specialise in a few instruments and a fixed time window.

MARKETS I TRADE

- [ ] Stocks
- [ ] Forex
- [ ] Futures
- [ ] Crypto
- [ ] Options
- [ ] CFDs

MY WATCHLIST (MAX. 5–10 INSTRUMENTS)

TRADING STYLE

- [ ] Scalping (minutes)
- [ ] Day trading (hours)
- [ ] Swing trading (days)
- [ ] Position trading (weeks+)

HIGHER TIMEFRAME (TREND / CONTEXT)

EXECUTION TIMEFRAME (ENTRIES)

MY TRADING WINDOW (INCL. TIME ZONE)

DAYS I TRADE

I DO NOT TRADE WHEN ...

e.g. high-impact news in the next 30 min, first 5 minutes after the open, after 2 losses in a row, when tired or upset

Session times (New York time): Asia 19:00–04:00 · London 03:00–12:00 · New York 08:00–17:00. US stocks trade 09:30–16:00. The London/New York overlap (08:00–12:00) usually brings the most volume in forex.

3

Your setups

A setup is a repeatable situation with clear rules. If you can't write it down as if-then rules, it isn't a setup yet – it's a feeling.

EXAMPLE

Setup name	Trend pullback (long)
Market condition (when is it valid?)	Price above the 50-EMA on the 1-hour chart, higher highs and higher lows.
Entry trigger (exactly when do I enter?)	Pullback to the 20-EMA, then a bullish engulfing candle on the 5-min chart. Entry on a break of its high.
Stop-loss placement	Below the pullback low (max. 1.5 × ATR).
Target / exit	Fixed 2R target – or trail the stop below each new swing low.
Invalidation (when is the setup off?)	1-hour close below the 50-EMA → no trade.
Min. reward : risk	1 : 2
Notes / screenshot link	Best during the first 2 hours of the session.

Example to show the level of detail – not a recommendation.

SETUP A

SETUP NAME

MIN. REWARD : RISK

MARKET CONDITION (WHEN IS IT VALID?)

ENTRY TRIGGER (EXACTLY WHEN DO I ENTER?)

STOP-LOSS PLACEMENT

TARGET / EXIT

INVALIDATION (WHEN IS THE SETUP OFF?)

NOTES / SCREENSHOT LINK

SETUP B

SETUP NAME

MIN. REWARD : RISK

MARKET CONDITION (WHEN IS IT VALID?)

ENTRY TRIGGER (EXACTLY WHEN DO I ENTER?)

STOP-LOSS PLACEMENT

TARGET / EXIT

INVALIDATION (WHEN IS THE SETUP OFF?)

NOTES / SCREENSHOT LINK

SETUP C

SETUP NAME

MIN. REWARD : RISK

MARKET CONDITION (WHEN IS IT VALID?)

ENTRY TRIGGER (EXACTLY WHEN DO I ENTER?)

STOP-LOSS PLACEMENT

TARGET / EXIT

INVALIDATION (WHEN IS THE SETUP OFF?)

NOTES / SCREENSHOT LINK

Add more setups only when the first ones are proven in your journal. Two well-tested setups beat ten vague ones.

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Risk rules

Risk management is the one part of trading you fully control. It decides whether you survive long enough for your edge to play out.

Position size = (Account × Risk %) ÷ (Entry − Stop)

Example: $10,000 account × 1% = $100 risk. Entry $50, stop $48 → $2 risk per share → **50 shares**. For forex and futures, use the value per pip / per tick instead of the price difference.

MAX. RISK PER TRADE

% of account · common: 0.25–1%

MAX. DAILY LOSS

in R or % · e.g. 3R

MAX. WEEKLY LOSS

in R or % · e.g. 6R

MAX. TRADES PER DAY

MAX. OPEN POSITIONS

MAX. TOTAL OPEN RISK

WHEN MY DAILY LOSS LIMIT IS HIT, I ...

- [ ] stop trading for the day
- [ ] close the platform
- [ ] journal the day and walk away

THE MATH OF LOSSES

Loss	Gain needed to recover
−5%	+5.3%
−10%	+11.1%
−20%	+25.0%
−30%	+42.9%
−40%	+66.7%
−50%	+100%

LOSING STREAKS HAPPEN

Losses in a row	1% risk	2% risk	3% risk
5	−4.9%	−9.6%	−14.1%
10	−9.6%	−18.3%	−26.3%

Even a good strategy has losing streaks. Small risk per trade keeps them survivable.

MY POSITION-SIZE QUICK REFERENCE (STOP DISTANCE → SIZE)

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Trade management

Most damage happens after the entry. Decide now how you manage open trades – so you don't negotiate with yourself later.

STOP-LOSS: WHERE DOES IT GO, AND WHEN (IF EVER) MAY I MOVE IT?

Golden rule: a stop may move toward profit – never away from it.

BREAK-EVEN: I MOVE MY STOP TO ENTRY WHEN ...

PARTIAL PROFITS: I TAKE PARTIAL PROFITS AT ... (OR NEVER)

FINAL EXIT: TARGET, TRAILING STOP OR TIME STOP?

END OF SESSION / WEEKEND: WHAT HAPPENS WITH OPEN POSITIONS?

NEWS & EVENTS: HOW DO I HANDLE OPEN TRADES BEFORE MAJOR NEWS?

I COMMIT TO NEVER ...

- [ ] widen my stop-loss
- [ ] add to a losing position
- [ ] remove my stop-loss
- [ ] enter a trade without a stop-loss

6

Routines & checklists

Routines remove decisions. The fewer decisions you make in the moment, the fewer mistakes you make.

PRE-MARKET ROUTINE (TIME + STEPS)

e.g. 08:45 check economic calendar · mark key levels · check market trend · read my rules

Pre-trade checklist – before every single trade

- [ ] The setup is written in my plan
- [ ] The market condition matches the setup
- [ ] Stop and target are defined before entry
- [ ] Reward : risk meets my minimum
- [ ] Position size is calculated – risk is within my limit
- [ ] No high-impact news in the next 30 minutes
- [ ] Daily loss limit and max. trades are not reached
- [ ] I'm calm – not chasing, not trying to win it back

All boxes checked → READY. One box missing → **NO TRADE.** No exceptions.

POST-SESSION ROUTINE

e.g. log all trades in my journal within 10 minutes · tag setup, mistake and emotion · one sentence: what did I learn?

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Mindset & tilt protocol

Every trader tilts sometimes. Professionals have a protocol that stops a bad hour from becoming a bad month.

MY WARNING SIGNS

e.g. clicking faster, increasing size, skipping the checklist, thinking “I need to make it back”

If-then rules

IF I LOSE 2 TRADES IN A ROW, THEN ...

IF I BREAK ONE OF MY RULES, THEN ...

IF I FEEL FOMO ABOUT A MOVE I MISSED, THEN ...

IF I REACH MY DAILY PROFIT GOAL, THEN ...

MY RESET ROUTINE (5–15 MINUTES)

e.g. stand up, walk outside, 10 slow breaths, write down what happened before I trade again

Make the “then” concrete: “then I close the platform and take a 15-minute walk” works. “Then I stay calm” doesn’t.

8

Review

Your journal shows what happened. Your review decides what changes. Without a review, a journal is just a diary.

Weekly review (15 minutes)

WHAT DID I DO WELL THIS WEEK?

WHICH RULE DID I BREAK – AND WHAT TRIGGERED IT?

BEST AND WORST TRADE: WHAT CAN I LEARN?

MY ONE FOCUS FOR NEXT WEEK

Monthly numbers

Metric	Month 1	Month 2	Month 3
Number of trades			
Win rate			
Average win (R)			
Average loss (R)			
Expectancy (R per trade)			
Profit factor			
Max. drawdown			
Rules followed (%)			

Expectancy = (win rate × avg. win) − (loss rate × avg. loss). **Profit factor** = gross profit ÷ gross loss. **R** = your initial risk per trade.

PLAN CHANGES THIS MONTH (BASED ON DATA ONLY)

★

PRINT THIS PAGE

My non-negotiable rules

Five rules you follow on every trading day – no matter what. Keep this page next to your screen.

1

2

3

4

5

SIGNATURE

DATE

NEXT PLAN REVIEW

TRADING
Performance PRO

NEXT STEP

Let your journal check your plan

A plan only works if you measure whether you follow it. The Trading Performance Pro Journal does that automatically.

- Dashboard with 12 key metrics – win rate, expectancy, profit factor, drawdown
- Discipline check: your P&L with rules followed vs. broken
- Import trades from your broker's CSV export – no typing
- Position size calculator + pre-trade checklist with READY signal
- Analysis by setup, weekday, session, mistake and emotion

Excel & Google Sheets · English & German · one-time purchase, no subscription

tradingperformance.pro →

This template is for educational purposes only and does not constitute financial or investment advice. Trading involves substantial risk of loss and is not suitable for everyone. Past performance does not guarantee future results.