



CRYPTO TRADING JOURNAL TEMPLATE

SAMPLE JOURNAL BY TRADE MONKEY



TRACK ENTRIES, EXITS, RISK, EMOTIONS, AND LESSONS.



TRADE MONKEY

— TRADE SMART. STAY DISCIPLINED. —

CRYPTO TRADING JOURNAL ENTRY


Date: _____ Pair: _____ Market Type: _____

↕ DIRECTION	🕒 TIMEFRAME	📈 ENTRY PRICE	🛡️ STOP LOSS	🎯 TAKE PROFIT 1	🎯 TAKE PROFIT 2
<input type="checkbox"/> Long <input type="checkbox"/> Short	_____	\$ _____	\$ _____	\$ _____	\$ _____

👤 POSITION SIZE	🛡️ RISK AMOUNT	📊 RISK %	⚖️ LEVERAGE	📡 SIGNAL SOURCE
_____	\$ _____	_____ %	_____ x	_____

📝 REASON FOR ENTRY _____ _____ _____	🧠 EMOTION BEFORE TRADE _____ _____ _____	🧠 EMOTION AFTER TRADE _____ _____ _____
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📄 EXIT PRICE \$ _____	⬆️⬆️ PROFIT / LOSS \$ _____ _____ %	📖 LESSON LEARNED _____ _____ _____	📋 TRADE CHECKLIST <input type="checkbox"/> Used stop loss <input type="checkbox"/> Risked 1% or less <input type="checkbox"/> Followed plan <input type="checkbox"/> Captured screenshot
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✍️ NOTES _____ _____ _____	
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★ EXAMPLE ENTRY

Date: May 22, 2025 Pair: BTC/USDT Market Type: Spot

DIRECTION	TIMEFRAME	ENTRY PRICE	STOP LOSS	TAKE PROFIT 1	TAKE PROFIT 2
Long	4H	\$67,200	\$64,800	\$70,000	\$72,500
POSITION SIZE	RISK AMOUNT	RISK %	LEVERAGE	SIGNAL SOURCE	
0.05 BTC	\$200	0.90%	3x	TradingView	

REASON FOR ENTRY Bullish structure on 4H, reclaimed key resistance as support, strong volume on breakout, RSI above 50.	EMOTION BEFORE TRADE Confident, focused	EMOTION AFTER TRADE Relieved, satisfied	CHECKLIST <input checked="" type="checkbox"/> Used stop loss <input checked="" type="checkbox"/> Risked 1% or less <input checked="" type="checkbox"/> Followed plan <input checked="" type="checkbox"/> Captured screenshot
EXIT PRICE \$69,850	PROFIT / LOSS \$265.00 (1.18%)	LESSON LEARNED Let profits run when structure holds.	

