

Trade Monkey Weekly Trading Review Scorecard

Use this beginner-friendly scorecard each week to review discipline, track mistakes, and choose one rule to improve before the next trading week begins.

Week of	_____	Total trades	_____
Wins	_____	Losses	_____
Breakeven trades	_____	Discipline score	_____ / 35

Discipline Scorecard

Review Area	Question	Score 1-5
Entries	Did I enter only valid setups?	_____
Exits	Did I follow my exit plan?	_____
Risk	Did I use proper position size?	_____
Stops	Did I respect my stop losses?	_____
Patience	Did I avoid chasing trades?	_____
Discipline	Did I avoid emotional trades?	_____
Journal	Did I record my trades?	_____

Trade Quality Review

Trade	A-trade / B-trade / C-trade	Notes
Best trade of the week	_____	_____
Worst trade of the week	_____	_____
Main mistake	_____	_____
Best decision	_____	_____
Emotional pattern	_____	_____

Lessons and Next Week Focus

Lesson learned this week	_____
One rule for next week	_____
What must stop immediately?	_____

Score meaning: 30-35 = strong process week, 24-29 = good week with room to improve, 18-23 = mixed discipline, 12-17 = many rules broken, below 12 = stop and rebuild your process.

Trade Monkey reminder: process over outcome. The goal is not to win every trade. The goal is to review honestly, improve steadily, and make the next week cleaner than the last one.