



GORILA CAPITAL

Free trading-education guide · toolkit

FREE TRADER TOOLKIT · JOURNAL

Trading Journal

A simple journal that turns every trade into data, with a weekly review routine and a template you can open in Google Sheets.

Inside

- Why a journal beats a new strategy
- The 14 fields worth recording
- How to grade a trade (A/B/C) separately from its result
- A 20-minute weekly review
- Printable daily pages + spreadsheet template

A free lesson taken from **Price Action Pro**, the course we are preparing for Skool. Free to read and share.
Education only, not investment advice. Trading is high risk.

PART 1

Why keep a journal

Most traders change strategy after a bad week. A journal lets you answer a better question: **did I follow my plan, and did the plan have an edge?** Without written records, memory keeps the dramatic trades and forgets the ordinary ones, which are the ones that decide results.

- It separates **process** (did I follow the rules?) from **outcome** (did the trade win?). A good trade can lose and a bad trade can win.
- It shows where results really come from: which session, which setup, which day of the week.
- It turns vague feelings ("I always lose on Fridays") into numbers you can check.

Practice tip

Record the trade within five minutes of closing it. Notes written the next day are mostly memory, and memory is kind to us.

PART 2

The fields worth recording

The spreadsheet template in this toolkit uses these columns. Fill the first eight before you enter, the rest after you exit.

Field	What to write	Why
Date / time	Entry time in your local time	Find your best and worst hours
Market	XAUUSD, EURUSD, ...	Compare markets
Session	Asia / London / New York	Session edge
Setup	Your setup name, e.g. sweep + FVG	Which setups pay
Direction	Long / short	Bias errors
Entry, stop, target	Prices	Risk-reward planned
Risk %	Of account at entry	Size discipline
Reason (one line)	Why this trade, in your plan's words	Checks you had a reason
Exit price	Actual exit	Slippage and early exits
Result (R)	Profit or loss ÷ planned risk	Account-size independent
Grade A/B/C	How well you followed the plan	Process vs outcome
Emotion 1-5	Calm (1) to stressed (5) at entry	Links state to results
Mistake tag	early-entry, moved-stop, revenge, none ...	Count repeat errors
Screenshot link	Chart before and after	Visual review

PART 3

Grade the process, not the result

Give each trade a grade for how well you followed your own rules, decided before you look at profit or loss.

Grade	Meaning
A	Every rule followed: setup, size, stop, entry and exit as planned
B	One small deviation, e.g. entered a few pips early, closed part manually
C	Rule broken: no setup, oversized, moved stop, revenge or boredom trade

After 30 trades, compare the average R of A trades with the average R of C trades. For most traders the gap is the clearest argument for discipline they will ever see.

Common mistake

Grading by result. If you mark a trade A because it won, the journal stops measuring discipline and starts measuring luck.

PART 4

Reading your numbers

The template calculates these automatically. What matters is the sample size: under 30 trades, treat every number as a hint, not a fact.

Metric	Formula	What it tells you
Win rate	Winning trades ÷ all trades	Only meaningful with average win and loss
Average win / loss (R)	Mean R of winners / of losers	Shape of your edge
Expectancy (R)	Win rate × avg win – loss rate × avg loss	Average R you make per trade
Profit factor	Gross wins ÷ gross losses	Above 1 = net positive
Max drawdown	Largest fall from a peak in equity	How painful the method is to hold

Example: win rate 40%, average win 2.2R, average loss 1R. Expectancy = $0.4 \times 2.2 - 0.6 \times 1 = +0.28R$ **per trade**. A method can be positive with a win rate under 50%.

PART 5

The 20-minute weekly review

1. Filter the week's trades. Count A, B and C grades.
2. Read every C trade. Write the mistake tag and the one rule that would have stopped it.
3. Look at results by session and setup. Note anything with 10+ trades that is clearly negative.
4. Check risk: was any trade above your plan's risk %? Was the daily loss limit respected?
5. Write one rule to focus on next week. Only one.
6. Screenshot your best A trade (win or loss) and keep it in a folder of examples.

Practice tip

Do the review on the weekend, away from live charts. Reviewing while the market is open turns into looking for the next trade.

PART 6

Printable daily page

For traders who prefer paper. Print one per trading day.

Before the session

Higher-timeframe bias

Key levels (PDH/PDL, session highs/lows)

News today (time, impact)

Max trades / max loss today

How I feel (1-5) and why

Trade	Setup	Entry / stop / target	R	Grade
1				
2				
3				

After the session

Did I follow my plan? Where not?

One thing I did well

One thing to change tomorrow

[] Spreadsheet template: open trading-journal.xlsx in Google Sheets (File > Import) or Excel

[] Post your journal week or your news-day plan in the free Telegram or Discord community and ask for a review.

KEEP LEARNING

Where to go next

This guide is one free lesson. If it helped, these are the next steps, all optional.

Next step	What it is
Free community	Daily market notes, session plans and chart reviews. No signals for sale, no account managers.
Telegram	t.me/gorilacapital99
Discord	discord.gg/aHRUT6DhT
WhatsApp channel	whatsapp.com/channel/0029Vb8jer11nozBPjBeAM06
Gorila Zones (\$49, one-time)	Our TradingView education tool that marks supply and demand zones, structure breaks and a historical stats table. Details: finance-gorila.pages.dev/indicator
Price Action Pro (coming soon on Skool)	The full course this guide comes from: structure, liquidity, zones, sessions and risk, with drills and chart reviews. Join the community above to hear when it opens.
More free guides	finance-gorila.pages.dev/free

Risk warning

Education only, not investment advice. Trading is high risk. Leveraged products such as CFDs and forex can lose money fast, and most retail accounts lose money. Past examples do not predict future results. Only trade money you can afford to lose, and check that any provider you use is authorised in your country.

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