

3x30 WEEKLY TRADE TRACKER

3 TRADES MAX. 30 PIPS EACH. BORING WINS.

WEEK OF: _____

ACCOUNT BALANCE START: _____

\$ _____

Plan it.
Stack it.
Take it.
Leave.

TRADE #	1	2	3	NOTES
DATE	_____	_____	_____	WEEKLY RECAP Total Trades Taken: _____ / 3 Winning Trades: _____ Losing Trades: _____ Total Pips: _____ R Multiple Total: _____ Account Balance End: \$ _____ WEEKLY CHECK-IN Did I follow the 3x30 plan? ☐ YES ☐ NO Did I manage risk (5% max)? ☐ YES ☐ NO Did I stop after my trade? ☐ YES ☐ NO Did I stay patient and selective? ☐ YES ☐ NO One thing I did really well: _____ _____ One thing I'll improve next week: _____ _____
SESSION (HST) (Prime Window)	_____ - _____ PM to _____ PM	_____ - _____ PM to _____ PM	_____ - _____ PM to _____ PM	
SETUP / PATTERN	_____	_____	_____	
DIRECTION (L or S)	☐ LONG ☐ SHORT	☐ LONG ☐ SHORT	☐ LONG ☐ SHORT	
CHART TIMEFRAME	_____	_____	_____	
ENTRY SCREENSHOT (Before Entry)				
ENTRY PRICE	_____	_____	_____	
STOP LOSS (PIPS)	_____ ()	_____ ()	_____ ()	
TARGET (PIPS)	_____ ()	_____ ()	_____ ()	
RESULT (PIPS)	_____ ()	_____ ()	_____ ()	
R MULTIPLE (R:R)	_____ : 1	_____ : 1	_____ : 1	
RULES FOLLOWED? (100% Stack)	☐ YES ☐ NO	☐ YES ☐ NO	☐ YES ☐ NO	
EMOTIONAL STATE (Before Entry)	CALM GOOD OK TENSE BAD	CALM GOOD OK TENSE BAD	CALM GOOD OK TENSE BAD	
WHAT DID I LEARN? (1 Win / 1 Improve)	_____	_____	_____	

TRADE TRIBE HQ

ONE SETUP. ONE TRADE. 30 PIPS. THEN I'M DONE.

