

Weekly Trader Review Worksheet

Fill this after the week ends. Pick one behavior to improve, then make next week simpler.

Question	Answer
What was my best setup this week?	
What was my worst repeated mistake?	
Did I follow my max loss rule?	
Did I take trades outside my plan?	
Which time of day produced my worst trades?	
What trade should I have skipped?	
What one rule will I focus on next week?	
What setup will I avoid next week?	
Weekly grade	

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