

## Twitter Thread by The\_Chartist ■



**The\_Chartist** ■

@charts\_zone



**You are seriously missing a lot of information if you are not maintaining a trading journal. It is much better if you also take a snap of the charts you trade for the post-analysis.**

**This exercise will tell you about your inherent strengths & weaknesses. ■■**

How to record a trading journal (TJ) & what to analyze?

What is in a TJ?

Buy Date

Stock Name

The time frame you analyzed (D/W/M)

Long/Short?

Buy Price

SL

Sell Price

Risk took (% of capital)

Sell date

No. of days held

P/L

P/L as % of capital

Buy Reason?

Invested capital/trade [pic.twitter.com/WnrvmYuOV0](https://pic.twitter.com/WnrvmYuOV0)

— The\_Chartist \U0001f4c8 (@charts\_zone) December 14, 2021