

1 TRADE INFORMATION

Trade # _____ Date _____ Pair: ☐ XAUUSD ☐ GBPJPY ☐ BTCUSD Direction: ☐ BUY ☐ SELL
Session: ☐ Asia ☐ London ☐ New York Entry _____ Exit _____

2 MARKET CONTEXT

Major Structure: ☐ Bullish ☐ Bearish ☐ Range | Minor Structure: ☐ Bullish ☐ Bearish ☐ Range
HTF: ☐ Weekly ☐ Daily ☐ H4 | HTF S&D: ☐ Demand ☐ Supply ☐ Fresh ☐ Mitigated
Liquidity: ☐ BSL ☐ SSL ☐ Internal ☐ External ☐ Swept | PD Array: ☐ Premium ☐ EQ ☐ Discount

3 CAPITAL MINDS ENTRY MODEL

Workflow: SC → BC → AR → MSS → CISD → SBC → ENTRY
☐ SC→BC→AR ☐ MSS ☐ CISD ☐ SBC | Setup Grade: ☐ A+ ☐ A ☐ B ☐ Skip Trade Quality _____ / 10

4 ENTRY VALIDATION CHECKLIST

☐ HTF Bias ☐ Major Structure ☐ Minor Structure ☐ HTF S&D ☐ Liquidity Sweep ☐ Session Confirmed ☐ Entry Module Complete
☐ Valid RR ☐ No High Impact News ☐ Risk Approved

5 RISK MANAGEMENT

Balance _____ Risk % _____ Risk \$ _____ Lot _____ SL _____ TP _____
Expected RR _____ Actual RR _____

6 PSYCHOLOGY

☐ No FOMO ☐ No Revenge ☐ Patient ☐ Calm ☐ Focused ☐ Confident
Previous Trade Loss? ☐ Yes ☐ No | Waited for A+ Setup? ☐ Yes ☐ No

7 TRADE MANAGEMENT

☐ Followed TP ☐ Didn't Move SL ☐ No Emotional Exit ☐ No Over-Management ☐ Followed Trading Plan

8 RESULT

☐ Win ☐ Loss ☐ Break Even
P/L _____ Pips _____ R-Multiple _____

9 RULE VIOLATIONS

☐ Early Entry ☐ Late Entry ☐ Increased Lot ☐ Moved SL ☐ Closed Early ☐ Held Too Long ☐ Ignored Plan ☐ Emotional Decision **Total** _____

10 PERFORMANCE REVIEW

Execution: ☐ Perfect ☐ Minor Mistakes ☐ Major Mistakes Discipline Score _____ / 100
Setup Tracker: ☐ SC→BC→AR ☐ MSS ☐ CISD ☐ SBC
Before Entry Screenshot _____ After Exit Screenshot _____
Lesson Learned _____

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