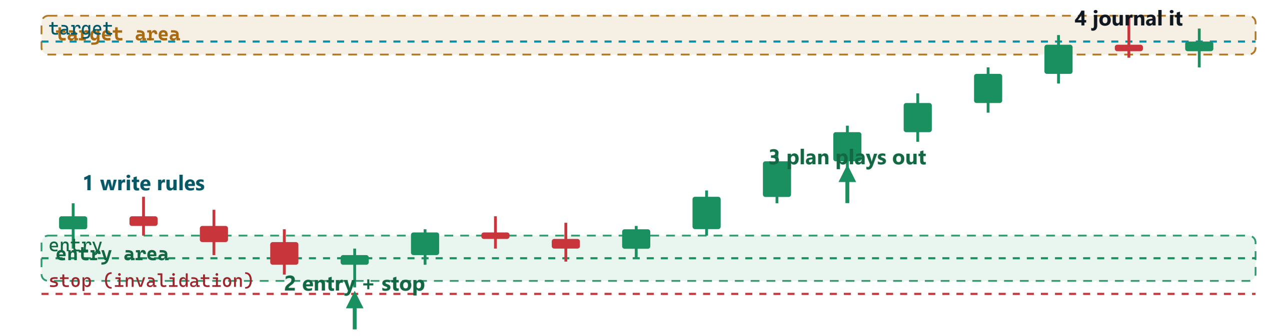
MINDSET & RISK

Trading plan & journaling

A trading plan writes down your rules before you act: where you'd enter, how much you risk, the price that proves the idea wrong, and where you'd exit. A journal records what happened so you can learn.

QUANTREEF
market microstructure



1
Write the rules first
Before entering, you define the plan: a chosen entry area, the size that keeps risk small, an invalidation price, and a target. Deciding calmly in advance removes guesswork from the heat of the moment.

`Plan`

2
Enter and mark invalidation
Price reaches the entry area and the position opens. The stop sits below the level that would prove the idea wrong, so the amount at risk is known and fixed from the start.

`Entry`

3
Let the plan play out
Price moves toward the target. Because exits were defined ahead of time, the trade follows the rules rather than reacting to every candle. The outcome is one sample, not proof of skill.

`Manage`

4
Journal the outcome
Win or lose, you log the setup, the levels, and what you felt and did. Over many entries the journal reveals patterns, and consistency shows up as a repeatable process across trades.

`Review`

Key terms

Entry rule — A pre-defined price area where a setup would trigger a position, decided before acting.

Invalidation — The price that shows the idea was wrong; the stop level that caps how much is risked.

Risk-reward — The size of the planned loss compared with the planned gain, set before entering.

Trade journal — A running log of each trade's plan, levels, outcome, and notes, used to learn over time.

How to read & use it

Read the plan on the chart
The dashed levels show entry, stop, and target agreed in advance. A setup is only complete when all three are defined, not just the entry.

One trade proves nothing
A single win or loss is one data point. Judge the process across many logged entries, not by the last result you happened to get.

Let the journal teach
Recording every outcome, including your notes and emotions, turns scattered trades into patterns you can review and refine over time.

HOW TO USE THIS PAGE

What Quantreef displays is descriptive context and education, not a signal, recommendation, or prediction. Levels and outcomes here are illustrative examples of how a plan and journal work, not advice about what to trade or when. Any decisions and their results are your own.