



	Date	Time	Long/Short	Lots	Entry price	Your Stop-Loss	Min Stop-Loss	Profit Target	Exit price	Pips	Notes
36											
37											
38											
39											
40											
41											
42											
43											
44											
45											
46											
47											
48											
49											
50											

Net pips:

Gross Profit:

Gross Loss:

Net Profit or Loss:

Profit Factor:

Winning Trades:

Losing Trades:

Breakeven Trades:

Percent Winning Trades:

Max Drawdown \$:

Max Drawdown % of initial Capital:

Average \$ Profit:

Average \$ Loss:

## Instructions of use:

Gross Profit: Sum all profitable trades

Gross Loss: Sum all losing trades

Net Profit or Loss: Subtract Gross Loss from Gross Profit

Profit Factor: Divide Gross Profit with Gross Loss, should be above 2

Winning Trades: Sum number of winning trades

Losing Trades: Sum number of losing trades

Breakeven Trades: Sum number of breakeven trades, if any

Percent Winning Trades: Divide number of winning trades with total trades, depends on your type of system

Max Drawdown \$: Cumulate all trades, then look at where the drawdown is the largest from an equity peak, should be as low as possible

Max Drawdown % of initial Capital: The drawdown in \$ divided by initial account size, less than 20% is good

Average \$ Profit: Gross profit divided by winning trades

Average \$ Loss: Gross loss divided by losing trades

Average \$ profit should be larger than Average \$ Loss, but depends on type of system

Max Consecutive Winners: Count the maximum number of winning trades that were generated in a row. The more the better.

Max Consecutive Losers: Count the maximum number of losing trades that were generated in a row. Preferably not more than three or four.

In my Trading Course I mention that you usually have to choose between a system with a high percentage of winners or a system with a few big winners.

A few big winners translates into a average \$ profit that is much higher than average \$ loss. In any case the Profit Factor should be above or close to two.