

# TRADE JOURNAL

**BUY** AND ~~**HOLD**~~  
**HEDGE**

Date:

## Broad Market Bias

Explain:

Idea:

## Strategy

Description:

Position:

## Technical Analysis

Explain:

## Fundamental Analysis

Explain:

## Tactic

Description:

## Investment Construction

Position 1:  
Size / Symbol

Position 2:  
Size / Symbol

Position 3:  
Size / Symbol

Position 4:  
Size / Symbol

## Portfolio Impact Calculations

Implied Leverage:

@ or < 1     > 1

% of Portfolio:

Expected Volatility Impact

More     Less

Diversification:

More     Less

## Trade Calculations (use each that applies)

Capital at Risk:

Downside %:

Upside %:

Cost %:

Break Even %:

## Hedge Levels and Calculations

Entry Price:

Target Price:

Hedge Level Price:

Hedge Cost %

## Trade Data

Open Price:

Close Price:

Net Change:

Size:

P/L (\$):

Open Comm:

Close Comm:

Total Comm:

% Profitability

Trade Net (\$):

## Post Trade Analysis

Get Expected Results:

Yes     No

Explain:

S&P Performance  
over same time: