

TRADE #	IS THIS IN MY BEST INTEREST?		
TRADE STAGE	MENTAL	PHYSICAL	EMOTIONAL
BEFORE TRADE			
ENTRY			
DURING			
EXIT			
AFTER TRADE			
COMMENTS			

TRADE #	IS THIS IN MY BEST INTEREST?		
TRADE STAGE	MENTAL	PHYSICAL	EMOTIONAL
BEFORE TRADE			
ENTRY			
DURING			
EXIT			
AFTER TRADE			
COMMENTS			

TRADE #	IS THIS IN MY BEST INTEREST?		
TRADE STAGE	MENTAL	PHYSICAL	EMOTIONAL
BEFORE TRADE			
ENTRY			
DURING			
EXIT			
AFTER TRADE			
COMMENTS			

TRADE #	IS THIS IN MY BEST INTEREST?		
TRADE STAGE	MENTAL	PHYSICAL	EMOTIONAL
BEFORE TRADE			
ENTRY			
DURING			
EXIT			
AFTER TRADE			
COMMENTS			