

THE TRADE TRACKER

FUTURES WATCH

PIVOT + SUPPORT & RESISTANCE (DAY / DATE):

FUTURES PIVOTS ⁽¹⁾	INTRA-DAY PIVOT ⁽²⁾	R2 ⁽³⁾	R1 ⁽⁴⁾	S1 ⁽⁵⁾	S2 ⁽⁶⁾
S&P 500 FUTURES					
NAS 100 FUTURES					

TRADE WATCHER

STOCK SYMBOL ⁽⁷⁾	PRIOR CLOSING PRICE ⁽⁸⁾	DIRECTION: LONG / SHORT ⁽¹⁴⁾
ENTRY PRICE PLANNED ⁽¹¹⁾	EXIT TARGET ⁽¹²⁾	STOP LOSS PRICE ⁽⁹⁾
TIME FRAME ⁽¹³⁾	POSITION PLANNED ⁽¹⁰⁾	RISK / REWARD RATIO ⁽¹⁵⁾

PLANNING SETUP NOTES ⁽¹⁶⁾

TRADE RECORDER

STOCK SYMBOL ⁽¹⁷⁾	PLANNED EXIT PRICE ⁽²¹⁾	DIRECTION: LONG / SHORT ⁽²⁰⁾
ACTUAL ENTRY PRICE ⁽¹⁸⁾	ACTUAL EXIT PRICE ⁽²⁴⁾	PROFIT (-LOSS) ⁽²²⁾
TIME HELD ⁽²³⁾	SIZE TAKEN ⁽¹⁹⁾	PERCENTAGE PROFIT / (LOSS) ⁽²⁵⁾

(EXAMPLE) THE TRADE TRACKER (EXAMPLE)

FUTURES WATCH

PIVOT + SUPPORT & RESISTANCE (DAY / DATE):

FUTURES PIVOTS ⁽¹⁾	INTRA-DAY PIVOT ⁽²⁾	R2 ⁽³⁾	R1 ⁽⁴⁾	S1 ⁽⁵⁾	S2 ⁽⁶⁾
S&P 500 FUTURES	1069.7	1089.1	1089.1	1089.1	1089.1
NAS 100 FUTURES	1340.2	1089.1	1089.1	1089.1	1089.1

TRADE WATCHER

STOCK SYMBOL ⁽⁷⁾	PRIOR CLOSING PRICE ⁽⁸⁾	STOP LOSS PRICE ⁽⁹⁾
NVDA	44.36	43.97
POSITION PLANNED ⁽¹⁰⁾	ENTRY PRICE PLANNED ⁽¹¹⁾	TARGET EXIT ⁽¹²⁾
200 + 200 = 400	44.70	46.50
TIME FRAME ⁽¹³⁾	DIRECTION: LONG / SHORT ⁽¹⁴⁾	RISK / REWARD RATIO ⁽¹⁵⁾
1 DAY	LONG	2 : 1

PLANNING SETUP NOTES ⁽¹⁶⁾

Record a few notes to help you recall why you chose this play. Include market yesterday's market behavior, how you found this stock, the sector, etc.

TRADE RECORDER

STOCK SYMBOL ⁽¹⁷⁾	ENTRY PRICE ⁽¹⁸⁾	SIZE TAKEN ⁽¹⁹⁾
DIRECTION: LONG / SHORT ⁽²⁰⁾	PLANNED EXIT PRICE ⁽²¹⁾	PROFIT (-LOSS) ⁽²²⁾
TIME HELD ⁽²³⁾	ACTUAL EXIT PRICE ⁽²⁴⁾	PERCENTAGE PROFIT / (LOSS) ⁽²⁵⁾

Trade Plan / Record Form Completion Instructions

1. **Futures Pivots:** Pivot numbers are defined as: the Key Intraday Levels of Support, Resistance and market Pivot (previous days inflection point) based on the previous days activity. Used and developed by Futures floor traders long before they were ever put to use by astute Equity traders. They are part of a greater group of critical Key Levels (Roadmap) used by professional traders to fine-tune their trade entry, exit, add and manage their activities.
2. **Intra-day Pivot:** Red
3. **Resistance Secondary R2:** Yellow
4. **Resistance Primary R1:** Bright Blue
5. **Support Primary S1:** Green
6. **Support Secondary S2:** Yellow
7. **Stock Symbol – Plan / Watch:** Complete one page for each stock identified in your stock screening research. Print on three-hole paper and keep in a binder for later review. When you trade your plan, record trade and note detail. When you don't trade your plan, write down reason. Four digit symbols are all traded on the NASDAQ. Fewer than 4 digits stocks are traded on the NYSE Exchange. Sometimes it's helpful to write in the company name as you are starting to trade. Many seasoned traders say it's not necessary to know anything... but it helps you learn when you know a little about the company.
8. **Direction - Long / Short:** Because you will never know for sure whether the market will be green or red, always include shorts and long potential trades on your watch. Pay close attention to the red pivot line. When the futures are trading above the red pivot line, the market is usually in the green. Remember, the trend is your friend, so (...GENERALLY) short on red days and take longs on green days.
9. **Prior Closing Price:** Yesterday's close.
10. **Position Planned:** Based on the presently required \$25,000 trading account to use margin, you want to conservatively trade about \$5,000 size; i.e., 500 shares of a \$10 stock; 200 shares of a \$25 stock and 100 shares of a \$50 stock.
11. **Entry Price Planned:** This is a very important decision and you really need a good trading course to understand how to arrive at your entry price. Basically stated, you want trade long breakouts above yesterday's resistance and short breakdowns below yesterday's support.
12. **Target Exit:** Never expect more than 5% gain in any one trading day in either direction. Of course some days will surprise you. Always attempt to exit into momentum before the herd has passed.
13. **Time Frame:** Scalp: 2-20 minutes; Day: 20 minutes to 2 hours; Swing: 2 hours to 2 days; Position: 2 days to 2 weeks; Investment: 2 weeks to 2 years.
14. **Stop Loss Price:** This is difficult. Again, for in depth appreciation of this value requires a good trading course.
15. **Risk / Reward Ratio:** Having created a successful marketing company, I always advised clients to never spend a nickel until you could reasonably envision a quarter coming back. Never take a position unless you can obviously view at least a 2 : 1 Risk / Reward. In other words, you must see a much better chance for your position to increase 2 and only decrease against you by 1. But search for much better Risk / Reward ratios like 3 : 1 or better yet: 4 : 1. Searching requires scanning hundreds of stock charts each day, possibly thousands of chart patterns to find what you need to trade well.
16. **Planning Setup Notes:** Document your feelings about your trade plan. Many days you will not trade one of your planned entries because the market gaps above all your long watch entries or gaps down below all your short picks.
17. **Stock Symbol – Executions:** Enter symbol and company name (if you need to do it)
18. **Direction:** Long or Short
19. **Size Taken (Legs):** Sometimes you leg into positions as they improve over the day and then leg out as you reach profitability.
20. **Entry Price:** Just enter the price you paid.
21. **Planned Exit:** This is where you expect to exit based on your Risk : Reward calculation.
22. **Actual Exit Price:** Enter your closing transaction price.
23. **Time Held:** 5 minutes, 2 hours, 3 days, etc.
24. **Profit / (Loss):** Use green ink to record profits and a red pen to record losses.
25. **Percentage Profit / (Loss):** Remember that you can only expect is 5% a day. When you get more, you steal it from the market.