

# The Trading Journal Key Tools

- **Trading Log:** Home base for logging all your trading activity
- **Tracking:** Statistical nerve center for your trading ( A traders EKG) i.e. Gross P/L, Net P/L, Win %, Payoff ratio, Expectancy, Acct. R.O.I. Risk/Reward etc.
- **Avg. Price Calc:** Tracks multiple entries and exits
- **Expectancy Calc:** 100 trade Monte Carlo back testing
- **Max Drawdown:** Calculates “Consecutive loss streak” and actual cash at risk in a given strategy
- **Milestones:** Document keys to your trading. Best/Worst ideas, strategies. What works and what doesn’t.
- **Position Sizing Calc:** Risk management tool
- **The Mentor review:** Your communication tool