(Instructions at M1)				Commodity Trading Log						
				Long Contract						
Active:		**Inititial Margin:**		**Date Bought:**	###					
Contract:		**Maint. Margin:**		**Price Bought:**						
FTD:		**Commission:**		**Date Liquidated:**						
Season High:		**Point Value:**		**Price Liquidated:**						
Season Low:		**Starting Acct Bal:**		**P/L:**	$0					
50% Retrace	0	**Initial Stop Loss:**								
40% Retrace:	0	**Trail Stop Loss:**								
		Target Stop:								
Date	**High**	**Low**	**Close**	**Profit High**	**Profit Low**	**Stopped Out**	**Trading Account (Close)**	**Margin Call**	**Comments**	
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		

				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		

				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		

				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		

				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		

				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		
				$0	$0	In	$0	No		

				$0	$0	In	$0	No	
				$0	$0	In	$0	No	
				$0	$0	In	$0	No	
				$0	$0	In	$0	No	
				$0	$0	In	$0	No	
				$0	$0	In	$0	No	
				$0	$0	In	$0	No	
				$0	$0	In	$0	No	
				$0	$0	In	$0	No	
				$0	$0	In	$0	No	
				$0	$0	In	$0	No	
				$0	$0	In	$0	No	
				$0	$0	In	$0	No	
				$0	$0	In	$0	No	

		Trail	Target	Stop		Margin Call
Use this form only for long contracts.						
Active: Yes or No as a note for your file.						
Contract: Contract month and year and the symbol.						
FTD: Final trading day.						
Season High: Determine and enter.						
Season Low: Determine and enter.						
50% & 40% Retrace: These are automatically calculated, don't enter.						
Initial Margin: Determine and enter.						
Maint. Margin: Determine and enter.						
Commission: Determine and enter.						
Point Value: Enter the conversion factor required to convert from						
whatever price units you are using to effect on the						
price of the full contract.						
Starting Acct. Bal: The balance in your trading account when the		Trail	Target	Stop		Call
contract is bought.		0	0	In		No
Initial Stop Loss: Decide and enter.		0	0	In		No
Trailing Stop Loss: Should initially be the same as the "Initial Stop		0	0	In		No
Loss" and then adjust as the price moves in		0	0	In		No
price moves in your favor and according to your		0	0	In		No
trailing stop loss policy.		0	0	In		No
Target Stop: Use this if you want to liquidate at a specific profit.		0	0	In		No
Date Bought: Enter nothing, this is referenced to the date you open		0	0	In		No
the position.		0	0	In		No
Price Bought: Enter the price at which the order was actually executed.		0	0	In		No
Date Liquidated: Enter the date you liquidated the contract.		0	0	In		No
Price Liquidated: Enter the price at which the contract was actually		0	0	In		No
liquidated.		0	0	In		No
P/L: Enter nothing. The profit/loss is calculated and includes the		0	0	In		No
commission.		0	0	In		No
Price Data: Paste or enter the Date, High, Low and Close for each		0	0	In		No
trading session that the position is open.		0	0	In		No

		0	0	In		No
Profit High: Enter nothing. Calculated by subtracting the price at		0	0	In		No
which you bought the contract from the trading session		0	0	In		No
high, multiplying by the point value and then subtracting		0	0	In		No
the commission.		0	0	In		No
Profit Low: Enter nothing. Calculated by subtracting the price at		0	0	In		No
which you bought the contract from the trading session		0	0	In		No
low, multipying by the point value and then subtracting		0	0	In		No
the commission.		0	0	In		No
Stopped Out: Enter nothing. "Out" will be printed if the price moves		0	0	In		No
below your Trailing Stop Loss or below your Target		0	0	In		No
Stop.		0	0	In		No
Trading Account (Close): Enter nothing. First the price at which you		0	0	In		No
bought the contract is subtracted from the		0	0	In		No
trading session close and the difference is		0	0	In		No
then multiplied by the point value. That		0	0	In		No
result is then added to the Starting Acct.		0	0	In		No
Bal. Finally, the commission is subtracted.		0	0	In		No
Margin Call: Enter nothing. A "Yes" will appear if the Trading		0	0	In		No
Account (Close) drops below the Maint. Margin.		0	0	In		No
Comments: Enter all of your observations including why you		0	0	In		No
change either the Trailing or Target stops.		0	0	In		No
Final Note: Remember to "Select" and "Print Selection" because of		0	0	In		No
the large table. Table set up for 8.5"x11" landscape.		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No

			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No
			0	0	In		No

		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No

		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No

		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No

		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No
		0	0	In		No