(Instructions at M1) Com

Active:		Inititial Margin:
Contract:		Maint. Margin:
FTD:		Commission:
Season High:		Point Value:
Season Low:		Starting Acct Bal:
50% Retrace	0	Initial Stop Loss:
40% Retrace:	0	Trail Stop Loss:
		Target Stop:

Date	High	Low	Close	Profit	Profit
				High	Low
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## modity Trading Log Short Contract

Date Sold: 12/30/99

Price Sold:

Date Liquidated:

Price Liquidated:

P/L: \$0

		Trading	
	Stopped	Account	Margin
	Out	(Close)	Call
In		\$0No	

In	\$0No
In	\$0No

In	\$0No
In	\$0No

In	\$0No
In	\$0No

In	\$0No
In	\$0No



Use this form only for short 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 contract is sold.

Initial Stop Loss: Decide and enter.

Trailing Stop Loss: Should initially be the same as the "Initial Stop Loss" and then adjust as the price moves in price moves in your favor and according to your

trailing stop loss policy.

Target Stop: Use this if you want to liquidate at a specific profit.

Date Sold: Enter nothing, this is referenced to the date you open the position.

Price Sold: Enter the price at which the order was actually executed.

Date Liquidated: Enter the date you liquidated the contract.

Price Liquidated: Enter the price at which the contract was actually liquidated.

P/L: Enter nothing. The profit/loss is calculated and includes the commission.

Price Data: Paste or enter the Date, High, Low and Close for each trading session that the position is open.

Profit High: Enter nothing. Calculated by subtracting the session's low price from the price at which you sold the contract, multipying by the Point Value and then subtracting the commission.

Profit Low: Enter nothing. Calculated by subtracting the session's high price from the price at which you sold the contract, multipying by the Point Value and then subtracting the commission.

Stopped Out: Enter nothing. "Out" will be printed if the price moves

above your Trailing Stop Loss or below your Target Stop.

Trading Account (Close): Enter nothing. Calculated by subtracting the product of the session's close multiplied by the point value from the Starting Acct. Bal and then subtracting the commission.

Margin Call: Enter nothing. A "Yes" will appear if the Trading Account (Close) drops below the Maint. Margin.

Comments: Enter all of your observations including why you change either the Trailing or Target stops.

Final Note: Remember to "Select" and "Print Selection" because of the large table. Table set up for 8.5"x11" landscape.

	_		Margin
Trail	Target	Stop	Call
0	0In		No
0	0ln		No
0	0ln		No
0	Oln		No

0	Oln	No
0	Oln	No
0	0In	No
0	0In	No
0	Oln	No
0	0In	No
0	Oln	No
0	0In	No
0	Oln	No
0	0In	No
0	Oln	No
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