

xxx Investment Log

(Instructions at M1)		Commodity Trading Log								
					Short Contract					
	Active:		Initial Margin:		Date Sold:	###				
	Contract:		Maint. Margin:		Price Sold:					
	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:							
						Trading				
Date	High	Low	Close	Profit	Profit	Stopped	Account	Margin		
				High	Low	Out	(Close)	Call	Comments	
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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.						Margin
Starting Acct. Bal: The balance in your trading account when the contract is sold.		Trail	Target	Stop		Call
		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 Loss" and then adjust as the price moves in price moves in your favor and according to your trailing stop loss policy.		0	0	In		No
		0	0	In		No
		0	0	In		No
Target Stop: Use this if you want to liquidate at a specific profit.		0	0	In		No
Date Sold: Enter nothing, this is referenced to the date you open the position.		0	0	In		No
		0	0	In		No
Price Sold: 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 liquidated.		0	0	In		No
		0	0	In		No
P/L: Enter nothing. The profit/loss is calculated and includes the commission.		0	0	In		No
		0	0	In		No
Price Data: Paste or enter the Date, High, Low and Close for each trading session that the position is open.		0	0	In		No

xxx Investment Log

Profit High: Enter nothing. Calculated by subtracting the session's		0	0	In	No
low price from the price at which you sold the contract,		0	0	In	No
multiplying by the Point Value and then subtracting the		0	0	In	No
commission.		0	0	In	No
Profit Low: Enter nothing. Calculated by subtracting the session's		0	0	In	No
high price from the price at which you sold the contract,		0	0	In	No
multiplying by the Point Value and then subtracting the		0	0	In	No
commission.		0	0	In	No
Stopped Out: Enter nothing. "Out" will be printed if the price moves		0	0	In	No
above your Trailing Stop Loss or below your Target		0	0	In	No
Stop.		0	0	In	No
Trading Account (Close): Enter nothing. Calculated by subtracting		0	0	In	No
the product of the session's close multi-		0	0	In	No
plied by the point value from the Starting		0	0	In	No
Acct. Bal and then subtracting the		0	0	In	No
commission.		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
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