













TRKSHORT

				\$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		

TRKSHORT

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.						<b>Margin</b>
Starting Acct. Bal: The balance in your trading account when the contract is bought.		<b>Trail</b>	<b>Target</b>	<b>Stop</b>		<b>Call</b>
		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 Bought: Enter nothing, this is referenced to the date you open the position.		0	0	In		No
		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 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



TRKSHORT

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, multiplying 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









TRKSHORT

			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