(Instructions at M1)				Commodity Trading Log			
				Short Contract			
Active:			**Inititial 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:**
50% Retrace	12/30/99		**Initial Stop Loss:**				
40% Retrace:	12/30/99		**Trail Stop Loss:**				
			Target Stop:				

Date	High	Low	Close	Profit High	Profit Low	Stopped Out	Trading Account (Close)
				12/30/99	12/30/99	In	12/30/99
				12/30/99	12/30/99	In	12/30/99
				12/30/99	12/30/99	In	12/30/99
				12/30/99	12/30/99	In	12/30/99
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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.		
Starting Acct. Bal: The balance in your trading account when the		**Trail**
contract is sold.		12/30/99
Initial Stop Loss: Decide and enter.		12/30/99
Trailing Stop Loss: Should initially be the same as the "Initial Stop		12/30/99
Loss" and then adjust as the price moves in		12/30/99
price moves in your favor and according to your		12/30/99
trailing stop loss policy.		12/30/99
Target Stop: Use this if you want to liquidate at a specific profit.		12/30/99
Date Sold: Enter nothing, this is referenced to the date you open		12/30/99
the position.		12/30/99
Price Sold: Enter the price at which the order was actually executed.		12/30/99
Date Liquidated: Enter the date you liquidated the contract.		12/30/99
Price Liquidated: Enter the price at which the contract was actually		12/30/99
liquidated.		12/30/99
P/L: Enter nothing. The profit/loss is calculated and includes the		12/30/99
commission.		12/30/99
Price Data: Paste or enter the Date, High, Low and Close for each		12/30/99
trading session that the position is open.		12/30/99
Profit High: Enter nothing. Calculated by subtracting the session's		12/30/99
low price from the price at which you sold the contract,		12/30/99
multipying by the Point Value and then subtracting the		12/30/99
commission.		12/30/99
Profit Low: Enter nothing. Calculated by subtracting the session's		12/30/99
high price from the price at which you sold the contract,		12/30/99
multipying by the Point Value and then subtracting the		12/30/99
commission.		12/30/99
Stopped Out: Enter nothing. "Out" will be printed if the price moves		12/30/99
above your Trailing Stop Loss or below your Target		12/30/99
Stop.		12/30/99
Trading Account (Close): Enter nothing. Calculated by subtracting		12/30/99
the product of the session's close multi-		12/30/99
plied by the point value from the Starting		12/30/99
Acct. Bal and then subtracting the		12/30/99
commission.		12/30/99
Margin Call: Enter nothing. A "Yes" will appear if the Trading		12/30/99
Account (Close) drops below the Maint. Margin.		12/30/99
Comments: Enter all of your observations including why you		12/30/99

change either the Trailing or Target stops.		12/30/99
Final Note: Remember to "Select" and "Print Selection" because of		12/30/99
the large table. Table set up for 8.5"x11" landscape.		12/30/99
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Target	Stop		Margin Call
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