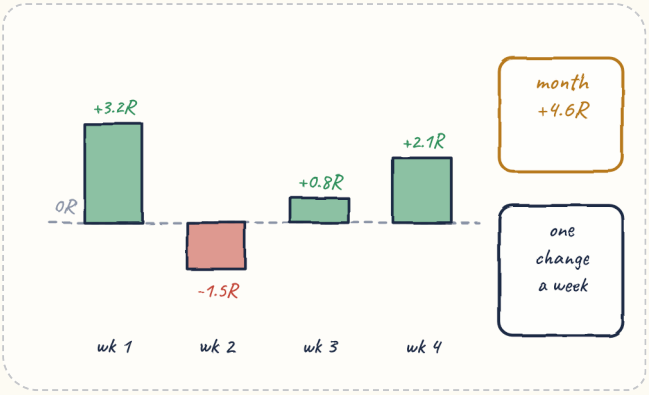
XAUUSD Global · study note

Weekly and monthly review

A journal you never review is a diary. Weekly: fix one behaviour. Monthly: check if the whole thing works.



Key points

- Judge the week by decisions, not results. A good loss is fine; a broken rule isn't.
- Small samples are noisy. Raise risk only after several good months and good behaviour.

Weekly (30 min)

- [ ] Trades ___ Net ___ R
- [ ] Rule breaks ___ (which?)
- [ ] Most expensive mistake: ___ R
- [ ] ONE rule to test next week: ___
- [ ] Risk next week: normal / reduced / paused

Monthly (60 min)

- [ ] Net ___ R, expectancy ___ R a trade
- [ ] Max drawdown ___ %
- [ ] Costs $___ = ___ % of account
- [ ] Result by setup and session: ___
- [ ] Cost of rule breaks: ___ R

Decide

- [ ] Keep / change / drop each setup
- [ ] Risk next month: same / lower / pause
- [ ] Pay myself ___ % of profit
- [ ] Plan updated and dated
- [ ] Statement saved for my records

Watch out

✗ Changing three rules at once.

✗ Reviewing only after losing weeks.

✗ Judging in dollars when your size changed.

Key line: **One change a week. Big decisions once a month.**