

Weekly Friday Review Sheet

Free templates for Indian traders — NSE / BSE

Friday 15-minute review

- 1. Confirm all trades synced and tagged — fix untagged fills first.
- 2. Read expectancy and profit factor per strategy tag for the week.
- 3. Open your three largest losers — note rule break vs bad luck.
- 4. Score discipline 1-5 for each day; mark worst day and why.
- 5. Check drawdown vs monthly rupee limit — still inside plan?
- 6. Pick one change for next week (only one).
- 7. Write three-line plan for Monday: setups allowed, max loss, events.

Week summary

Week ending: _____

Total trades: _____

Net P&L (Rs.): _____

Best setup tag: _____

Worst rule break: _____

Discipline avg (1-5): _____

One change: _____

Monday plan: _____