LOGAN'S GROVE

Daily Rules Scorecard

Your journal says what happened. This sheet keeps watch while it's happening. Fill it in at the desk, one sheet per session.

Date _____ **Session** _____ **Markets watched** _____

1. Before you start

Answer honestly. Any yes: watch only, or wait until it's a no.

☐ Rushed or short of time	☐ Tired or unwell	☐ Angry or upset	☐ Trying to win back a loss
☐ News and calendar checked	☐ Daily stop set: 3 losing trades	☐ Broker limits on (loss, size, open)	☐ 1R in dollars: $_____

2. Every set, as it happens

A skip that followed the plan is a success: write it down too.

#	Market / direction	Written before entry?	Followed all eight?	If not, which rule? (stop moved, size, chased, timing, other)	Plan R	Actual R
1		Y / N	Y / N			
2		Y / N	Y / N			
3		Y / N	Y / N			
4		Y / N	Y / N			
5		Y / N	Y / N			

3. Urge tally

One mark each time you feel it, whether or not you act. Urges rise before rules break.

The urge	Felt it (tally)	Acted on it (tally)
Move the stop further away		
Chase a move I didn't write a set for		
Add to a trade, or make it bigger, without a plan		
Trade outside my hours, or into news, the daily break or the weekend		
One more trade after my daily stop		

4. Score the day: rules only, not money

Start at 10. Lowest score is 0.

What happened	Points
Each instruction broken in a trade (count each one)	minus 2
Each trade taken without a set written first	minus 3
Any trade after the daily stop, or risk above 1R	score is 0 for the day
My rules score today	**_____ / 10 My R today: _____**

The one rule I'll watch tomorrow: _____

Shared with (partner or classroom): _____ ☐ Session screen-recorded, so I can replay the hard moments

Every 30 sets

Put the scores beside your R. See whether your worst days in R were your low-score days. **Count your breaks by type:** your most common one is what you work on next. **Check your following:** 27 of 30 sets followed is the mark before you move up a stage.

Education only, not financial advice. Trading involves risk of loss. This sheet measures how well you follow your own rules; it doesn't promise results. The scoring is a starting point: keep it the same for 30 sets before you change it.