

					Traders Worksheets							
Week Start:					Market Posture:							
Bullish Blow Off Bottom - Put Spread - Long Deferred Call - (Short Put Above Long Put)												
		Open	Short-Exp	Long-Exp	Open	ong-Deferre	Open	Open		Close	Close	Total
Open	Stock	Stock	ATM Put	ATM -2 Put	Spread	ITM - Call	Call	Combo	Close	Stock	Combo	Profit
<u>Date</u>	<u>Symbol</u>	<u>Price</u>	<u>Strike</u>	<u>Strike</u>	<u>Credit</u>	<u>Strike</u>	<u>Debit</u>	<u>Debit</u>	<u>Date</u>	<u>Price</u>	<u>Credit</u>	<u>Loss</u>
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			/	/		/						
			/	/		/						
Bearish Blow Off Top - Call Spread - Long Deferred Put - (Short Call Below Long Call)												
		Open	Short-Exp	Long-Exp	Open	ong-Deferre	Open	Open		Close	Close	Total
Open	Stock	Stock	ATM Call	ATM +2 Ca	Spread	ITM - Put	Put	Combo	Close	Stock	Combo	Profit
<u>Date</u>	<u>Symbol</u>	<u>Price</u>	<u>Strike</u>	<u>Strike</u>	<u>Credit</u>	<u>Strike</u>	<u>Debit</u>	<u>Debit</u>	<u>Date</u>	<u>Price</u>	<u>Credit</u>	<u>Loss</u>
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			/	/		/						
			/	/		/						
Totals---->			\$ P/L		# Wins		# Loss		Win %		# Trades	
Bullish Put Verticle Spread - (Short Put Above Long Put)												
Open	Stock	Open	Short-Exp	Long-Exp		Open			Close	Close	Stock	Total
<u>Date</u>	<u>Symbol</u>	<u>Price</u>	<u>ATM Put</u>	<u>ATM -1 Put</u>		<u>Credit</u>			<u>Date</u>	<u>Spread</u>	<u>Price</u>	<u>Profit</u>
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Bearish Call Verticle Spread - (Short Call Below Long Call)												
Open	Stock	Open	Short-Exp	Long-Exp		Open			Close	Close	Stock	Total
<u>Date</u>	<u>Symbol</u>	<u>Price</u>	<u>ATM Call</u>	<u>ATM +1 Call</u>		<u>Credit</u>			<u>Date</u>	<u>Spread</u>	<u>Price</u>	<u>Profit</u>
			/	/								
			/	/								
Totals---->			\$ P/L		# Wins		# Loss		Win %		# Trades	
Bullish One-Day Wonder Trade - (Short Exp Call Above Long Def Call)												
						Open			Close			Total
Open		Open	Short-Exp	Long-Def		Debit	100%	Close	Stock	Close		Profit
<u>Date</u>	<u>Symbol</u>	<u>Price</u>	<u>+1, +2 Call</u>	<u>-1, -2 Call</u>		<u>Spread</u>	<u>Target</u>	<u>Date</u>	<u>Price</u>	<u>Spread</u>		<u>Loss</u>
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Bearish One-Day Wonder Trade - (Short Exp Put Below Long Def Put)												
<i>Long Deferred Put Above Short Expiring Put</i>						Open			Close			Total
Open		Open	Short-Exp	Long-Def		Debit	100%	Close	Stock	Close		Profit
<u>Date</u>	<u>Symbol</u>	<u>Price</u>	<u>-1, -2 Put</u>	<u>+1, +2 Put</u>		<u>Spread</u>	<u>Target</u>	<u>Date</u>	<u>Price</u>	<u>Spread</u>		<u>Loss</u>
			/	/								
			/	/								
Totals---->			\$ P/L		# Wins		# Loss		Win %		# Trades	
Weekly Total:		\$ P/L		% P/L		# Wins-# Loss		Win %		# Trades		