

## 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-Defere	Open	Open	Close	Close	Total	
Open	Stock	Stock	ATM Put	ATM -2 Put	Spread	ITM - Call	Call	Combo	Close	Stock	Combo	Profit
Date	Symbol	Price	Strike	Strike	Credit	Strike	Debit	Debit	Date	Price	Credit	Loss
			/	/		/						
			/	/		/						
			/	/		/						

### **Bearish Blow Off Top - Call Spread - Long Deferred Put - (Short Call Below Long Call)**

		Open	Short-Exp	Long-Exp	Open	ong-Defere	Open	Open	Close	Close	Total	
Open	Stock	Stock	ATM Call	ATM +2 Call	Spread	ITM - Put	Put	Combo	Close	Stock	Combo	Profit
Date	Symbol	Price	Strike	Strike	Credit	Strike	Debit	Debit	Date	Price	Credit	Loss
			/	/		/						
			/	/		/						
			/	/		/						

### **Bullish Put Verticle Spread - (Short Put Above Long Put)**

		Open	Short-Exp	Long-Exp	Open				Close	Close	Total	
Open	Stock	Open	Short-Exp	Long-Exp	Open				Stock	Stock	Profit	
Date	Symbol	Price	ATM Put	ATM -1 Put	Open				Date	Spread	Price	Loss
			/	/								
			/	/								

### **Bearish Call Verticle Spread - (Short Call Below Long Call)**

		Open	Short-Exp	Long-Exp	Open				Close	Close	Total	
Open	Stock	Open	Short-Exp	Long-Exp	Open				Stock	Stock	Profit	
Date	Symbol	Price	ATM Call	ATM +1 Call	Open				Date	Spread	Price	Loss
			/	/								
			/	/								

### **Bullish One-Day Wonder Trade - (Short Exp Call Above Long Def Call)**

		Open	Short-Exp	Long-Def	Open				Close		Total	
Open		Open	Short-Exp	Long-Def	Open				Stock	Close	Profit	
Date	Symbol	Price	+1, +2 Call	-1, -2 Call	Open				Stock	Close		Loss
			/	/								
			/	/								

### **Bearish One-Day Wonder Trade - (Short Exp Put Below Long Def Put)**

		Open	Short-Exp	Long-Def	Open				Close		Total	
Open		Open	Short-Exp	Long-Def	Open				Stock	Close	Profit	
Date	Symbol	Price	-1, -2 Put	+1, +2 Put	Open				Stock	Close		Loss
			/	/								
			/	/								

**Totals---->**

**\$ P/L**

**% P/L**

**# Wins**

**# Loss**

**Win %**

**# Trades**

**Weekly Total:**

**\$ P/L**

**% P/L**

**# Wins**

**# Loss**

**Win %**

**# Trades**