

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	Long-Deferred	Open	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	Long-Deferred	Open	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
			/	/		/						
			/	/		/						
			/	/		/						

Totals----> \$ P/L # Wins # Loss Win % # Trades

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

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

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

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

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
Date	Symbol	Price	+1, +2 Call	-1, -2 Call	Spread	Target	Date	Price	Spread			Loss
			/	/								
			/	/								

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

					Open					Close		Total
Open		Open	Short-Exp	Long-Def	Debit	100%	Close	Stock	Close			Profit
Date	Symbol	Price	-1, -2 Put	+1, +2 Put	Spread	Target	Date	Price	Spread			Loss
			/	/								
			/	/								

Totals----> \$ P/L # Wins # Loss Win % # Trades

Weekly Total:	\$ P/L	% P/L	# Wins	# Loss	Win %	# Trades
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