

					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		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>	
			/	/		/							
			/	/		/							
			/	/		/							
Bearish Blow Off Top - Call Spread - Long Deferred Put - (Short Call Below Long Call)													
		Open	Short-Exp	Long-Exp	Open	Long-Deferred	Open	Open		Close	Close	Total	
Open	Stock	Stock	ATM Call	ATM +2 Call	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>	
			/	/		/							
			/	/		/							
			/	/		/							
Totals---->		\$ P/L		# Wins		# Loss		Win %		# Trades			
Bullish Put Verticle Spread - (Short Put Above Long Put)													
		Open	Short-Exp	Long-Exp		Open			Close	Close	Stock	Total	
Open	Stock	Price	ATM Put	ATM -1 Put		Credit			Date	Spread	Price	Profit	
<u>Date</u>	<u>Symbol</u>	<u>Price</u>	<u>Strike</u>	<u>Strike</u>		<u>Credit</u>			<u>Date</u>	<u>Spread</u>	<u>Price</u>	<u>Loss</u>	
			/	/									
			/	/									
Bearish Call Verticle Spread - (Short Call Below Long Call)													
		Open	Short-Exp	Long-Exp		Open			Close	Close	Stock	Total	
Open	Stock	Price	ATM Call	ATM +1 Call		Credit			Date	Spread	Price	Profit	
<u>Date</u>	<u>Symbol</u>	<u>Price</u>	<u>Strike</u>	<u>Strike</u>		<u>Credit</u>			<u>Date</u>	<u>Spread</u>	<u>Price</u>	<u>Loss</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>	
			/	/									
			/	/									
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	
<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			