

Write the rule before the result.

Use for observation, demo or a trade record. Choose your own assumptions. Blank fields are prompts, not a recommendation to trade or a prescribed level of risk.

Record ID / date / time / time zone

Instrument / timeframe / price source / bid or ask

01 Context, confirmation and invalidation

Setup hypothesis and wider context; which completed observations are available now?

Exact confirmation rule and boundary; what information must exist before acting?

Invalidation or no-trade condition; include scheduled events or unacceptable execution.

02 Planned orders and exposure

Direction / planned entry / quote side

Order type / expiry / maximum permitted deviation

Stop trigger / price distance / execution assumptions

Target / time exit / other exit condition

Contract units / value per move / permitted size

Other open exposure / correlation / margin check

03 Cash risk and costs

Account currency / chosen cash risk budget

Calculated size / broker increment / minimum

Spread already in prices? Extra commission / financing / conversion / slippage assumptions

Keep cost accounting consistent: executable entry and exit prices can already include spread. Do not subtract the same spread twice. An ordinary stop can fill beyond its trigger; the planned cash risk is not a guaranteed loss cap.

Planning help: [strategy rulebook](#) and [position sizing with costs](#).

Prepared by InsomniCapital, 2 October 2026. Complete page 2 after the observation or trade ends.

Separate the result from the process.

Record missing, partial and rejected fills as carefully as completed trades. A profitable result does not prove the rule was followed; a loss does not prove the rule was wrong.

Matching record ID / review date

Observation, demo or live? Filled, partial or no fill?

01 What actually happened

Actual entry price(s) / size(s) / time / quote side

Actual exit price(s) / size(s) / time / quote side

Slippage, rejected orders, partial fills or missed entry; attach a timestamped chart if useful.

02 Reconcile the arithmetic

Gross realised price P/L / currency / size

Additional fees and financing / currency

Net realised P/L after costs / currency

Optional R result / exact initial cash-risk definition

Use actual executed prices and sizes, including partial exits. Keep conversion and spread treatment consistent. A no-fill observation has no realised trade P/L. If reporting R, state whether its risk denominator includes costs.

03 Review adherence, not just the outcome

Was the original rule followed?

☐ Yes

☐ No

☐ Unclear

Which rule was followed or changed? What was knowable then, rather than obvious afterwards?

Operational issue or market observation worth retaining, including no-trade and failed cases.

04 One specific next review action

Lesson / what to inspect next / when; avoid changing a rule solely because of one result.

Review framework: insomnicap.com/education/forex-trading-strategies/

For your records. Sharing is optional; remove account numbers and personal details before sharing.