Trading Journal — for CFDs

Your broker's phone no: _____

Ref No.	Date	CFD Description	Transaction			Details						Comments (why? emotions? etc.)
			[L]ong [S]hort	No. of Contracts	Price/ point $.c	Entry Price	Exit Price	Change (points)	Gross Profit/ Loss	Equity		
Starting Equity Amount:										$5,000		
sample	3/07/2006	IGM — Aussie 200 Cash	Long	1	$5	3650	3690	40	$200	$5,200		Went Long, and won.
	4/07/2006	IGM — Aussie 200 Cash	Short	1	$5	3650	3590	-60	-$300	$4,900		Went short, but price rose.
	14/07/2006	IGM — Aussie 200 Cash	Long	1	$5	3650	3540	-110	-$550	$4,350		Long trade — price fell.
YOUR Starting Equity Amount:										**$**		
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	TOTALS:											
	Number of trades:											

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