

THE FINAL TAPE

Weekly Journal Review Checklist

45-minute ritual — compliance → expectancy → tag ranking → one rule

Compliance bands

- **Green ≥80%:** Process fidelity — learn from outcome second
- **Amber 50–79%:** Partial adherence — note which rules broke
- **Red <50%:** Out-of-process — exclude from setup-level expectancy

Minimum schema columns

Lock these before trade one (Excel, Notion, or any app):

portfolio_id · setup_name · compliance_% · planned_risk_\$ · net_pnl · realized_r · regime_tag · entry_tag · exit_tag · risk_%_version

Step 1: Compliance check (0–10 min)

- Pull last 20 trades
- Filter to compliance ≥80%
- If <70% of book is green, fix logging before reviewing edge

Step 2: R-multiple & expectancy (10–25 min)

- On filtered rows: calculate expectancy in R
- Record avg winner R and avg loser R
- Compare filtered vs full book — green week + negative filtered expectancy = warning

Step 3: Tag ranking on losers (25–35 min)

- Sort negative tags on losers by frequency × avg R lost

- Pick top tag as single fix candidate
- Do not fix three things — fix one

Step 4: One Kill List rule (35–45 min)

- Write one specific, testable rule tied to top tag
- Add to Kill List if you use one
- Example: No manual exit before +1R unless stop is at breakeven

30-day bootstrap tracker

Install the daily log + weekly loop in four weeks:

Week 1 — Lock schema

- Lock portfolio and column list
- Log every trade with compliance % and tags
- Success: 100% of trades have compliance + tags

Week 2 — First loop

- Run 45-minute loop on last 20 rows
- Write Kill List item #1
- Success: one specific rule written down

Week 3 — Execute

- Obey Kill List item #1 only
- Log rule compliance on every trade
- Success: rule compliance $\geq 80\%$

Week 4 — Compare

- Run second weekly loop
- Compare tag frequency and filtered expectancy to week 2
- Success: Rank 1 tag down OR filtered expectancy up

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