FREE · FROM HOW TO BACKTEST MY STRATEGY

The Backtesting Journal.

Log every rep the same way, grade it on process, and roll it up into the data that shows you where your edge actually is. Built around the SNDr model.

INSIDE

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Follow your rules.

Benchina · Educational only. Not financial advice. Backtested results vary.

02 — BEFORE YOU START

Three sheets. One process.

This journal follows one trade through your process: tag it, take it, review it, then roll it up into the data that shows where your edge is. Use it for every backtest rep and every live trade. No exceptions.

01

Trade entry

One per setup, real or backtested. Tag it, run the checklist, add the chart and rate your confidence first.

SHEET 01 · P. 03

02

Post-trade review

Filled in after the outcome. Grade the trade on your rules, not the P&L. That gap is where the lesson is.

SHEET 02 · P. 04

03

Weekly rollup

Once a week. Read the pattern across every trade, find your best and worst tags, and pick one thing to change.

SHEET 03 · P. 05

THE RULES OF A CLEAN BACKTEST

Break these and your backtest is lying to you.

1	**Write your rules before you start.**	Not halfway through.
2	**Pick a random start date.**	Not a day you remember.
3	**Never scroll ahead.**	Ever.
4	**Log every valid SNDr.**	Losers too. Especially losers.
5	**Change one thing at a time.**	When you're done, test one change, then the next.

Same tag. Same spelling. Every trade.

The analytics group trades by the exact tag. SW-2 and SW 2 are two different tags to the software.

THE TRACKING CARD AT A GLANCE

`TF-15m` `SW-1…6` `PM-Y/N` `RNG-TOR/MID/BOR` `LEG-1, 2, 3…` `RT-1R/1.5R/2R` `RD-0/1R/1.5R/2R/2R+`

Plus two Forex Tester records for you: direction and stop size in ticks.

01 — ONE PER SETUP

Trade entry.

Real or backtested. Fill in the tracking card and the checklist before you know the outcome.

DATE _____ INSTRUMENT _____ SESSION OPEN TIME _____ TRADE # _____

The tracking card

CIRCLE ONE PER ROW · LOG IT AS A TAG

TF Timeframe	TF- _____ e.g. 15m	**LEG** Swings in the leg	1 2 3 4 5+
SW Swing number	1 2 3 4 5 6	**RT** R taken	1R 1.5R 2R
PM Partial mitigation	Y N	**RD** R delivered	0 1R 1.5R 2R 2R+
RNG Range location	TOR MID BOR	**AUTO** Forex Tester logs it	LONG SHORT _____ ticks

SNDr checklist

EVERY BOX, EVERY TRADE

- ☐ Protected level broken with a body close
- ☐ SNDr is the last swing before the break, wick to wick
- ☐ Fits the narrative
- ☐ Entry on the first tap of the 50%, on the one minute
- ☐ Stop strictly behind the zone
- ☐ All tags filled in

TRADE SCREENSHOT

Paste or sketch the chart here

Range and its 50%, the SNDr box, entry, stop and target clearly marked

Confidence going in

Rate it before you know the result.

1	2	3	4	5

1 · LOW 5 · HIGH

Outcome

Fill in after the session closes.

RESULT WIN LOSS BE

R RESULT _____

02 — AFTER THE OUTCOME

Post-trade review.

Fill this in once the outcome is known. The grade is on process, never on the result.

Rule-adherence score

Did the trade follow the plan exactly, start to finish? Score it honestly. This number matters more than the R.

1 2 3 4 5 1 · BROKE THE PLAN 5 · FOLLOWED IT EXACTLY

What you took vs what it gave

R taken is what you banked. R delivered is what the zone gave, until the stop or the session close.

R TAKEN (RT)	R DELIVERED (RD)	GAP · LEFT ON THE TABLE

Where it broke down

Tick any that apply. Leave it blank if the process was clean.

- [ ] Skipped a checklist item
- [ ] Entered late, chased price
- [ ] Sized the position wrong
- [ ] Logged a tag wrong, or skipped one
- [ ] Entered early, before the tap of the 50%
- [ ] Moved the stop after entry
- [ ] Took the trade outside my session
- [ ] Scrolled ahead in the backtest

Identity check

One line. Did you trade the plan, or trade the outcome?

The lesson

What will you do the same, or differently, on the next one?

03 — ONCE A WEEK

Weekly rollup.

Step back from single trades and read the pattern across them all, then change one thing.

This week

USE TAG ANALYTICS IN FOREX TESTER

WEEK OF

SETUPS LOGGED

SETUPS TAKEN

WIN RATE · RULES KEPT

WIN RATE · RULES BROKEN

BEST TAG THIS WEEK

WORST TAG THIS WEEK

MOST COMMON FAILURE POINT

ONE THING TO CHANGE NEXT WEEK (ONLY ONE)

Journaling notes

Reflective, not mechanical. Kept apart from the checklist, so you never fudge the boxes to feel better about a trade.

AVERAGE CONFIDENCE GOING IN (1-5)

JOURNALED WITHIN 24 HOURS?

YES NO

WHAT ALMOST MADE ME DEVIATE FROM THE PLAN

WHAT I'M PROUD OF THIS WEEK