

WEEK OF _____ PORTFOLIO _____ WEEKLY TARGET \$ _____

THE ONE-MINUTE CHECK-IN

Starting balance \$ _____ Ending balance \$ _____ Withdrew \$ _____ Profit earned \$ _____

Profit = ending balance – last week's after-withdrawal balance. Withdrawals still count toward your goal.

MY TRADING COMMITMENTS

- ☐ Only take A+ setups
- ☐ No revenge trading
- ☐ Protect my capital first
- ☐ Respect my stop loss on every trade
- ☐ One good trade is enough
- ☐ Consistency over excitement

DAILY LOG

	BEST OR WORST DECISION TODAY	FOLLOWED MY PLAN?	P / L
MON	_____	Y / N	_____
TUE	_____	Y / N	_____
WED	_____	Y / N	_____
THU	_____	Y / N	_____
FRI	_____	Y / N	_____

WEEKLY REVIEW

Did I hit my weekly target? Y / N Did I follow my rules regardless of result? Y / N

One thing I did well this week:

One thing I'll do differently next week:

MY PROGRESS

Total earned toward goal \$ _____ Goal-week streak _____ % of goal complete _____

The goal is not to make money today. The goal is to become the trader who earns it consistently.

Track your progress digitally with Profit Goal Tracker at CWITrading.co

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