*NB: With activities that are not weekly, divide by pro-rata rate e.g. If monthly divide by 4.*

# My Weekly Trading Time Audit

## Trading

Placing trades ⬚
Market watching ⬚
**Subtotal** ⬚

## Research

Market scanning ⬚
Market awareness ⬚
Newsletters/alerts ⬚
Web-surfing ⬚

**Subtotal** ⬚

## Maintenance/Planning

Journaling ⬚
Accounting ⬚
Goal setting/review ⬚
Developing systems ⬚
**Subtotal** ⬚

## Education/development

Course activities ⬚
Journaling/review ⬚
Learning planning ⬚
Networking ⬚
**Subtotal** ⬚

**Other(specify)**

.................... ⬚
.................... ⬚

Total Trading time ⬚

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