

THE FINAL TAPE

Missed Trade Log Template

Framework for logging setups you did not take — reduce FOMO and surface hesitation patterns

What counts as a missed trade

- Valid named setup you identified but did not execute
- Had a plan with entry, stop, and target defined
- Not random chart patterns or rule-breaking setups you avoided correctly

5-field logging framework

Field	Capture
Setup	Named setup object from your taxonomy
Why missed	MISSED_REASONS tag — hesitation, alert, conviction, distraction
Planned R	Would-have R from planned entry, stop, and take profit
Emotional state	Notes: FOMO, tilt, post-loss caution, distraction
Frontrun %	Planned entry vs actual price at re-check (when available)

Step 1 — Basic info

- Setup, symbol, status Missed, direction, compliance checklist

Step 2 — Planned strategy

- Entry time, planned prices, risk %, optional chart URL

Step 3 — Missed analysis

- MISSED_REASONS tag, notes, frontrun / favorable %

Step 4 — Review & submit

- Would-have R, opportunity cost summary, Submit

Example log rows

Setup	Why missed	Planned R	State	Frontrun
ORB Long ES	Hesitation after 3 losses	+1.2R would-have	Post-loss tilt	0.3% frontrun
Pullback BTC	Missed alert	+0.8R would-have	Distraction	N/A
Breakout NQ	Valid caution	0R (avoided loss)	Discipline	0.9% frontrun

Weekly missed-trade review (15 min)

- Filter journal to Missed status for the week
- Count by MISSED_REASONS tag — top tag = leak candidate
- Split high-compliance (psychology) vs low-compliance (setup quality) misses
- Sum would-have R for opportunity cost — rank in R, not dollars
- Write one Kill List item from top miss pattern

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