

THE FINAL TAPE

Post-Trade Review Template

Structured checklist for closing and analyzing completed trades

Minimum fields when closing a trade

Phase	Capture
Identity	Setup, symbol, direction, compliance score at close
Plan	Planned entry, stop, take profit(s), risk %, chart URL
Execution	Actual entry/exit fills, exit type, partial sizes
Excursions	MAE, MFE, MAPE, MFPE — pain and peak profit before exit
Analysis	Taxonomy tags (planning, entry, execution, exit, context), notes
Outcome	Net P&L, realized R-multiple, fee impact

Step 1 — Basic information

- Status Completed, setup, symbol + direction, compliance score

Step 2 — Planned entry & exit strategy

- Planned entry timing + price, planned exit strategy, risk % + chart URL

Step 3 — Execution details

- Actual entry + exit fills, exit type, MAE / MFE / MAPE / MFPE

Step 4 — Checklist & analysis

- Planning tags — over-optimistic R:R, unclear invalidation
- Entry tags — slippage, late entry, frontrun
- Execution tags — added to loser, partial fill ignored
- Exit tags — fear exit, held through drawdown, greed hold
- Context tags — high-impact event, revenge trade, regime

Step 5 — Review & submit

- Planned vs actual side by side; P&L breakdown; lock trade when accurate

Key questions after every trade

- Did I follow my setup rules? (compliance score matches reality?)
- Was planned R realistic given market conditions?
- Did execution match plan — entry slippage, partial fills, scale-outs?
- Did I exit for a rule-based reason or emotion?
- What did MAE/MFE reveal about stop placement and exit timing?
- What tag best describes the primary leak on this trade?

- Would I take this exact trade again at the same size?

Good vs bad analysis

Bad analysis

"Lost \$200, market was choppy." No tags, no R, no plan comparison.

Good analysis

"-0.8R, 92% compliance, exit tag: fear after MAE hit 1.2R. Planned 2R target never tested."

Weekly post-trade review (45 min)

- Filter last 20 completed trades; compute avg R by setup and compliance bucket
- Rank top negative exit tag by frequency × R damage
- Write one Kill List item — one testable rule for next week
- Compare compliant-only expectancy vs all trades

thefinaltape.com · Academy Lesson 7 — Closing and Analyzing Completed Trades