

## THE FINAL TAPE

# R-Multiple Review Template

Define 1R, calculate expectancy, run a 30-minute weekly review

## 1R definition worksheet

Field	Value
Starting balance	
Risk method	Static / Compounding
Default risk %	
Planned risk \$ (1R)	
Portfolio / phase	

## Expectancy calculator

$realized\_r = net\_pnl \div planned\_risk\_\$$

trade_id	planned_risk_\$	net_pnl	realized_r	compliance_%

Win % \_\_\_\_ | Avg winner R \_\_\_\_ | Avg loser R \_\_\_\_ | Expectancy \_\_\_\_

## 30-minute review checklist

- 0–5 min: Last 20 trades, one portfolio
- 5–10 min: Filter compliance  $\geq 80\%$
- 10–20 min: Expectancy + avg win/loss R
- 20–25 min: Compare to prior week in R
- 25–30 min: One Kill List fix for next week

## Common mistakes audit

- Actual loss as 1R (scratches inflated)
- Mid-month risk change without version label

- Mixed setups in one pivot
- No compliance filter
- Winners-only review
- Outlier confusion (+5R masks +0.5R expectancy)

### 14-day R discipline tracker

Days	Action	Done
1-2	Lock portfolio; static 1%; log planned risk \$	<input type="checkbox"/>
3-7	Log 10 trades; ignore dollar weekly P&L	<input type="checkbox"/>
8	First R review on compliance-filtered rows	<input type="checkbox"/>
9-12	Log 10 more; focus one exit tag	<input type="checkbox"/>
14	Second R review; draft Kill List item	<input type="checkbox"/>

[thefinaltape.com · /blog/from-pnl-obsession-to-r-multiple-discipline](https://thefinaltape.com/blog/from-pnl-obsession-to-r-multiple-discipline)