# Trading performance plateau review

Name / reference: _____ Date: _____

Complete using simulated or historical examples. Record evidence, not predictions.

## 1. Instrument, session and strategy version

## 2. Baseline dates, sample size and costs

## 3. Main bottleneck: evidence, method, execution or risk

## 4. One practice task and measurable success criterion

## 5. Unseen retest sample and review date

## 6. Safety constraints and reasons to stop

Educational use only. Not investment advice or a predictor of trading profitability.

Trading involves risk of loss. No learning programme guarantees profitable outcomes.