DTR TRADER RESEARCH LIBRARY

The DTR 20-Trade Review Sheet

Turn your last 20 trades into a behavior map.

PURPOSE

Traders who need a simple trade log that tracks behavior, not just PnL.

FORMAT

Research note, protocol, and field worksheet.

USE

Print before the session. Mark up after execution.

Why a behavior log beats a PnL log

PnL tells you what happened. A behavior log tells you what will probably happen again.

The review sheet captures setup, entry reason, invalidation, planned risk, actual risk, result, rule-following, and emotional state after the trade.

The mistake tags

Use one main tag: setup, entry, stop, size, trade management, first-loss, or review problem.

The most repeated tag is the behavior to fix first.

The fix statement

Write the fix in three lines: my repeated mistake is X; my prevention rule is Y; my session ends if Z.

This turns review into a rule, not a journal entry that gets ignored tomorrow.

Worked example

A trader sees five stop problems and four size problems. The real leak is not the chart. It is risk discomfort.

The fix becomes: no entry unless the stop fits max risk without reducing decision quality.

Operating note

A brief only matters if it changes the next decision under pressure.

Keep this document close enough to use before the trade, not after the damage is already visible in the account.

The standard is simple: fewer explanations, cleaner rules, and written evidence that your behavior is becoming more repeatable.

Field Notes

Across 20 trades, my most common tag was:

The second most common tag was:

The behavior that appears before the tag is:

My prevention rule is:

My session ends if:

References behind this framework

- **Day trading survival math.** Barber, Lee, Liu, Odean, and Zhang find that aggregate day-trader performance is negative and estimate that 97% of day traders are likely to lose money in the future.

  Learning Fast or Slow? SSRN
- **Loss aversion under pressure.** Prospect theory explains why losses often change behavior more than equivalent gains. That is the psychological root of revenge trading, stop-moving, and payout fear.

  Kahneman and Tversky, Prospect Theory
- **Trader self-coaching.** Brett Steenbarger's work frames trading performance as a process of structured self-observation, concrete goals, and daily behavioral change.

  Wiley, The Daily Trading Coach
- **Mental-game execution.** Jared Tendler's trading psychology work treats tilt, fear, revenge, and confidence as repeatable performance leaks that need correction systems, not motivation.

  Jared Tendler, The Mental Game of Trading
- **Prop-firm benchmark reality.** Public prop-firm estimates vary widely. Some industry roundups cite 5-10% pass rates and about 7% receiving payouts; harsher payout-rate estimates are far lower. The honest move is to cite the benchmark used.

  QuantVPS prop firm statistics
- **DTF internal launch-to-date snapshot.** Production data checked May 17, 2026: DTF's launch-to-date approved-or-better payout account rate benchmarks roughly 3x above the low-end public prop-firm payout estimate. The useful proof is the rate, not raw volume.

  DTF production data snapshot