Forex Book Notes Template

Capture one usable lesson from each chapter before moving to the next book.

Risk note: Forex and CFD trading involve risk of loss. Educational material can improve understanding, but it cannot guarantee profit, prevent losses, remove leverage risk, or replace personal risk control. Do not risk money needed for living expenses, debt payments, health care, family obligations, or emergency savings.

Book details

Field	Your note
Book title	
Author	
Edition or publication year	
Format	Print / e-book / audiobook / online material
Main topic	Basics / chart reading / strategy / fundamentals / psychology / risk / market stories
Reason for reading	

Chapter notes

Prompt	Your note
Key concept	
Example used by the author	
Risk warning or limitation	
What should not be copied	
Action to test safely	

Turn reading into rules

Rule prompt	Write the rule
Before entry I will	
I will not	
I need to practice	
Journal field to add	
Chart or demo exercise	

Reality check

Check before applying any idea	Mark
The lesson includes risk, not only potential reward.	[ ]
The author shows or acknowledges losing conditions.	[ ]
The idea can be tested without real-money pressure.	[ ]
The lesson fits my account size, schedule, and experience level.	[ ]
The chapter made me more careful, not more impulsive.	[ ]

Post-reading decision

Decision	Mark	Reason
Keep and practice one lesson	[ ]	The idea is clear, limited, and testable.
Save for later	[ ]	The idea may be useful, but the timing or skill level is not right yet.
Discard	[ ]	The idea adds confusion, unsafe confidence, or unclear risk.

Final note

A book note is useful only when it changes a decision, a risk rule, a practice task, or a review habit. Reading more without changing behavior can create confidence without control.