THE WEEKLY REVIEW - AND THE MONTHLY BOOK

Vajgrt Labs - Education - Lesson 61 of 72 - 8 min read - Updated Oct 21, 2026

TL;DR

- The weekly review aggregates the week's daily pages into three findings: the tallies (trades, grades, net R - reported with their count, never as an edge claim); the costliest RECURRING error, priced in R from the week's own tags; and next week's ONE goal - a single rule with a trigger, descended from that error, which becomes the daily goal the daily reviews grade.

- The monthly book calculation is the weekly pages, summed: four weeks of R, dollars, and percent of account, with the PlayBook verdicts revisited on the summed evidence. Verdicts are monthly because weeks are weather: the sample's four weeks run +0.79, -2.20, +0.03, -1.47R - a trader judging by any single week would have felt four different traders. The sum (-2.85R, -$585, -2.3% of the paper account) is the first figure in the stage allowed to describe a month.

- The sample's Week 2 is the method under maximum load: a -2.20R week that decomposes, on inspection, into -0.50R of tuition and -1.70R of entry errors - one early, one revenge. The review's finding is a sentence no single daily page could have produced: 'Week 2 did not have an exit problem. It had a door-into-the-market problem.' Aggregation is what turns five days of incidents into one diagnosis.

THE TAKEAWAYS

- The weekly method, in order: (1) TALLY - trades taken, GOOD/BAD split, net R and dollars, each printed with its count and no expectancy claims (three trades do not have an expectancy; they have a sum). (2) PRICE THE ERRORS - the week's error-tagged trades summed by pattern word: the most expensive error, and separately the most REPEATED one - they are not always the same line, and Lesson 6's leak hunt needs both. (3) ONE GOAL - next week's single process goal, written as a rule with a trigger, aimed at the error the evidence indicts. (4) THE PLAYBOOK DELTA - any page whose verdict, guard or examples the week's evidence touched gets its dated line. Four moves, one page, about thirty minutes - SMB's weekly shape, run on this course's artefacts.

- Why ONE goal: a goal is a daily-review instrument - it must fit in the headline box of five daily pages and be gradable at a glance at 4pm. Five goals fit nowhere and grade nothing; by Wednesday the trader is failing four of them and the ritual's credibility - its only real asset - is spent. The sample's Week 2 produces exactly one: 'entries only after a held close; the plan card is read aloud before the ticket.' Every other finding (the tuition was ordinary; the exits behaved) is recorded as context, not converted into homework. Discipline is subtraction.

- The monthly book calculation, done the course's way: sum the four weekly pages - R, dollars, percent of account - and set beside the sum the month's error account (errors priced by kind, Lesson 5) and the process account (GOOD trades' net). The sample's month reads: net -2.85R / -$585 / -2.3% of the $25,000 paper account; process account +0.43R; error account -3.28R. One sentence carries the month: 'A +0.43R process carrying -3.28R of errors.' That sentence - not the -$585 - is what the next month's weekly goals are built from, because it names the part that is fixable.

- What the monthly meeting may and may not do: it revisits PlayBook verdicts (Lesson 6 runs the full board), reads the month's feelings file in aggregate (Lesson 5's psychology evidence), and

re-checks the brakes against the month's worst week. It may NOT retire or promote a setup on one month's sums alone unless the 30-trade cycle has also closed (counts govern), and it never sets strategy by the money line: a month whose errors shrank while its dollars fell is a GOOD month in this book, and a month of lucky errors is a bad one wearing green. The book grades the business; the market grades itself.

RULE: One week, one error, one goal. The monthly book is summed from weekly pages - verdicts are never read off a single week.

COMMON MISTAKES

- Setting five weekly goals. They cannot fit a daily page's headline box, they grade as permanent failure by Wednesday, and the ritual gets fired by its only employee.

- Ending a red week by shopping for a new setup. The journal's evidence belongs to the recurring error it indicted; new setups enter as paper candidates through the PlayBook, one at a time.

- Reading a verdict off a single week. The sample's weeks run +0.79 / -2.20 / +0.03 / -1.47R - four different 'traders'. Weeks price errors; months revisit verdicts; setups are judged at 30 trades.

- Summing the month from the broker's statement instead of from the weekly pages. The statement has the money and none of the grades - a book summed from it can describe a month but can't improve one.

DO IT - RUN YOUR FIRST WEEKLY REVIEW + MONTHLY SUM

On the Weekly Review sheet (Downloads), review your most recent full week of paper trading: tally it (trades, GOOD/BAD, net R - with the count printed and no expectancy language); price its errors by kind and pattern word; write the week's one sentence ('Week N did not have an ___ problem; it had a ___ problem'); set next week's ONE goal as a rule with a trigger. If you hold four reviewed weeks, add the monthly book: the four sums, the percent of your paper account, the process account and the error account side by side, and the month's one sentence. File any PlayBook delta as a dated line on the page it touches. Paper only.

Education only - not financial advice. Stage 9's worked examples are a labeled sample log - the course's example numbers, built on Stages 7-8's own structures (the 765/760 put credit spread; the 773/775 and 780/785 call debit verticals at their printed fills) on a $25,000 paper account - marked EXAMPLE on the page and on every graphic; every tally is arithmetic on that sample's printed figures. The PlayBook and daily/weekly review methods are credited to SMB Capital's published method (Bellafiore, One Good Trade; The PlayBook), taught here in the course's own words and formats; no SMB material is reproduced and no endorsement is implied. Vajgrt Labs - Education.