WEEKLY REVIEW SHEET

Vajgrt Labs - Education - Stage 9 review artefact - Updated Oct 21, 2026

The weekly ritual on one sheet: tally the week, price its errors, set ONE goal. The daily strip at the foot carries the week's close-outs (Lesson 3); the monthly book (Lesson 4) is summed from four of these sheets. Nobody collects it; keep it with the journal.

THE WEEK'S TALLY (WITH ITS COUNT - NO EXPECTANCY LANGUAGE)

Week of _____ Trades taken: _____ GOOD _____ / BAD _____ Net _____R Net $_____

THE ERRORS, PRICED (BY KIND, THEN BY PATTERN WORD)

Plan errors: _____ trades, _____R Execution errors: _____ trades, _____R Tuition (rent, not error): _____ trades, _____R

Costliest error (total R): _____ Most repeated error (count): _____

THE WEEK'S ONE SENTENCE

This week did not have a _____ problem. It had a _____ problem.

NEXT WEEK'S ONE GOAL (A RULE WITH A TRIGGER)

_____

The PlayBook delta (any page this week's evidence touched - dated line added): _____

DAILY CLOSE-OUT STRIP (LESSON 3 - ONE LINE PER DAY)

Day _____ Goal: _____ Grade: KEPT / FAILED One PlayBook line: _____

Day _____ Goal: _____ Grade: KEPT / FAILED One PlayBook line: _____

Day _____ Goal: _____ Grade: KEPT / FAILED One PlayBook line: _____

Day _____ Goal: _____ Grade: KEPT / FAILED One PlayBook line: _____

Day _____ Goal: _____ Grade: KEPT / FAILED One PlayBook line: _____

THE MONTHLY BOOK (SUM OF FOUR WEEKLY SHEETS)

Weeks: _____R + _____R + _____R + _____R = _____R $_____ = _____% of the paper account

Process account (GOOD trades): _____R Error account (BAD trades): _____R Tuition (rent) line: _____R

The month's one sentence: _____

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.