

Paper Trading Pages:

A top tip from one of our members is to paper trade your new strategy for a while to make sure it's **refined and profitable**.

Here's a sheet which you can use to trade on paper before risking real money, if you prefer to use a spreadsheet, here's a link to one you can use formratings.co.uk/spreadsheet:

Date/Time	Course	Horse	Odds	Win/Lose	Returns

Top Member's tip: Don't think that all selections will win or get placed, only bet your pocket and never chase your losses.

Form Ratings comment - not all ratings will win each time, we know that Form makes up a big part of selecting winners, but there are other factors too, like the going and the weather for example - and don't forget it's an animal - and they are not always predictable. But using form correctly, you should find more winners than losers and our ratings help you do this!