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How to Track Horse Racing Picks and Results

Keep a record of picks, stakes, prices and passes for review.

Record the decision before post time

Log the date, track, race, selection, stake, acceptable odds and reason for the pick. Record passes with a zero stake so you can review why you sat out.

Review results across several cards

Record the official payout including any returned stake. If you wagered $40 and collected $34, your net result was a $6 loss and your return on stakes was –15%. Track refunds separately and keep the sample size visible.

Keep learning

- Horse Racing Handicapping for Beginners
- How to Identify Horse Racing Contenders
- How to Make a Horse Racing Betting Plan

Get early access to The Paddock

Wager only what you can afford to lose. No selection or strategy guarantees a return.