

Trading checklist

Tick every box before you click. If one box stays empty, there's no trade.

1 Before the open

- ☐ I read my trading plan.
- ☐ I marked today's key levels.
- ☐ I wrote today's scenarios: if this happens, I do that, and I'm wrong if...
- ☐ I know today's news times. No new trades from _____ min before to _____ min after.
- ☐ Today's limits: 1R = \$ _____ · max _____ trades · daily loss limit \$ _____
- ☐ I'm not trading to win back yesterday.

2 Before every trade *all of them, every time*

- ☐ It's one of my setups, and every point of the setup is there.
- ☐ It's one of today's scenarios.
- ☐ It's inside my hours: _____ to _____
- ☐ I've taken fewer than _____ trades today, and I'm above my daily loss limit.
- ☐ My stop is set before I enter, at the price that proves the idea wrong.
- ☐ My size risks 1R, not more.
- ☐ The target is at least _____ R away.
- ☐ No big news in the next _____ minutes.
- ☐ At least _____ minutes since my last loss.

3 During the trade

- ☐ My stop only moves towards profit, never away.
- ☐ I manage it the way the setup says, not the way I feel.
- ☐ No adding to a loser.

4 After the close

- ☐ Every trade is in my journal.
- ☐ Each trade graded A to F on how well I followed the plan.
- ☐ Mistakes tagged, with what they cost.
- ☐ I marked which scenario played out.
- ☐ One thing to do better tomorrow.

My setup checklist

What you need to see on the chart for each setup. Only things you can point at. If you can't point at it, it doesn't go on the list.

Setup A: _____

☐☐☐☐

Entry: _____

Stop: _____

Target: _____

Setup B: _____

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Entry: _____

Stop: _____

Target: _____

Setup C: _____

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Entry: _____

Stop: _____

Target: _____

Example: opening range break and retest (index futures, made up)

- ☒ The first 15 minutes set a range.
- ☒ A 5-minute candle closes outside the range.
- ☒ Price comes back to the edge of the range and holds it for one full candle.
- ☒ No big news in the next 15 minutes.

Entry when the holding candle closes · stop back inside the range, 25 points at most · target 2R, stop to break-even at 1R.