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Trade Setup Checklist

Run through this before every entry. If any box is unchecked, skip the trade.

Market context

- [ ] Higher-timeframe trend or range identified
- [ ] No major news or data release in the next 30 minutes
- [ ] Volatility and spread are normal for this instrument

Setup

- [ ] Setup matches one written in my trading plan
- [ ] Entry trigger has actually printed (not anticipated)
- [ ] Chart screenshot saved

Risk

- [ ] Stop-loss placed at a level that invalidates the idea
- [ ] Position size calculated from stop distance (risk ≤ plan %)
- [ ] Reward-to-risk is at least my minimum
- [ ] Daily loss limit not yet reached

Exit plan

- [ ] Target or trailing rule decided before entry
- [ ] I know what would make me exit early

Mindset

- [ ] Not trading to win back a previous loss
- [ ] Calm, focused, and not rushed

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