

Date: __. __. __

Pre-Trading Checklist

1. The Outcome

Check the weekly running stats

Are you in a losing or winning streak?

Avoid overconfidence, being fearful and other emotional issues

2. The Mindset & Discipline

Check the Tiltmeter

Focus on making the best trades possible. Detached from the outcome

Money is a byproduct of making the best trades

3. Trade Management - expectancy

Check your traffic lights

Avoid trades with a small potential profit

Improve the expectancy

4. Trade Management - behavior

The Trade Management graph analyzes your active behavior

Do not cut winners and let losses get out of hand

Spot errors in your trade management early on

5. Sessions

At the end of each day, create a new session with your observations

Make sure that you learn your lessons and do not forget important aspects

Review in the morning to remind yourself of potential threats

Post-Trading Checklist

1. Non-monetary goals

Trade management
Tiltmeter
Analyze trade comments

2. Best vs. worst performer

Best setup/strategy
Did you make changes recently? How do they perform?

2. Costly mistake

Your biggest loss this week and the reason

3. Chart time vs non-chart time

Get away from charts to improve
Journaling, review, studying, preparation

4. Serious enough?

Do you give trading the seriousness it deserves?

5. Risk Management

Do you adhere to risk management principles?
Avoid outliers
Are you comfortable with your risk level?

