

TRADING CHECKLIST

A practical pre-trade, during-trade, and review checklist

Use this checklist to support a consistent process. A checked box does not remove market risk.

Before the session

- Have I checked the relevant calendar/news and understood any major event risk?
- Am I rested, focused, and free from pressure to recover previous losses?
- Have I chosen the instruments and setups I will watch?
- Have I written my session risk limit and stop-trading conditions?

Before entering a trade

- Can I explain the setup and why it fits my written plan?
- Do I know my entry, invalidation level/stop, and exit plan?
- Have I calculated position size from the planned risk and stop distance?
- Do I understand leverage, margin, spread, commission, and possible slippage?
- Is the potential reward reasonable for the risk and current conditions?
- Would this loss be affordable, without affecting essential expenses?
- Am I acting on my own plan rather than a tip, fear of missing out, or revenge?

While the trade is open

- Am I following the plan rather than moving the stop impulsively?
- Have I avoided adding to a losing position outside my written rules?
- Has anything changed that invalidates the original idea?
- Am I staying within my total exposure and session risk limits?

After the trade

- Have I recorded the entry, exit, size, planned risk, result after costs, and reason?
- Have I saved before-and-after screenshots if useful?
- Did I follow my rules, regardless of whether the trade won or lost?
- What is one specific lesson from this trade?
- Have I stopped trading if I reached my limit or am no longer focused?

Weekly review

- Did I follow my plan consistently across the week?
- Which setups and mistakes appeared repeatedly?
- Have I included fees and slippage in my review?
- Am I making changes based on enough recorded examples rather than one outcome?
- Do I need more demo practice before increasing risk?

IMPORTANT NOTICE

Educational content only. This guide is not investment advice, a recommendation to buy or sell any instrument, or a promise of returns. Trading can result in substantial losses. Consider your financial circumstances and seek appropriately qualified independent advice if needed.