Write your trading plan.

Make the rules specific enough to review later.

Date / version

Market / instrument

Timeframe

Session / study window

Setup criteria: what must be present?

Invalidation: what would make the idea wrong?

Chosen risk budget and position-size checks

Review routine: when and what will you record?

A plan is a record of your process. Revisit it using evidence from your practice.

For education and personal planning. Not financial advice or a promise of profit.

Check before you act.

Use the list to slow down and check the inputs.

- [ ] The setup matches the rules written in my plan.
- [ ] The instrument and timeframe are clear.
- [ ] The stop and the reason for it are written down.
- [ ] The account balance and chosen risk budget are correct.
- [ ] I checked contract size, pip convention and volume step.
- [ ] The lot size was rounded down and checked against the minimum.
- [ ] I considered spread, fees, margin and possible slippage.
- [ ] I checked relevant scheduled events and market conditions.
- [ ] I considered other open positions and total exposure.
- [ ] I can explain the decision without relying on urgency or FOMO.

Notes / unresolved questions

A completed checklist does not guarantee execution quality or a trading outcome.

Review the decision.

Record what happened and what you can learn from it.

Date

Instrument / timeframe

Setup and reason for the decision

Entry

Stop

Target

Position size

Fees / spread / execution notes

Did the action follow the plan? Explain any difference.

Outcome and result

One lesson or question for the next review