

# THE SYSTEMATIC TRADING PLAN

A Daily Checklist for Disciplined Traders

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Replace impulse with process. Fill it in. Print it. Follow it daily.

**VERSTRATA**

[verstrata.com](http://verstrata.com)

# 1. Your Trading Identity

This is your anchor. When emotions run high or markets get chaotic, come back here. Are you trading within your identity?

**My Why (what drives you beyond money?):** \_\_\_\_\_

**My Goal (specific, measurable, time-bound):** \_\_\_\_\_

**Markets I Trade:** \_\_\_\_\_

**Time Commitment (hours/day, when):** \_\_\_\_\_

**Style (Scalp / Day / Swing / Position):** \_\_\_\_\_

**Instruments (Equities / Options / Futures):** \_\_\_\_\_

## Non-Negotiable Rules

Write the rules you will never break. If you can't commit to them, don't trade.

**Rule 1:** \_\_\_\_\_

**Rule 2:** \_\_\_\_\_

**Rule 3:** \_\_\_\_\_

## What Am I Working On Today?

One thing to improve in today's session. Self-awareness is the most underrated edge.

**Today's focus:** \_\_\_\_\_

## Circuit Breaker — Check Before You Trade

Am I emotional, tired, unwell, or distracted? If yes → DO NOT TRADE.

Have I reviewed notes and lessons from my previous session? If yes → carry them forward.

**TIP:** Check these before every session, not after the damage is done. The market will be there tomorrow.

## 2. Pre-Market Preparation Checklist

Run this every day before placing any trade. Understand the environment before risking capital.

### Overnight / News

- What happened overnight? Macro events, geopolitical news, earnings?

Notes: \_\_\_\_\_

### Fear Gauges

- Fear & Greed Index: \_\_\_\_\_
- VIX level and direction: \_\_\_\_\_
- VIX term structure: contango / backwardation / flat
- Put/Call ratio: \_\_\_\_\_

### Growth vs Slowdown

- Growth indicators (copper, equities, risk assets): \_\_\_\_\_
- Defensive indicators (dollar, yields, safe havens): \_\_\_\_\_
- Relative strength: growth leading or lagging? \_\_\_\_\_

### Index & Regime

- Major indices direction (daily/weekly): \_\_\_\_\_
- Regime: trending / range / choppy / consolidation / reversal
- Key support and resistance levels marked on charts

**TIP:** Choppy regime (wicks over bodies)? Reduce size or sit it out.

### Movers & Sectors

- Sectors leading / lagging: \_\_\_\_\_
- Notable individual movers: \_\_\_\_\_
- Rotation signals: \_\_\_\_\_

### Upcoming Events

- Economic releases today: \_\_\_\_\_
- Earnings this week affecting positions: \_\_\_\_\_
- Positions needing hedging ahead of events?

**TIP:** Be very cautious placing new trades ahead of major events.

### Daily Bias

Bias: Long / Short / Neutral: \_\_\_\_\_

Risk mode: On / Off: \_\_\_\_\_

Confidence: High / Medium / Low: \_\_\_\_\_

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It is okay to sit it out today if nothing is obvious. Protecting capital is a trade.



## Want the Complete System?

This checklist is the starting point. The full system includes position management frameworks, trade entry and exit criteria, risk sizing rules, a detailed trade journal, weekly review templates, and structured strategy playbooks — everything you need to trade systematically, every day.

**Verstrata** is a trading community for disciplined traders who want to take control of their financial trajectory. Built by a trader with 20 years of technology leadership and 5+ years of active multi-asset trading.

### Inside the community:

- Daily pre-market analysis — before the market opens
- Real trade logs with full transparency — entries, management, exits, lessons
- Weekly live Q&A — bring your charts and questions
- Structured frameworks and playbooks — the strategies behind this checklist
- Community discussion — post your setups, share ideas, learn from other members
- A community of serious traders — no hype, no shortcuts, just process

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Join the waitlist: **[Your Skool Waitlist Link]**

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Founding member spots are limited.

**Also available from Verstrata:**

Trade Execution Journal Template (free PDF)

Weekly Performance Review Template (free PDF)

Position Management Framework (Skool community)

Strategy Playbooks & Live Walkthroughs (Skool community)