

THE SYSTEMATIC TRADING PLAN

A Daily Checklist for Disciplined Traders

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

VERSTRATA

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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
 - 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: _____

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

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

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)