



Daily Trade Cheat Sheet – [DATE]

Pre-Market Checklist

- Checked economic calendar (high-impact news: **×** none OR **⚠**)
- Identified daily bias: Bullish / Bearish / Neutral
- Marked key support & resistance on 1H chart
- Risk amount for today: \$ (max 2% of account)
- I am mentally rested → Yes / No (*if No, no trades today*)

Top 3 Setups for Today

Setup #1

- Setup type: Breakout / Pullback / Reversal / Other:
- Pair/Asset:
- Entry zone:
- Stop loss:
- Take profit 1:
- Take profit 2:
- Invalid if: price closes below

Setup #2

- Setup type: Breakout / Pullback / Reversal / Other:
- Pair/Asset:

- Entry zone:
- Stop loss:
- Take profit 1:
- Take profit 2:
- Invalid if: price closes below

Setup #3

- Setup type: Breakout / Pullback / Reversal / Other:
- Pair/Asset:
- Entry zone:
- Stop loss:
- Take profit 1:
- Take profit 2:
- Invalid if: price closes below

Do Not Trade If

- I am angry or frustrated
- I lost 2 trades in a row already today
- I am chasing a move I missed
- I did not sleep well (<6 hours)
- 15 minutes before / after major news (FOMC, NFP, CPI)

Session Approval (sign-off)

"I have a plan. I will stick to it. I accept the risk."

- Signature:
- Time: