**Curency** _____TF_____     # Trading Checklist & Record
### *Preparation and Patience Produce Profits*

**Date** _____/_____/_____    **Time open** _____:_____    **Closed** _____:_____    **Result** _____pips

## Pre-Trade Preparation

**Mood Meter –** Check your mood *(circle one)* **Bad OK Good Excellent The Best**   *If you aren't in the green don't trade*

**Committment –** I will trade emotion free and follow my rules 100% to increase the probability of a successful trade.

**Market Overview:** Shrink your charts on your current and higher timeframes, look left for likely targets & resistance using past DSR levels. Mark these on your chart before returning to your chosen timeframe

The higher time frames have the strength, so always align your trading with the higher time frames and the dominant trend.

Use S/R to spot potential roadblocks that may cause price to hesitate, reverse, retest or break through resistance.

| | 4H | | 1H | |
|---|---|---|---|---|
| S/R | | S/R | | |
| S/R | | S/R | | |
| Momentum Velocity | 1 2 3 4 / W M S | Momentum Velocity | 1 2 3 4 / W M S | |

**Trend**   **Day** [ ]   **4H** [ ]   **1H** [ ]

**Pending Announcements:** _____   **Impact** _____   **Time** _____

### *Patience & Discipline… or Regret… That is the choice*

## Trading Checklist

☐ Swing Point and confirming arrow ( Yellow swingpoint = highest probability)
☐ ES Level break, candle closed or 50%   **Long**    **Short**   *(circle one).*
☐ Shift line – Color Correct – Trading away from line.
☐ Trade with trend ( Check 45 and 200 EMA).
☐ Price Line is on the trade direction side of the Market Line.
☐ 3 bars of Momentum indicator (Red Short, Green Long)
☐ ADR High/Low - Sufficient room to reach Profit Targets.
☐ There are no major announcements due.
☐ Spread & ATR Green *(indicating cost of entry acceptable).* **See 1. below**

**Primary Checklist.**

For high probability trades all these elements need to be present

☐ Check for divergence before and during the trade..
☐ Velocity Indicator should be rising or above 50%. (market is not going sideways) **See 1. below**
☐ Price Line is not in Hyper Zone on entry candle. **See 2. Below**
☐ No major resistance before TP2. (If yes,may still be OK) **See 3. Below**

1. Some good long trades can start with this indicator red but it may take a long time to reach your target.
2. If priceline intrudes strongly into hyperzone a pullback is quite likely - consider waiting for a better entry.
3. If you have reached TP1 and major resistance is causing price to back off close to TP2, consider locking in more profit by shifting your stop closer to TP1 (if not already automatically set) .

| Outcome: TP1-Lots: | Pips | $ | TP2-Lots: | Pips | $ | Chart Ref: |
|---|---|---|---|---|---|---|
| TP3-Lots: | Pips | $ | Total Pips | | $ | |

| Execution: Patient Impatient Excellent Good Fair Poor Bad - I traded according to my plan 100%:    Y    N |
|---|
| Comment on execution: |
| What I did right: |
| What I did wrong: |
| What I can do to improve: |

### Opinions can be very expensive – Don't argue with the charts