

Morning checklist

- ☐ **Morning routine complete**
Set the tone for the rest of the day with a well-thought-out routine.
- ☐ **Pre-market research**
Gather and analyze data for your favorite market before you start trading.
- ☐ **Trading plan review**
Trading is a business. Treat it like one. [Learn more!](#)
- ☐ **Test your trading platform & internet connection**
- ☐ **Trading strategy review**
Know your strategies and setups inside and out.
- ☐ **Trading journal review**
What do you need in your trading journal? [Learn more!](#)
- ☐ **Prep workstation**
This funded trader has great advice for setting yourself up for success.

Pre-market research

- **Market** _____
What market are you trading?
- **Trend** _____
What direction is the underlying trend of the market?
- **Previous day settlement** _____
What was yesterday's closing cost?
- **Previous day net change** _____
How much higher/lower was the market yesterday?
- **Volume** _____
- **Open interest** _____
[Learn more about Volume and Open Interest here.](#)
- **Previous week high** _____
- **Previous week low** _____
- **3-day high** _____
- **3-day low** _____
- **Previous day high** _____
- **Previous day low** _____
- **10-day moving avg** _____
- **20-day moving avg** _____
- **50-day moving avg** _____
- **Identify chart patterns** _____
[Learn more about chart patterns here.](#)

Trade entry checklist

- **Trade setup confidence (1-5)** _____
- **Entry price** _____
- **Profit target** _____
[How to lock in profits.](#)
- **Stop price** _____
Know where you're getting out before you get in.
- **Risk-to-reward ratio** _____
The most important metric in trading.
- **Risk relative to account size** _____
How much of your trading account are you risking on each trade?
- **Result** _____
Track your results here and add them to your trading journal later.

Review trades

Update Trading Journal

☐ Get plenty of rest

Trading psychology resources

- **Don't overtrade**

■ Don't trade out of FOMO

- Don't trade impulsively

- Don't trade angry

Trader notes

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