TRADE90X

FREE CHECKLIST · PRE-MARKET

Pre-market checklist

Fill it in before your first order. Two minutes. Pen, not memory.

> *It seems like the day goes wrong before the first trade, when there's no plan on paper.*

Date _____

Session _____

Last time I traded with no written plan, the day cost me:

_____

Write the dollar number down. Your number, nobody else's.

1 Sleep and mood.

Sleep, 1 to 5 _____

Mood, 1 to 5 _____

2 My setups today.

_____

3 My size, written.

_____

Education only. Not financial advice. 18+.

4 My stop, written.

5 My daily loss line.

6 My finish line (tick one):

- [ ] A time _____
- [ ] A trade count _____
- [ ] A give-back line _____

The one rule I'll keep today, short enough to say out loud:

Which line did I skip, and what happened the last time I skipped it?

All six lines filled in before the first order.
A blank line is the habit showing up.

Fix the habit, not the trade.

ROOQ, the trading coach you can talk to 24/7.

Start your 30-day free trial, no card.