THE PRE-TRADE PLAN THAT KEEPS YOU DISCIPLINED

Use this checklist before every entry - not after the trade starts moving.

PLAN THE TRADE. CONTROL THE RISK. RECORD THE RESULT.

Market bias | Entry location | Confirmation | Risk | Management

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1. Market Story & Trade Location

Complete the higher-timeframe story before looking for an entry trigger.

A. HIGHER-TIMEFRAME BIAS

- [ ] H4 and H1 point in the same general direction.
- [ ] Price structure supports the idea: higher highs/lows or lower highs/lows.
- [ ] The 10 EMA and 20 EMA are aligned with the proposed trade direction.
- [ ] Price is on the correct side of the 200 EMA trend filter.

If the higher timeframes disagree, reduce confidence or wait.

B. ENTRY LOCATION

- [ ] Price is near a meaningful area: 20 EMA, 50 EMA, support or resistance.
- [ ] The 50% or 61.8% retracement area supports the setup.
- [ ] The entry is not more than 10 pips beyond the 20 EMA.
- [ ] There is room for price to move before the next major obstacle.

C. MARKET CONDITIONS

- [ ] The pair is in an active trading session or approaching one.
- [ ] No high-impact news is scheduled within 30 minutes before or after entry.
- [ ] Spread and market conditions are normal for this pair and session.

2. Entry Trigger & Risk Plan

A good idea is not a trade until the trigger, stop and target are defined.

D. ENTRY CONFIRMATION

- [ ] M15 provides a clear trigger in the direction of the H4/H1 bias.
- [ ] A confirmation candle closes in the intended trade direction.
- [ ] A rejection wick, break-and-retest, BOS or CHoCH supports the entry.
- [ ] Buy/sell pressure and momentum agree with the proposed direction.
- [ ] The signal is fresh - I am not chasing a move that already happened.

E. RISK CHECK

- [ ] Entry, stop loss and take profit are written down before entry.
- [ ] The stop is beyond valid structure or liquidity - not placed randomly.
- [ ] The target provides at least 1:2 reward-to-risk unless my plan says otherwise.
- [ ] Lot size is calculated from the stop distance and my maximum account risk.
- [ ] This trade will not exceed my per-pair or total open-trade limits.
- [ ] Correlated positions will not create excessive combined exposure.

FINAL GO / NO-GO DECISION

- [ ] All higher-timeframe, location, trigger and risk gates are satisfied.
- [ ] I am calm, I am not chasing, and I can accept the planned loss.
- [ ] If a critical box is unchecked, my decision is WAIT.

THE NON-NEGOTIABLE RULE

If the stop loss, target or lot size is unknown, the trade is not ready.

3. Trade Management & Journal Card

Decide how the trade will be managed before emotions take over.

F. MANAGEMENT PLAN

- ☐ I know when the trade becomes invalid and will respect the stop loss.
- ☐ I will not widen the stop merely to avoid taking a planned loss.
- ☐ Break-even and trailing-stop decisions will follow the written plan.
- ☐ I will take a before-entry screenshot and record the reason for the trade.
- ☐ I accept the risk and will not revenge trade if this setup loses.

QUICK TRADE RECORD

PAIR	DATE / TIME	BUY OR SELL
ENTRY	STOP LOSS	TAKE PROFIT
RISK %	LOT SIZE	REWARD : RISK

WHY THIS TRADE QUALIFIES

Risk disclosure: Forex trading involves substantial risk and is not suitable for everyone.
This checklist is educational and does not constitute financial advice. Past performance does not guarantee future results.