

The Pre-Market *Checklist*

Twelve questions a disciplined trader answers before the open. Print it, keep it beside your screen, and tick every box before your first order.

☐ 01 · State

Am I rested, calm and free of yesterday's result? If not, trade smaller or not at all.

☐ 02 · Calendar

What scheduled events hit today: central banks, CPI, results, expiry? Note the times.

☐ 03 · Global cues

How did the US close, and what are Asia and futures doing overnight?

☐ 04 · Bias

On the higher timeframe, is my market trending, ranging or unclear? Write one sentence.

☐ 05 · Levels

Mark prior day high/low/close, weekly levels and obvious support and resistance.

☐ 06 · Volatility

Is volatility expanding or contracting (VIX / India VIX, ATR)? Adjust stop width and size.

☐ 07 · Watchlist

Which 3–5 instruments meet my playbook criteria today? Ignore everything else.

☐ 08 · Setups

For each, what exact condition triggers entry? Where is invalidation?

☐ 09 · Risk

Risk per trade, today's loss limit, max trades. Written down, not remembered.

☐ 10 · Scenarios

What do I do if the market gaps against me? If my levels break? If nothing sets up?

☐ 11 · Distractions

Notifications off. No social media opinions about my positions.

☐ 12 · Journal

Journal open and ready to log the plan before the first trade.

TODAY'S BIAS

MAX LOSS TODAY

MAX TRADES