

INFO	EUR/USD	GBP/USD	USD/JPY	USD/CHF	AUD/USD	Sheet No:	Today's Target	Date: / /
Today's OPEN							£	
Yesterday's HIGH								
Yesterday's LOW								
Yesterday's CLOSE								
R2								
R1								
PP								
S1								
S2								
DAILY/WEEKLY ATR								Economic Events:

# 5 Rule Check List

Every Trade I Take & Even Trades I Don't Take, Will Be A Result;  
A Consequence Of My Clear Pre-Defined RULES.  
If I Haven't Followed My Rules, Then I've Made A Mistake!

**Remember:** Making A Trading Mistake IS Defined As;  
**NOT FOLLOWING MY RULES!**

Trade Type & Set Up				(P)Entry Price,(£)Amount,(T)Time			Targets, Stops, Risk/Reward Ratio			(P)Exit Price,(£)Amount,(T)Time			Total (£)	Grades	
No	Purchase	L/S	Set Up	Entry 1	Entry 2	Entry 3	Targets	Stops	R/R	Exit 1	Exit 2	Exit 3	Profit/Loss	T.A.	E.Q.
1				P	P	P	T1	S1		P	P	P	£		
				£	£	£	T2	S2		£	£	£			
				T	T	T	T3	S3		T	T	T			
Trade Notes:				Entry Notes:			Mistakes Made?			Exit Notes:			Grade Comment:		
2				P	P	P	T1	S1		P	P	P	£		
				£	£	£	T2	S2		£	£	£			
				T	T	T	T3	S3		T	T	T			
Trade Notes:				Entry Notes:			Mistakes Made?			Exit Notes:			Grade Comment:		
3				P	P	P	T1	S1		P	P	P	£		
				£	£	£	T2	S2		£	£	£			
				T	T	T	T3	S3		T	T	T			
Trade Notes:				Entry Notes:			Mistakes Made?			Exit Notes:			Grade Comment:		
4				P	P	P	T1	S1		P	P	P	£		
				£	£	£	T2	S2		£	£	£			
				T	T	T	T3	S3		T	T	T			
Trade Notes:				Entry Notes:			Mistakes Made?			Exit Notes:			Grade Comment:		
Produced By: Dow-Boy <a href="http://daytradinglife.com">http://daytradinglife.com</a> End Of Day, Review ALL Trades!													Daily Total +/-	£	

Trading IS STATE DRIVEN.  
Most IMPORTANT! - ALWAYS Trade In Coherence;  
Synergistically In MIND / BODY / HEART / SPIRIT

(M.B.H.S) \*More On This Later!

YES? Then Move On To The Following;

1. "Is This Trade In Line With My Objectives?"
2. Do I Know My **RULES** For This Trade?
3. Do I Know My **RISK** For This Trade?
4. Do I Know My Expected **REWARD** For This Trade?
5. Am I In The **ZONE** ? (M.B.H.S)?

If You Answer YES To All The Above 5 Questions Then;

**PULL THE DAMN TRIGGER!**

Remember:- It's **PROCESS** - **NOT** **OUTCOME** !

At The End Of The Day's Trading Session, Be Thankful. Always  
Cultivate 'An Attitude Of Gratitude!'

"A System Is A Network Of Interdependent Components That Work Together To Try To Accomplish The Aim Of The System. A System Must Have An Aim. Without An Aim, There Is No System. ...A System Must Be Managed. The Secret Is Cooperation Between Components Toward The Aim Of The Organization."

William Edwards Deming, Ph.D, - (October 14, 1900, – December 20, 1993,) - American Engineer, Statistician, Professor, Author, Lecturer, & Management Consultant.

"Cogito Ergo Sum"