

| 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 | | | | | | | | |

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 Price | Amount | Time | Target | Stop | R/R | Exit Price | Amount | Time | Profit/Loss | T.A. | E.Q. |
| 1 | | | | | | | | | | | | | £ | | |
| Trade Notes: | | | | Entry Notes: | | | Mistakes Made? | | | Exit Notes: | | | Grade Comment: | | |
| 2 | | | | | | | | | | | | | £ | | |
| Trade Notes: | | | | Entry Notes: | | | Mistakes Made? | | | Exit Notes: | | | Grade Comment: | | |
| 3 | | | | | | | | | | | | | £ | | |
| Trade Notes: | | | | Entry Notes: | | | Mistakes Made? | | | Exit Notes: | | | Grade Comment: | | |
| 4 | | | | | | | | | | | | | £ | | |
| Trade Notes: | | | | Entry Notes: | | | Mistakes Made? | | | Exit Notes: | | | Grade Comment: | | |
| 5 | | | | | | | | | | | | | £ | | |
| Trade Notes: | | | | Entry Notes: | | | Mistakes Made? | | | Exit Notes: | | | Grade Comment: | | |
| Produced By: Dow-Boy http://DayTradingLife.com | | | | | | | | | | | | 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!'

"If You Are Designing, You Are Referencing The Past, What Worked What Didn't In Order For (Evolution) To Take Place. As **Ervin Laszlo** Calls It, 'Co-Evolution,'
 As There Is No Such Thing As Evolution. Everything Is Connected, It's Co-Evolution."

Karl Ludwig von Bertalanffy - (September 19, 1901, – June 12, 1972,) - Known As One Of The Founders Of General Systems Theory (GST).

"Cogito Ergo Sum"