

INFO	FTSE	DAX	DOW	S & P	NAZDAQ	Sheet No:	Today's Target	£	Date: / /
Market Type									
Daily ATR									
Weekly ATR									
Yesterday's HIGH									
LOW									
CLOSE									
Today's OPEN									
+/- To Y/day's CLOSE									
Yesterday's GAIN +/-									
Yesterday's GAIN %									

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](#) <http://DayTradingLife.com> **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!'*

"When We Try To Pick Out Anything By Itself, We Find It Hitched To Everything Else In The Universe."
John Muir - (21 April 1838 – 24 December 1914).

"Cogito Ergo Sum"