Personal Trading Plan

A structured plan for education and simulated practice. Complete this before considering real capital.

1. My purpose

Why am I learning about markets?	
What would responsible progress look like in six months?	

2. Market and setup

Market(s) I will study	
Timeframes I will use	
My setup in one clear sentence	
Conditions that must be present before entry	

3. Risk rules

Maximum risk per practice trade	
Maximum total exposure	
Daily and weekly stop rules	
Minimum reward-to-risk requirement	

4. Entry, stop and exit

Entry confirmation	

Where the idea becomes invalid	
How the stop is selected	
How targets and exits are planned	

5. No-trade rules

News or volatility conditions to avoid	
Emotional conditions that require a pause	
Platforms or instruments I will not use	

6. Review process

When I will update my journal	
Weekly review day	
The metric I will improve first	