Pre-Trade Checklist

Pause before entry. A missed trade is safer than an unplanned trade.

Before any practice trade

CHECK	QUESTION	NOTES
[ ]	I can explain the setup in one sentence.	
[ ]	The broader market context supports the idea.	
[ ]	The entry condition has occurred - I am not anticipating it.	
[ ]	The stop is based on invalidation, not an arbitrary money amount.	
[ ]	Position size is calculated from the planned loss.	
[ ]	Total open risk remains within my written limit.	
[ ]	The planned reward justifies the risk.	
[ ]	I checked scheduled news and session conditions.	
[ ]	Spread, fees, liquidity and slippage are acceptable.	
[ ]	I am calm and not trading from fear, anger, boredom or urgency.	
[ ]	I have recorded the plan before entry.	
[ ]	If any essential condition is missing, I will skip the trade.	

Decision

[ ] TAKE - all essential conditions are satisfied

[ ] PAUSE - more information or confirmation is needed

[ ] SKIP - the setup or my condition is unsuitable

Remember: a checklist reduces avoidable mistakes; it cannot make a trade safe or profitable.