



Market Prep Checklist

1. Market Overview

- ☐ Review today's economic calendar (CPI, NFP, interest rate decisions, etc.)
- ☐ Check news headlines (earnings, geopolitical updates, Fed speakers)
- ☐ Look at overnight price action (Asia, New York, Europe sessions)
- ☐ Analyze overall market sentiment (S&P, Nasdaq, Dollar Index, etc.)

2. Chart Preparation

- ☐ Mark key support/resistance levels
- ☐ Identify trend direction and any clear technical patterns
- ☐ Check for liquidity zones, gaps, or imbalances
- ☐ Use multiple timeframes to validate your bias

3. Asset Selection

- ☐ Finalize your watchlist (top 2–5 assets you're focused on)
- ☐ Scan for high-probability setups (breakout, pullback, reversal, etc.)
- ☐ Avoid crowded or unclear charts

4. Trade Planning

- ☐ Define entry, stop-loss, and take-profit levels for planned trades
- ☐ Calculate position sizing based on risk management rules
- ☐ Set alerts for price approaching key levels
- ☐ Review any open positions and adjust if needed

5. Platform & Tools Check

- ☐ Make sure platform is functioning (data feeds, execution, hotkeys)
- ☐ Confirm internet connection is stable
- ☐ Review trading journal/log from previous day if applicable

6. Mindset & Risk Control

- ☐ Ask: Am I calm, focused, and emotionally neutral?
- ☐ Revisit your daily risk limit and trading rules
- ☐ Accept that "no trade" is also a valid outcome
- ☐ Commit to following your plan and wait for perfect setup, not forcing trades