

Pre-Trade Risk Checklist

A practical checklist for slowing down before entering a trade.

Purpose

This checklist is designed to be used before entering a trade. It helps traders slow down, confirm the plan, and avoid impulsive entries.

Before the Trade

Item	Check
I know the ticker/contract and the timeframe I am trading.	■
I marked support, resistance, and the nearest key levels.	■
I know the reason for the trade setup.	■
I know where the trade idea is invalidated.	■
My stop location is based on structure, not hope.	■
My position size matches the risk I am willing to take.	■
The reward target makes sense compared to the risk.	■
I am not revenge trading after a loss.	■
I am not chasing a move that already left without me.	■
I am calm enough to follow the plan.	■

Trade Plan Snapshot

Ticker	Setup	Entry Area	Stop Area	Target

Risk Rules to Write Down

Fill these in before the session starts. If you cannot answer them clearly, you are probably not ready to trade.

Question	Your Rule

Suggested questions: max loss per trade, max loss per day, number of trades allowed, when to stop, what setups are allowed, and what emotions require a break.

Key Takeaway

Risk management is not something to think about after entering. It should be built into the trade before the order is placed.

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