

Pre-Trade Checklist

A less than 30-minute routine to start your trading day

How it works

Give yourself 30 minutes before your session (this will get quicker as you lock in YOUR process). The first part is a set of **quick checks** — about eight minutes, nothing to think over, just done or not done. The second part is **your judgement**, about sixteen minutes. That leaves a few minutes spare for the morning something doesn't go to plan.

The aim isn't to find a trade. It's to decide how you'll trade today — Every step helps you answer that.

You can have Market Pulse open as you go. Each step points to the card that does most of the work for you. Bookmark "Market Pulse" · traderiq.com.au/pulse

1 Quick checks about 8 minutes

The same every day. Each one is either done or not — if it's only half done, leave it unticked.

CHECK	WHERE	TIME
☐ Platform up — terminal running, accounts connected, nothing unusual in the logs since you last traded.	Your platform	1:00
☐ Positions check out — what's open matches what you expect, and every trade has a stop on the server.	Your platform	2:00
☐ Note your numbers — balance, equity, floating P&L, free margin, number of open trades.	Your notes	1:00
☐ Check the posture dial — score, label and suggested size. Jot the size down: it's your starting point for risk today.	POSTURE	1:30
☐ Today's calendar — high-impact releases in your time zone, and which of your markets they touch.	YOUR DAY	2:00
☐ A quick check on you — slept OK, feeling well, nothing big going on that will pull you away mid-session.	You	0:30

2 Your judgement about 16 minutes

The times are a guide, not a target. Finish a step early? Bank the time — there's no need to fill it with more charts.

TIME	WHAT TO LOOK AT	WHAT IT HELPS YOU DECIDE
3:00	The five drivers — which of your markets are part of today's story, and which way it's pushing them.	Where to focus. A market in the headlines tends to move faster and wider than one that isn't. FIVE DRIVERS
3:00	Macro vs price — for the currencies and markets you trade — aligned, diverging or neutral.	Which side you'd rather be on. Aligned is the easier trade; diverging often means waiting for price to catch up. MACRO VS PRICE
3:00	Location and room — where price sits against your levels, and how far it is to the next level in the way.	Whether a setup has room to work. With less than about 1.5 ATR to go, even a great-looking pattern tends to struggle. CHART OF THE DAY
3:00	Exposure — how many open or planned trades are really the same bet — USD, AUD, gold, index direction.	How many to take. Three trades on the same move are effectively one big trade.
2:00	Releases vs your trades — today's events against your open trades and the times you usually look for entries.	Whether to tighten up, step aside or close before a release — and which markets to leave alone for that window. YOUR DAY
2:00	Drawdown — where your account sits against the limit you've set for yourself.	Your size for the day, together with the posture size from the quick checks. Far easier to set the limit once, ahead of time, than to decide it at the desk.

Bringing it together

Start from the posture size, then adjust for what you've just seen. Strong alignment and plenty of room can earn full size. Diverging markets, a crowded calendar or a stretched account all point to smaller — or to sitting out.

3 Days to sit out

Any one of these maybe a good reason to sit the day or session out — or at least the part of it that's affected. They're not a score to weigh against a good-looking setup.

About you

- Feeling unwell/Less than five hours' sleep— if you'd cancel or move something else today, it counts here too.
- Something live in your personal or work life that's likely to need you during the session.

- Starting well behind time, or necessary checks aren't finished by session open.
- Wanting to change things this morning — a new strategy, bigger size, an unfamiliar market, or a trade that wasn't in yesterday's plan. That urge is worth noticing. Write it down, stick with your usual plan (or sit out), and look at the change on a quiet day.
- You've overridden your own exit rules in the last couple of sessions. A day off to look at why usually pays for itself.

About the market and your account

- Your drawdown is past the line you've set. Time for review before another trade.
- An open trade without a stop on the server.
- The posture dial suggests conditions have shifted that perhaps you need more review.
- Spreads on your market are well above normal — past the limit you've set.
- A big release falls in the window where you'd normally enter. Leave that market for that window; the rest of your plan can carry on.

If the same reason keeps coming up, it's probably telling you something about your process rather than the market.

4 What's left out, and why

- **General market reading** — scanning everything overnight. Narrow it to the markets you trade — the rest won't change what you do today, and it's the part that quietly eats the half hour.
- **News and commentary** — if it isn't a scheduled release, it can usually wait. Unscheduled news has a habit of giving us reasons to break our own rules. The Wire on Market Pulse keeps it to the headlines that matter.
- **Chart browsing** — beyond the levels you trade from. This morning is about checking conditions, not finding new reasons to trade.

Your two key numbers

Set these on a quiet day, not on a morning you're keen to trade.

MY DRAWDOWN LINE

_____ % from my equity peak

MY SPREAD LIMIT

_____ × normal spread

Worth recording a quick note...

A line a day goes a long way: how you traded — full size, smaller or sat out — and why. Include the days you sat out. After a few weeks it shows you which checks are earning their place.