



Checklist

HOW DO I START EACH TRADING DAY

Equipment Check

- ▶ Accomplish a clean boot of your Trading PC
- ▶ Check to make sure W10 is not in process of installing updates
- ▶ Turn OFF anti-virus and firewalls for live trading and do a quick speed test looking for a low ping response when accessing Chicago data servers.
- ▶ Make sure your equipment is protected with a UPS surge protection and battery backup unit.
- ▶ Do NOT trade live over a WIRELESS connection; use a wired Ethernet connection
- ▶ Open NinjaTrader. Make sure you don't have multiple workspaces open at one time that have many charts running in the background; only the workspace you will be using for live trading should be active. All others should be closed and only a BLANK workspace running in the background.
- ▶ Go to the CME website and document current pivot information for each instrument you will be trading. Update pivot info on appropriate charts.

Chart Check

- ▶ What kind of price action has occurred on the instrument you will be trading since the start of the current trading day
- ▶ Are you able to identify clearly areas of SUPPORT and RESISTANCE
- ▶ What is the current trade volume on the instrument you will be trading
- ▶ What kind of price action are you seeing on your DOM
- ▶ Is the price currently TRENDING
- ▶ Is the price currently CONSOLIDATING or moving in a “channel”
- ▶ Is the price getting ready to retrace back to the 13 EMA
- ▶ Can you be PREDICTIVE in terms of where the price is headed next; reversal or continue in direction of trend?

Personal Readiness

- ▶ You are well rested, feeling positive, calm, and grounded but alert. Negative or worrisome events happening in other areas of your life...then don't plan to trade live today
- ▶ You are not filled with impatience and a strong impulse to CLICK
- ▶ Your well practiced visual image of your most "high probability" setup is burned into your subconscious
- ▶ You have practiced cultivation of PATIENCE and AWARENESS of what you are thinking and doing in every moment you sit at your trade desk on a daily basis
- ▶ You wait for the market to give you the specific setup you desire BEFORE entering a trade.
- ▶ If the market is NOT giving you your specific setup, feel good about being PREDICTIVE by watching price action and speaking OUT LOUD where you think it will go next and why
- ▶ If the market is not trading, you choose to walk away and come back another day or engage in a day of PREDICTIVE PRACTICE

Documentation

- ▶ You take screenshots and compile them with written verbiage at the end of each trading day in some type of document format that you can review again at a later date
- ▶ You review your documentation periodically in order to assess the progress you are making in terms of following your UNIQUE trading plan
- ▶ Use the idea of CHUNKING periodically to force yourself to focus on the very basic indicators you depend on to give you optimal trading entries
- ▶ Simplify your charts as much as possible
- ▶ Don't run indicators you don't really use

Money Management

- ▶ You have funded your brokerage account with an amount of \$\$ that allows you to trade one contract for your preferred instrument with enough overhead to cover margin and drawdown
- ▶ You remove profit from your brokerage account on a regular basis and hold the money funding your trading ALWAYS as dispensable
- ▶ You KNOW the maximum drawdown your account can withstand
- ▶ You have practiced using your knowledge of support and resistance to help you decide how long it is safe to stay in a trade that is going against you
- ▶ You have no emotional attachment to closing a trade with a loss, sooner rather than later, if market conditions and price action so dictate

In Case of Emergency

- ▶ You have a cell phone with your broker support number ready to dial in the event of a catastrophic equipment fail – remember the first FLASH CRASH and understand that awareness fuels preparedness
- ▶ You have written documentation readily accessible with account information, login, passwords, etc.