



Pre-market checklist

Use your plan for today's conditions. A planned day off can be one line.

Session frame

SECTION 01

1. Date / time zone

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2. Plan version in force

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3. Instrument / account to confirm

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4. Observation window

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5. Trading window or planned day off

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Today's conditions

SECTION 02

6. What I can observe

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7. Scheduled item or obligation to account for

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8. Where and when I checked it

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9. Existing plan response

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10. Unresolved condition, if any

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Decision boundary

Check readiness, then state the conditions for action or standing aside.

Operational check

SECTION 03

11. Have I confirmed the correct instrument and account?

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12. Are the platform, data, and required controls working?

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13. What will I do if a required tool fails?

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Decision & intent

SECTION 04

14. Which setup may I consider?

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15. What must I check before action?

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16. What would invalidate the idea?

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17. What is my stop condition for today?

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18. When will I stand aside or end the session?

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19. Will I trade, stand aside, or take a planned day off? Under what conditions?

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20. What evidence will I retain if a decision occurs?

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