



Entry Criteria



- 1 - Am I getting a good deal (50% or lower Retracement)
- 2 - Am I sizing appropriately 3:1 R/R only need to win 3/10 trades (Can I survive drawdowns)
- 3 - Are there advanced Fibonacci patterns I need to be aware of
- 4 - What is the overall Trend and am I trading in line with it
- 5 - Do I have confluence from other indicators such as Fair Value Gaps
- 6 - Am I using a hard stop loss (must for futures) or a lotto setup (can be used on Options size appropriately)

Trade Management



- 1 - Am I using a trailing stop loss (R Multiple, Or candlestick/levels trailing)
- 2 - Am I using an all or nothing approach
- 3 - Should I close partial positions
- 4 - Is this position size still appropriate

Exit Criteria



- 1 - Did I hit my minimum R/R target (if so, consider trimming profits)
- 2 - Did I get trailed out (did I follow the plan and respect my stop loss, no bag holding or averaging down unless the plan calls for a lotto trade)
- 3 - Am I using Fibonacci Extensions as my targets

Trade Documentation/Reflection



- 1 - Am I learning from previous experiences and trades to enhance my trading
- 2 - Am I treating this as a business or a casino
- 3 - Did I log my trades with date, time, entry and exit metrics