

Entry & Exit Discipline Checklist

Use this beside your trading screen. The goal is fewer random trades, not more activity.

Before Entry

Done	Checkpoint	Notes
☐	The trade matches one named setup from my setup library.	
☐	Entry, stop, and target are written before the order.	
☐	Reward:risk is at or above my minimum rule.	
☐	Position size is calculated from risk, not emotion.	
☐	I am not chasing a candle that already moved too far.	
☐	I know the exact reason this trade is invalid.	

During Trade

Done	Checkpoint	Notes
☐	I will not widen the stop.	
☐	I will not add size unless that was planned before entry.	
☐	I will take profit or trail only according to the plan.	
☐	If stopped out, I will log the trade before taking another.	

After Exit

Done	Checkpoint	Notes
☐	P&L recorded.	
☐	R multiple recorded.	
☐	Plan followed marked as Yes, No, or Partial.	
☐	Mistake type tagged.	
☐	Screenshot or chart note added.	

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