

Intraday Pre-Market Checklist

Use before the session starts. If the market is unclear, your first job is to protect capital.

Market Read

Done	Checkpoint	Notes
☐	Mark previous day high, low, close, and major gap area.	
☐	Write today bias: bullish, bearish, or neutral.	
☐	Identify 2-4 key levels only. More levels usually means less clarity.	
☐	Check major news, earnings, data releases, and expiry context.	
☐	Confirm whether volatility is suitable for your strategy.	

Personal Readiness

Done	Checkpoint	Notes
☐	I know my max loss for the day.	
☐	I know my max trades for the day.	
☐	I have picked my valid setups before the open.	
☐	I will not trade during the first move unless my setup is clean.	
☐	I will stop trading after breaking a major rule.	

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