

Daily Premarket Routine Checklist

Buy The Close

MINDSET

- Slept 7+ hours. Calm, collected, and emotionally sound.
- Get sunlight if possible and drink water.
- Breath-work, meditate, or do a light physical warmup if possible.
- *Written intention: "I will execute only my plan. Nothing else matters. I do not predict — I react."*

1. MARKET CONTEXT

- Overnight NQ: Are we gapping? How far from the EMA?
- Note previous day highs, lows, and midpoints if helpful.
- Major economic events (check marketwatch.com). Note potential volatility times (e.g., 9:45am, 10:00am, 2:00pm EST).
- Any major earnings or news? It's good to be aware, but it's not necessary.

2. LEVELS & CHART PREP

- Open chart. Verify Buy/Sell settings, contract size, copy trading settings, and correct symbol.
- Identify current market structure: trending, ranging, or reversing?
- Identify where your signal could make sense today.
- Check the daily chart — previous day candle. Are we clearly buying, selling, or uncertain?

3. RISK PLAN

- Max daily loss is defined and set in the platform or written down.
- Position size is selected and correct.
- Maximum number of trades and stop rules are defined.

4. EXECUTION RULES

- Signals only.
- Entry is clearly defined. Brackets are set or risk is calculated.
- Target is defined or predetermined.
- Manage trades by following the plan — do nothing and do not hope.
- No revenge trades. No adding to losers. No moving stops.



BUY THE CLOSE

5. AFTER SESSION

- Log every trade: screenshots + notes.
- Grade & reflect on your execution — not the outcome.
- Close the platform. The market will be here tomorrow.