

# Pre-Trade Checklist

A quick printable checklist for making sure every trade idea is supported by structure, preparation, and data.

## How to use this checklist

Use this one-page tool before entering a trade. It helps you slow the process down in a productive way and make sure your idea is supported by chart structure and data.

## Pre-trade checklist

	Checklist item
■	I can clearly explain the trade idea in one sentence.
■	The chart structure is easy to understand.
■	Trend direction is clear.
■	Support and resistance levels are marked.
■	Volume supports the move or setup.
■	Momentum aligns with the idea.
■	The broader market context has been reviewed.
■	The option contract fits the trade idea and timing.
■	Position size feels appropriate for my account.
■	I know the area I want to enter and the area I want to review after entry.
■	This trade fits my routine and my overall process.

## Quick notes before entry

Field	Response area
Ticker / Contract	_____ _____
Setup type	_____ _____
Data that confirms the idea	_____ _____

Entry area	<hr/> <hr/>
Target area	<hr/> <hr/>
Notes	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>