THE ULTIMATE DAILY SHEET FOR PROP FIRM TRADERS

DATE	START OF DAY STATS: EQU	UITY	DAILY LOSS TRIGGER	MAX LOSS TRIGGER
EXPOSURE CHECK			MENTAL STATE CHECK Evaluate yourself from 1 to 5 on the following questions	
	posure if all stop-loss orders trigge	er?	How focused can I be on trading today?	How confident am I today about my current trades?
CURRENT MAXIMUM E DOES THIS EXPOSURE	XPOSURE: VIOLATE THE MAX DAILY LOSS RULE? YES	O NO	1 2 3 4 5	1 2 3 4 5
PLANNED MAX EXPOSURE INTRADAY: DOES THIS EXPOSURE VIOLATE THE MAX DAILY LOSS RULE? O YES O NO		How well do I expect my trading plan to work in current market conditions?	How centered and mentally prepared for trading am I today?	
1-MINUTE QUESTIONNAIRE			1 2 3 4 5	1 2 3 4 5
What is my main mental goal for today (e.g., staying calm under pressure, taking less trades)?		des)?	THE ULTIMATE TRADING CHECKLIST 1. Have I taken a moment to center myself and be fully present before beginning trading? 2. Are there any external stressors that may impact my trading decisions? 3. How does my current account balance affect my trading	
Do I ha	ave any distractions today that need to be managed?		plan today?	or today's market conditions? ustments? ndar for today. seen issues, like technical
Under what conditions will I stop trading for the day?		NOTES		
	I learn from my previous trading n that can be applied today?			
TOP 5 TF 1. 2. 3. 4. 5.	RADE CANDIDATES FOR TODAY			
"You can either experience the pain of discipline or the pain of regret. The choice is yours." - Unknown				
			THE ULTIMATE	
		own		TRADING JOURNAL