



BTRTrades

Bold Trading. Righteous Execution.

FREE TRADING CHECKLIST

TRADING DISCIPLINE CHECKLIST

Structure. Risk. Journaling. Execution.

**Profitability is up to you.
This makes the route clearer,
the mistakes harder to ignore,
and the standard easier to lock into.**

Educational content only. No financial advice. Trading involves risk.

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START HERE

The checklist is not here to predict the market. It is here to stop you from taking weak trades with strong confidence.

**A righteous trade is not a guaranteed winner.
 It is a trade taken for the right reason, with the right risk, from the right plan.**

BTRTrades execution standard

- 01

What this does

Slows your decision down before entry, forces you to check structure, risk and mindset, then makes your review honest after the trade.
- 02

What this does not do

It does not press the button, manage the trade for you, promise profit, or replace your responsibility. It gives you a standard to execute against.
- 03

How to use it

If a trade fails the checklist, do not negotiate with it. Wait. The market will offer another setup. Your account needs discipline more than it needs action.

PART 1 - BEFORE YOU TRADE

No plan. No trade.

Session and Market Conditions

Check	Tick
I am trading inside a session I planned to trade.	<input type="checkbox"/>
The market has enough movement and volume to justify a setup.	<input type="checkbox"/>
I am not forcing a trade because I am bored or impatient.	<input type="checkbox"/>

I have checked for obvious news or abnormal volatility conditions.	<input type="checkbox"/>
The pair or market is part of my planned watchlist.	<input type="checkbox"/>

Market Idea

Check	Tick
I can explain where price is likely reaching for.	<input type="checkbox"/>
I have identified the nearest obvious liquidity.	<input type="checkbox"/>
I know whether I am looking for continuation, reversal, or range behaviour.	<input type="checkbox"/>
The idea still makes sense before I enter, not only after I convince myself.	<input type="checkbox"/>
If someone asked why I entered, I could explain it simply.	<input type="checkbox"/>



INTENT AND ENTRY QUALITY



A level on its own is not enough. Price needs to show intent before you risk money.

Price Has Shown Intent

Check	Tick
Price has shown displacement or clear pressure.	<input type="checkbox"/>
Price has broken or reacted around meaningful structure.	<input type="checkbox"/>
Liquidity has been taken or clearly targeted.	<input type="checkbox"/>
There is a logical reason for price to continue from this area.	<input type="checkbox"/>
I am not entering just because price touched a line.	<input type="checkbox"/>

Entry Area

Check	Tick
The entry area is clear and not random.	<input type="checkbox"/>
Price is returning to an area that makes sense within the move.	<input type="checkbox"/>
I am not chasing after the move has already happened.	<input type="checkbox"/>
The setup gives me a clean invalidation point.	<input type="checkbox"/>
The entry is part of the plan, not a reaction.	<input type="checkbox"/>

RISK, STOP LOSS AND TARGET

Risk is the part most traders pretend is under control until the trade goes against them.

Stop Loss

Check	Tick
My stop loss is based on invalidation, not fear.	<input type="checkbox"/>
The stop is placed beyond the structure or level that proves the idea wrong.	<input type="checkbox"/>
I am not tightening the stop just to create a bigger reward ratio.	<input type="checkbox"/>
I am not widening the stop because I am scared to lose.	<input type="checkbox"/>
If stop is hit, I accept that the trade idea failed.	<input type="checkbox"/>

Risk Control

Check	Tick
I know exactly how much I am risking before entry.	<input type="checkbox"/>
The trade is inside my planned risk percentage.	<input type="checkbox"/>
If this trade loses, I will still be calm and able to follow the plan.	<input type="checkbox"/>
I am not increasing size to recover a loss.	<input type="checkbox"/>
The position size is calculated, not guessed.	<input type="checkbox"/>

Target

Check	Tick
The target is based on structure, liquidity, or a realistic price objective.	<input type="checkbox"/>
The reward makes sense compared to the risk.	<input type="checkbox"/>



I am not aiming for a huge move just because I want a bigger win.	<input type="checkbox"/>
There is no obvious opposing structure blocking the target.	<input type="checkbox"/>
I know where I will take profit before entering.	<input type="checkbox"/>



TRADE MANAGEMENT

Management should follow structure, not panic.

Management Plan

Check	Tick
I know when I would move the trade to break even.	<input type="checkbox"/>
Break even is based on structure or progress, not fear.	<input type="checkbox"/>
I know whether I will trail the stop or hold to target.	<input type="checkbox"/>
I know what I will do if price stalls.	<input type="checkbox"/>
I know what I will do if price nearly reaches target then rejects.	<input type="checkbox"/>

**Break even is not a panic button.
Trailing is not random.
If the plan changes every candle, it was not a plan.**

Mental State

Check	Tick
I am calm enough to take the trade without rushing.	<input type="checkbox"/>
I am not trying to prove anything.	<input type="checkbox"/>
I am not angry, tilted, tired, or desperate to make money back.	<input type="checkbox"/>
I am not trading because I feel like I need to do something.	<input type="checkbox"/>
I am prepared to skip the trade if it does not meet the standard.	<input type="checkbox"/>

PART 2 - RED FLAGS

If you see these, step back.

Do Not Trade If Any Of These Are True

Red flag	Seen?
I am entering because I am bored.	<input type="checkbox"/>
I am entering because I missed the previous move.	<input type="checkbox"/>
I am increasing risk after a loss.	<input type="checkbox"/>
I do not know where my stop loss should go.	<input type="checkbox"/>
I cannot explain the setup simply.	<input type="checkbox"/>
I am trading outside my planned session.	<input type="checkbox"/>
I am ignoring news or volatility conditions.	<input type="checkbox"/>
I am forcing a trade because I want profit today.	<input type="checkbox"/>
I already broke a rule today.	<input type="checkbox"/>
I feel emotional before entering.	<input type="checkbox"/>

One red flag means pause.
Two or more means leave the trade.
No debate.

Protect the account first

PART 3 - ENTRY PERMISSION

Tick every box before you click.

Trade Permission Scorecard

Requirement	Pass?
Session is valid.	<input type="checkbox"/>
Market idea is clear.	<input type="checkbox"/>
Price has shown intent.	<input type="checkbox"/>
Entry area makes sense.	<input type="checkbox"/>
Stop loss is based on invalidation.	<input type="checkbox"/>
Target is realistic.	<input type="checkbox"/>
Risk is within limits.	<input type="checkbox"/>
Management plan is clear.	<input type="checkbox"/>
Mental state is calm.	<input type="checkbox"/>
Trade is from the plan, not emotion.	<input type="checkbox"/>



Final entry rule

If you cannot tick every requirement, wait. A missed trade is cheaper than a weak entry that becomes a lesson you already knew.

PART 4 - AFTER THE TRADE

The trade is not finished when the position closes.

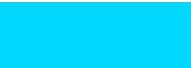
Post-Trade Review

Review question	Done?
Did I follow the plan?	<input type="checkbox"/>
Was the setup valid?	<input type="checkbox"/>
Was my entry clean?	<input type="checkbox"/>
Was my stop loss correct?	<input type="checkbox"/>
Was my risk correct?	<input type="checkbox"/>
Did I manage the trade properly?	<input type="checkbox"/>
Did I move my stop emotionally?	<input type="checkbox"/>
Did I exit too early or hold too long?	<input type="checkbox"/>
Was this good execution regardless of outcome?	<input type="checkbox"/>
What is the one lesson I need to carry into the next session?	<input type="checkbox"/>

**A winning trade can still be bad execution.
A losing trade can still be good execution.
The result matters, but the process exposes the truth.**



JOURNAL FIELDS



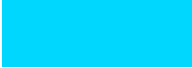
Without a journal, you are guessing. The goal is to build evidence.

Minimum Journal Log

Field	Logged?
Market / pair traded	<input type="checkbox"/>
Session traded	<input type="checkbox"/>
Direction	<input type="checkbox"/>
Reason for entry	<input type="checkbox"/>
Stop-loss location	<input type="checkbox"/>
Target location	<input type="checkbox"/>
Risk amount	<input type="checkbox"/>
Result	<input type="checkbox"/>
Mistake made, if any	<input type="checkbox"/>
What to improve next time	<input type="checkbox"/>
Screenshot before entry	<input type="checkbox"/>
Screenshot after exit	<input type="checkbox"/>



DAILY STOP RULES



Stopping is part of trading. It is not weakness.

Stop Trading For The Day If...

Condition	Hit?
I hit my daily loss limit.	<input type="checkbox"/>
I broke a major rule.	<input type="checkbox"/>
I took two poor trades in a row.	<input type="checkbox"/>
I revenge traded or wanted to.	<input type="checkbox"/>
I increased size emotionally.	<input type="checkbox"/>
I feel tilted or rushed.	<input type="checkbox"/>
I am no longer following the plan.	<input type="checkbox"/>

THE BTRTRADES STANDARD

Bold Trading. Righteous Execution.

Before Every Trade, Ask Yourself

Question	Answered?
Is this trade bold, or is it reckless?	<input type="checkbox"/>
Is this execution righteous, or is it emotional?	<input type="checkbox"/>
Am I following a system, or am I reacting?	<input type="checkbox"/>
Would I still respect this trade if it lost?	<input type="checkbox"/>
Am I trading like someone building skill, or someone chasing a result?	<input type="checkbox"/>

At the end of the day, profitability is up to you.

BTRTrades does not press the button for you, manage the risk for you, or stop you breaking your own rules.

It makes the route clearer, the mistakes harder to ignore, and the standard easier to lock into.

Use the checklist properly. Then go execute.

NEXT STEP

This checklist is the start. The full BTRTrades Trading Manual builds the complete lesson-by-lesson framework.

The full manual will organise market structure, liquidity, imbalance, sessions, Forex, futures, risk, journaling, trade management, psychology, and the BTRTrades execution framework into one clear learning path.

Start with the checklist. Build the structure. Then upgrade into the full framework when you are ready.