

CheckFX Trading Plan 2025

1. Market Analysis Approach

Top-down Analysis:

- Weekly timeframe → Determine overall trend direction (bullish/bearish).
- Daily or 4H timeframe → Identify major order blocks and structural zones.
- 15min / 30min timeframe → Refine entry and confirm market structure shift (MSS).
- Lower timeframe confirmation → Wait for price to return to the newly created order block before entering.

2. Entry & Exit Rules

Entry Criteria:

- Confirm weekly trend direction.
- Identify valid order block aligned with the trend.
- Wait for price to break structure and form a new OB in the direction of the higher timeframe bias.
- Enter when price revisits that OB.
- Confirm with fair value gap (FVG) or liquidity sweep if applicable.

Exit Criteria:

- Set take profit at 1:2 or 1:3 risk-reward ratio minimum.
- Stop loss placed below/above the order block or recent swing point.
- Trail stops only after 1:1 R:R is reached.
- Avoid revenge trading after losses.

3. Risk & Money Management

Lot Size Plan:

- \$10–19 → 0.02
- \$20–29 → 0.03
- \$30–39 → 0.04
- \$40–49 → 0.05
- \$50–99 → 0.06–0.09
- \$100+ → 0.10+

Rules:

- Increase lot size only when account grows by +\$10.
- Never risk more than 10% on small accounts; target 5% after \$50+.
- Withdraw 30% of profits once balance doubles.

4. Daily Routine

1. Review weekly & daily chart for trend direction.
2. Mark major order blocks on 4H.
3. Drop to 15M/30M and wait for confirmation of structure break.
4. Enter only when new OB forms in trend direction.
5. Set SL/TP and journal trade before entry.
6. Review trades at end of day and note emotional state.

5. Psychological Rules

- Stick to 1–2 trades per day maximum.
- Avoid trading during major news events (NFP, CPI, rate decisions).
- Accept losses as part of the process — focus on execution, not outcome.
- Never increase lot size after a loss.
- End day immediately after hitting daily goal or max loss.

6. Trading Goals

Short-term (3 months): Grow account from \$10 → \$50 following strict discipline.

Mid-term (6–12 months): Reach \$100+ and risk $\leq 5\%$ per trade.

Long-term: Scale to \$1,000 and qualify for a prop firm or self-funding.