

## SECTION 1: TRADING STYLE & PHILOSOPHY

My Trading Style: \_\_\_\_\_

## Why I chose this style:

## My trading philosophy:

## My Prime Directive:

"My first job is to SURVIVE. Capital preservation above all.  
I will follow this plan regardless of emotion."

## SECTION 2: POSITION SIZING RULES

ACCOUNT SIZE: 6

BASE RISK PER TRADE: % = \$

#### Position Size Formula:

## Adjustments:

- Volatility: [YES/NO] Method: \_\_\_\_\_
  - Setup Quality: A-grade \_\_\_\_% / B-grade \_\_\_\_% / C-grade \_\_\_\_%

#### Example Calculation:

Account: \$

Risk: \_\_\_\_% = \$\_\_\_\_\_

Stop: \_\_\_\_ pips/points

Position size: \_\_\_\_\_

### SECTION 3: STOP-LOSS ARCHITECTURE

Primary Method: \_\_\_\_\_

## Stop Distance Guidelines:

- Calm market: \_\_\_\_\_  $\times$  ATR = \_\_\_\_\_ pips/points
  - Normal market: \_\_\_\_\_  $\times$  ATR = \_\_\_\_\_ pips/points
  - Volatile market: \_\_\_\_\_  $\times$  ATR = \_\_\_\_\_ pips/points

Technical Buffer: \_\_\_\_ pips/points beyond S/R

## Trailing Stop Rules:

- At +  R profit: Move to \_\_\_\_\_
  - At +  R profit: Trail by \_\_\_\_\_
  - Maximum trail method: \_\_\_\_\_

## NON-NEGOTIABLES:

- & Stop placed BEFORE entry, always
  - & Stop NEVER moved further from entry
  - & Stop placed in market (not mental)

#### SECTION 4: RISK-REWARD TARGETS

Minimum Acceptable RR: 1:

Target RR Range: 1:\_\_\_\_ to 1:\_\_\_\_

## Scaling Out Strategy:

- \_\_\_\_ % at 1: \_\_\_\_
  - \_\_\_\_ % at 1: \_\_\_\_
  - \_\_\_\_ % trailing stop

SECTION 5: PORTFOLIO HEAT & POSITION LIMITS

## MAXIMUM SIMULTANEOUS POSITIONS:

MAXIMUM PORTFOLIO HEAT: \_\_\_\_\_%

## Correlation Rules:

- Max same-currency positions: \_\_\_\_\_
  - Max same-sector positions: \_\_\_\_\_
  - If correlation >0.7: [Action] \_\_\_\_\_

### **Weekend Protocol:**

- Max weekend heat: \_\_\_\_%
  - Friday routine: \_\_\_\_\_

## SECTION 6: CIRCUIT BREAKERS

DAILY (if applicable):

$\emptyset = \tilde{P}N$  Max trades: \_\_\_\_\_

$\emptyset = \tilde{N}$  Loss limit: \_\_\_\_% (\$\_\_\_\_\_) !' STOP FOR DAY

$\emptyset = \tilde{N}$  Consecutive losses: \_\_\_\_ !' Take \_\_\_\_-min break

**WEEKLY:**

$\emptyset = \tilde{N}$  Loss limit: \_\_\_\_% (\$\_\_\_\_\_) !' STOP ADDING TRADES

$\emptyset < \beta^-$  Target: +\_\_\_\_ to +\_\_\_\_R

**MONTHLY:**

$\emptyset = \tilde{N}$  Loss at \_\_\_\_% !' Reduce size 50%

$\emptyset = \tilde{PN}$  Loss at \_\_\_\_% !' STOP LIVE TRADING

$\emptyset < \beta^-$  Target: +\_\_\_\_ to +\_\_\_\_R

## SECTION 7: DRAWDOWN RESPONSE PROTOCOL

At -5% Drawdown:

Action: \_\_\_\_\_

At -10% Drawdown:

Action:

At -15% Drawdown:

Action:

At -20% Drawdown:

Action:

## SECTION 8: VOLATILITY REGIME ADAPTATION

## REGIME DETECTION:

- Check daily: YES / NO
  - Tools: ATR ratio, VIX (if applicable)

## REGIME-BASED PARAMETERS:

CALM (ATR <0.8×):

Risk: \_\_\_\_% Stops: \_\_\_\_x ATR Max positions: \_\_\_\_

NORMAL (ATR 0.8-1.3×):

Risk: \_\_\_\_% Stops: \_\_\_\_x ATR Max positions: \_\_\_\_

VOLATILE (ATR 1.3-2×):

Risk: \_\_\_\_% Stops: \_\_\_\_x ATR Max positions: \_\_\_\_

CRISIS (ATR >2x or VIX >60):

Action: \_\_\_\_\_

## SECTION 9: PSYCHOLOGICAL PROTOCOLS

#### Pre-Trade Checklist: YES / NO (Mandatory)

Emotional State Check: YES / NO

Trade only when: Calm (6-7/10)

Don't trade when: <5 or >8 on emotional scale

#### After-Loss Protocol:

- 30-minute break: YES / NO
  - Journal immediately: YES / NO
  - Review rule adherence: YES / NO

## Revenge Trading Prevention:

Action: \_\_\_\_\_

## Overconfidence Detection:

After \_\_\_\_ consecutive wins: \_\_\_\_\_

## SECTION 10: PERFORMANCE TRACKING

DAILY (if applicable): \_\_\_\_ minutes

- & Log all trades
  - & Calculate daily P/L
  - & Note emotions
  - & Rule violations?

WEEKLY: \_\_\_\_ minutes (every \_\_\_\_ day)

- & Calculate weekly R
  - & Rule adherence score
  - & Regime check
  - & Next week setups

MONTHLY: \_\_\_\_ hours (first \_\_\_\_ of month)

- & Monthly R total
  - & Expectancy calculation
  - & MAE/MFE analysis
  - & Strategy review
  - & Next month goals

QUARTERLY: \_\_\_\_\_ hours

- & Full strategy audit
  - & Major lessons
  - & Adjustments needed

## SECTION 11: TOOLS & SYSTEMS

Charting: \_\_\_\_\_

Broker: \_\_\_\_\_

Journal: \_\_\_\_\_

Position Calculator: \_\_\_\_\_

Portfolio Tracker: \_\_\_\_\_

Command Center: \_\_\_\_\_

## SECTION 12: ACCOUNTABILITY

#### **Self-Accountability:**

- Daily honest journal: YES / NO
  - Weekly self-review: YES / NO

#### **External Accountability:**

- Mentor: \_\_\_\_\_ (Check-in: \_\_\_\_\_)
  - Trading partner: \_\_\_\_\_ (\_\_\_\_\_)
  - Community: \_\_\_\_\_ (\_\_\_\_\_)

## SECTION 13: THE SACRED RULES (I WILL NOT VIOLATE)

- & I risk 1-2% per trade maximum, always
  - & I place stops before entering, always
  - & I NEVER move stops further from entry
  - & I NEVER add to losing positions
  - & I respect my circuit breakers without exception
  - & I go flat if I hit my loss limits
  - & I complete my pre-trade checklist every time
  - & I journal every trade, win or loss
  - & I check portfolio heat before every new trade
  - & I measure success by process, not profit

## COMMITMENT

I, [YOUR NAME], commit to following this risk management plan with absolute discipline, regardless of emotion, market conditions, or recent results.

I understand that this plan was created when I was rational, logical, and clear-headed.

When I am emotional, afraid, greedy, or desperate, THIS PLAN is my guide. I will defer to these rules over my feelings.

My success depends not on being right about markets, but on following this system with unwavering consistency.

Signature:

Date: