

Daily Checklist

This is how I have structured my checklist so I am prepared for each week and day. This is a guide/template that you can use to create your own checklist for your trading strategy.

The Setup

Higher Time Frames (HTF): Year, Quarter, Month, Week, Day

[Basics: Look for the trend of prices across different asset classes/macro indicators]

- Indices
- Dollar vs other pairs
- Bonds + Interest rates
- Commodities
- Seasonal sentiment and rotation of money flow (sectors / themes)
- COT data + other macro data

Month, Weekly and Daily

- Label the opening price for each time frame
- Identify liquidity (swing high or low) on each time frame (your points of interest)
- Identify imbalances (FVG's) and Order Block's on each time frame
- Identify GAPS or Voids on each time frame
- Identify possible divergences across asset pairs (ex: \$ES vs \$NQ vs \$YM)
- For the daily, look back 20-60 days to identify the trend and market structure
- For the weekly, look back 2-3 months to identify the trend and market structure
- For the monthly, look back 6-12 months to identify the trend and market structure

Lower Time Frames (LTF): Hourly charts (12,4,3,1)

- Look back across the last month using the 4 and 1 hour charts
- The 12 and 3 hour charts provide another perspective
- 'Fine tune' the HTF annotations on the hourly chart
- This is where you can identify mmxm and the draw on liquidity

Everyday Execution

- HTF / POI's are labeled and annotated
- Liquidity Targets (mmxm and draw on liquidity)
- Displacement and mss
- OB's/FVG's/GAP's
- Optimal Trade Entry (OTE) with PD Array's labelled
- Measure magnitude of move (fibs or measured move/symmetry)

FOCUS

- Only need 5-10 points a day (\$ES) - everything else is extra
- Focus on risk and return (% or units) → 2R+ setups (I aim for 3) to compound over time
- My 2 setups → OTE or OB entry on the m5/m15
- Different types of models: YT model, inducement, BPR, PO3/Box, etc.

RULES

- Trades based on R; if there is a setup but my R criteria is not met, it is not worth the trade
- No more than 2 trade ideas a day
- Get the first trade wrong, re-confirm draw on liquidity and setup. If wrong again, then done for day.
- Trade/execute primarily in the Killzones (time specific)

→ Utilize TIME **THEN** PRICE