



# Building a Crypto Trading Routine

Preparation, execution, review—and security checks.

A routine for 24/7 markets that protects your brain and capital.

Crypto Trading

Routine Building

Risk Management

# Legal and Risk Notice

- This course does not provide financial or investment advice.
- Trading cryptocurrencies involves significant risk and may not be suitable for all investors.
- You may lose some or all of your capital. Please ensure you understand the risks involved before trading.
- Hypothetical examples are used for educational purposes only. They do not reflect actual trading results.
- Always conduct your own research and consult with a qualified financial advisor.

## Who This Is Not For

- Individuals seeking guaranteed profits.
- Traders unwilling to accept risk.
- Those looking for specific investment recommendations.

# How to Use This Course

## Recommended Pace

- Take one module per week to allow for reflection and practice.
- Review exercises and checklists regularly.
- Utilize the glossary for unfamiliar terms.

## Instructions

- Read each module thoroughly before attempting exercises.
- Complete the checklist at the end of each module to reinforce learning.
- Engage with the self-test quiz to assess your understanding.
- Implement the weekly routine and adjust as necessary.
- Refer back to the one-page summary for quick reminders.
- Keep a trading journal to document your progress.

**This course is designed to be printed for ease of use.**

Maintain a trading journal to track your routine and reflections.

Schedule weekly reviews to assess your progress and adapt your routine.

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# Preface / Orientation

## Who This Is For

- Traders familiar with basic concepts but lacking a structured approach.
- Individuals seeking to improve consistency and discipline in trading.
- Traders looking to recover from losses and establish a reliable routine.

## What You Will Learn

- The importance of a trading routine in cryptocurrency markets.
- How to prepare effectively for trading sessions.
- Methods to maintain discipline during execution.
- Techniques for reviewing trades and improving performance.
- Security practices to protect your trading accounts.
- How to create a personalized trading routine.

## What This Course Will Not Do

- Provide specific investment advice or recommendations.
- Guarantee profits or success in trading.
- Offer real-time trading signals or calls.
- Replace the need for personal research and due diligence.

## Prerequisites

- Basic understanding of cryptocurrency trading concepts.
- Familiarity with trading platforms and tools.

# The Importance of Routine in 24/7 Markets

**Goal:** Understand why a structured routine is crucial for trading success in cryptocurrency markets.

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## Understanding 24/7 Markets

Cryptocurrency markets operate 24 hours a day, seven days a week. This constant availability can lead to fatigue and overtrading.

Without a routine, traders may find themselves making impulsive decisions, leading to increased risk.

Establishing a routine helps to manage time effectively and reduces the likelihood of emotional trading.

Recognizing the importance of routine is the first step toward disciplined trading.

**Why it matters:** A structured routine can help mitigate the risks associated with emotional decision-making.

**Hypothetical example:** A trader who trades without a routine might impulsively enter a position during a market dip, resulting in significant losses.

## Fatigue and Overtrading

Fatigue can impair decision-making, leading to poor trading choices.

Overtrading occurs when traders make excessive trades, often in response to emotional triggers.

A well-defined routine can help prevent fatigue by establishing clear trading hours and breaks.

**Why it matters:** Managing fatigue and overtrading is essential for maintaining long-term trading success.

**Hypothetical example:** A trader who trades late at night may miss critical market signals due to fatigue, leading to losses.

Establishing a routine can help to ensure that traders are alert and focused during trading hours.

## Module 1 Checklist

- Identify your trading hours and stick to them.
- Establish a pre-trading routine to prepare mentally.
- Set limits on the number of trades per session.
- Reflect on your emotional state before trading.
- Create a plan for breaks during trading sessions.
- Review your trading journal for patterns of fatigue or overtrading.
- Commit to following your routine for the next week.

## Exercise: Establish Your Trading Hours

**Purpose:** Define your ideal trading hours and create a schedule.

1. Identify your peak performance times during the day.
2. Set specific hours for trading and stick to them.
3. Plan breaks to avoid fatigue.
4. Document your schedule in your trading journal.
5. Review and adjust your schedule weekly based on performance.

**Expected Output:** A clear weekly trading schedule that balances trading and rest.

## Risk Awareness

- Trading cryptocurrencies involves significant risk.
- Fatigue can lead to poor decision-making.
- Overtrading can result in substantial losses.
- Always be aware of your emotional state while trading.

## Key Takeaways

- A structured routine is essential for success in 24/7 markets.
- Fatigue and overtrading can significantly impact trading performance.
- Establishing clear trading hours can help manage risk.
- Regular reflection on your routine can lead to improvements.
- Commitment to a routine is key to long-term success.

# Pre-Session Checklist

**Goal:** Learn how to prepare effectively before trading sessions.

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## Context and Risk State

Before trading, assess the current market context and your personal risk state.

Understanding market conditions can help inform your trading strategy.

Your risk state refers to your emotional and mental readiness to trade.

Why it matters: Being aware of your context and risk state can prevent impulsive decisions.

Hypothetical example: A trader who is stressed from personal issues may not be in the right mindset to trade.

Conducting a pre-session assessment can help identify potential issues.

## Basic Security Check

Ensure that your trading environment is secure before starting.

Check for software updates, secure your devices, and monitor account activity.

Why it matters: A secure trading environment protects your capital from unauthorized access.

Hypothetical example: A trader who neglects security may fall victim to a phishing attack, resulting in loss of funds.

Regular security checks are essential for safeguarding your trading accounts.

Establishing a routine for these checks can help ensure consistent security.

# PRE-SESSION CHECKLIST

## CONTEXT ASSESSMENT



- Market conditions
- News events
- Trading volume

## EMOTIONAL READINESS



- State of mind
- Anxiety levels
- Impulse control

## SECURITY CHECKS



- Two-factor authentication
- Secure wallet
- Avoid public Wi-Fi

A visual representation of the key components of a pre-session checklist for traders, including context assessment, emotional readiness, and security checks.

## Module 2 Checklist

- Conduct a market analysis before trading.
- Assess your emotional readiness to trade.
- Perform a security check on your devices and accounts.
- Document any concerns in your trading journal.
- Set up alerts for unusual account activity.
- Commit to performing these checks before every trading session.

- Review your checklist weekly for improvements.

## Exercise: Pre-Session Preparation

**Purpose:** Create a personalized pre-session checklist.

1. List the key factors to assess before trading.
2. Include emotional and security checks in your list.
3. Document your checklist in your trading journal.
4. Review and adjust your checklist weekly based on your experiences.
5. Commit to using your checklist before each trading session.

**Expected Output:** A tailored pre-session checklist that enhances your trading preparation.

## Risk Awareness

- Neglecting pre-session checks can lead to poor trading outcomes.
- Emotional readiness is crucial for effective trading.
- Inadequate security measures can result in significant losses.
- Regularly assess your trading environment for security.

## Key Takeaways

- Pre-session preparation is vital for successful trading.
- Understanding market context and personal readiness can improve decision-making.
- Security checks are essential to protect your trading capital.
- Regularly review and adjust your pre-session checklist for effectiveness.
- Commitment to preparation can enhance trading performance.

# Execution Discipline

**Goal:** Learn how to maintain discipline during trade execution.

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## Timeboxing

Timeboxing involves setting a fixed amount of time for trading activities.

This technique helps to prevent overtrading and encourages focus.

Why it matters: Timeboxing can help manage emotional impulses and reduce fatigue.

Hypothetical example: A trader who timeboxes their trades may avoid the temptation to chase losses.

Implementing timeboxing can lead to more disciplined trading.

Establish specific time limits for entering and exiting trades.

## Attempt Limits

Set limits on the number of attempts you make to enter or exit trades.

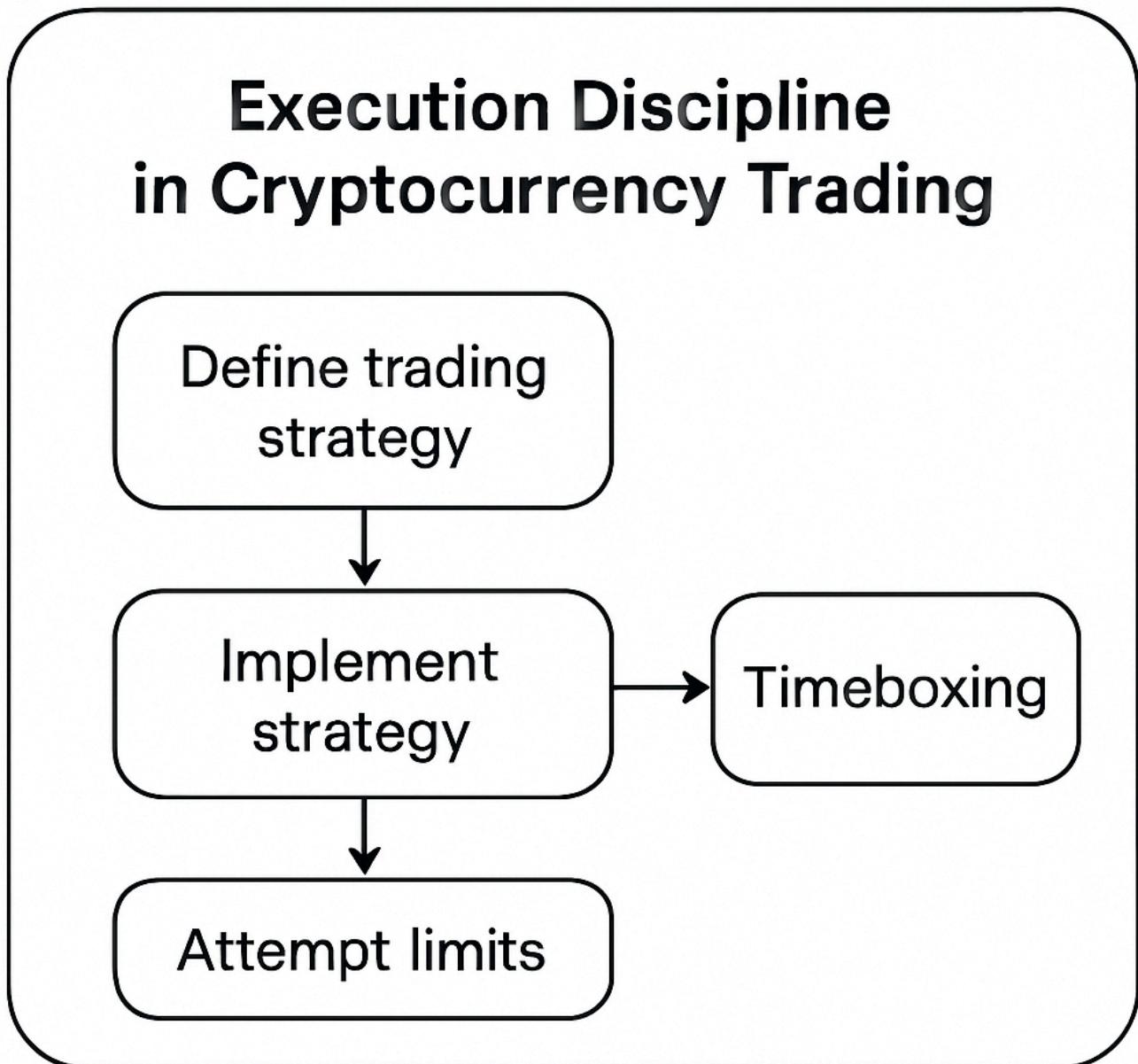
This helps to avoid emotional decision-making and promotes discipline.

Why it matters: Attempt limits can prevent excessive trading and losses.

Hypothetical example: A trader who sets a limit of three attempts to enter a position may avoid chasing the market.

Establishing attempt limits can help maintain a disciplined approach.

Review your attempt limits regularly to ensure they remain effective.



A flowchart illustrating the steps involved in maintaining execution discipline, including timeboxing and attempt limits.

### Module 3 Checklist

- Establish time limits for your trading sessions.
- Set attempt limits for entering and exiting trades.
- Document your timeboxing and attempt limits in your trading journal.
- Review your execution discipline weekly for improvements.
- Commit to following your execution discipline for the next week.
- Reflect on your emotional state during trades.

- Adjust your limits based on performance and emotional responses.

## Exercise: Implementing Timeboxing and Attempt Limits

**Purpose:** Create a plan for timeboxing and attempt limits.

1. Determine your ideal trading session length.
2. Set specific time limits for each trade attempt.
3. Document your timeboxing and attempt limits in your trading journal.
4. Review your performance weekly and adjust limits as necessary.
5. Commit to following your plan for the next week.

**Expected Output:** A clear plan for timeboxing and attempt limits that enhances trading discipline.

## Risk Awareness

- Lack of execution discipline can lead to significant losses.
- Overtrading is a common pitfall in cryptocurrency markets.
- Emotional decision-making can result in poor trading outcomes.
- Regularly review your execution discipline for effectiveness.

## Key Takeaways

- Execution discipline is crucial for successful trading.
- Timeboxing can help manage emotional impulses.
- Setting attempt limits can prevent excessive trading.
- Regular reflection on your execution discipline can lead to improvements.
- Commitment to discipline is key to long-term success.

# Post-Session Review

**Goal:** Learn how to effectively review your trading sessions.

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## What to Record

After each trading session, record key metrics and observations.

Metrics may include profit/loss, number of trades, and emotional state.

Why it matters: Recording your trades helps identify patterns and areas for improvement.

Hypothetical example: A trader who tracks their emotional state may notice that they perform poorly when stressed.

Regularly reviewing recorded data can lead to better trading decisions.

Establish a consistent format for recording your trades.

## How to Iterate

Use your recorded data to identify areas for improvement.

Iterate on your trading strategy based on your findings.

Why it matters: Continuous improvement is essential for long-term trading success.

Hypothetical example: A trader who identifies a pattern of losses during specific market conditions can adjust their strategy accordingly.

Regular iteration can lead to more informed trading decisions.

Set aside time each week to review and iterate on your trading strategy.

## Module 4 Checklist

- Record key metrics after each trading session.
- Assess your emotional state during trades.
- Identify patterns in your trading performance.
- Document areas for improvement in your trading journal.
- Commit to iterating on your strategy based on findings.
- Review your post-session review process weekly for effectiveness.
- Adjust your recording format as necessary.

## Exercise: Post-Session Review

**Purpose:** Create a structured post-session review process.

1. Develop a template for recording your trading metrics.
2. Include sections for emotional reflections and areas for improvement.
3. Document your post-session review process in your trading journal.
4. Review and adjust your process weekly based on your experiences.
5. Commit to using your post-session review template after each trading session.

**Expected Output:** A structured post-session review process that enhances trading performance.

## Risk Awareness

- Neglecting post-session reviews can hinder improvement.
- Failing to record metrics may lead to missed patterns.
- Ignoring emotional reflections can result in repeated mistakes.
- Regularly assess your post-session review process for effectiveness.

## Key Takeaways

- Post-session reviews are essential for continuous improvement.
- Recording metrics helps identify patterns in trading performance.
- Iterating on your strategy based on findings can enhance trading success.
- Commitment to reviewing and iterating is key to long-term success.
- Establishing a structured review process can lead to better decision-making.

# Weekly Review

**Goal:** Learn how to conduct a comprehensive weekly review of your trading activities.

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## Mistake Taxonomy

Categorize your trading mistakes to identify patterns.

Common categories may include emotional errors, strategy errors, and execution errors.

Why it matters: Understanding the types of mistakes you make can help prevent them in the future.

Hypothetical example: A trader who identifies emotional errors may work on managing their emotions better.

Regularly reviewing your mistakes can lead to improved trading discipline.

Establish a system for categorizing and tracking your mistakes.

## Metrics to Track

Identify key metrics to track on a weekly basis.

Metrics may include total profit/loss, win rate, and average trade duration.

Why it matters: Tracking metrics provides insight into your overall trading performance.

Hypothetical example: A trader who tracks their win rate may notice a decline and adjust their strategy accordingly.

Regularly reviewing metrics can lead to more informed trading decisions.

Set aside time each week to review and analyze your key metrics.

# WEEKLY REVIEW PROCESS FOR CRYPTOCURRENCY TRADING



## 1 REVIEW TRADING PERFORMANCE

- Analyze trades
- Evaluate returns
- Assess strategy



## 2 MISTAKE TAXONOMY

- Overtrading
- Emotional trading
- Poor risk management
- Ignoring analysis



## 3 TRACK METRICS

- Win rate
- Profit/loss ratio
- Average trade duration

A visual guide to conducting a weekly review, including mistake taxonomy, metrics tracking, and action items.

### Module 5 Checklist

- Categorize your trading mistakes from the past week.
- Track key metrics related to your trading performance.
- Document your findings in your trading journal.
- Identify one change to implement based on your review.
- Commit to conducting a weekly review every week.
- Reflect on your progress and areas for improvement.

- Adjust your tracking system as necessary.

## Exercise: Weekly Review Process

**Purpose:** Create a structured weekly review process.

1. Develop a template for categorizing mistakes and tracking metrics.
2. Include sections for reflections and action items.
3. Document your weekly review process in your trading journal.
4. Review and adjust your process weekly based on your experiences.
5. Commit to using your weekly review template every week.

**Expected Output:** A structured weekly review process that enhances trading performance.

## Risk Awareness

- Neglecting weekly reviews can hinder improvement.
- Failing to track metrics may lead to missed patterns.
- Ignoring mistakes can result in repeated errors.
- Regularly assess your weekly review process for effectiveness.

## Key Takeaways

- Weekly reviews are essential for continuous improvement.
- Categorizing mistakes helps identify patterns.
- Tracking metrics provides insight into trading performance.
- Commitment to reviewing and iterating is key to long-term success.
- Establishing a structured review process can lead to better decision-making.

# Security Cadence

**Goal:** Learn how to maintain security in your trading activities.

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## Permissions

Regularly review permissions for your trading accounts.

Ensure that only necessary permissions are granted.

Why it matters: Limiting permissions reduces the risk of unauthorized access.

Hypothetical example: A trader who regularly reviews permissions may notice unnecessary access and revoke it.

Establish a routine for reviewing permissions on a regular basis.

Set reminders to conduct permission reviews monthly.

## Device Hygiene

Maintain good device hygiene to protect your trading accounts.

This includes updating software, using strong passwords, and avoiding public Wi-Fi.

Why it matters: Good device hygiene reduces the risk of security breaches.

Hypothetical example: A trader who updates their software regularly may avoid vulnerabilities that could be exploited.

Establish a routine for maintaining device hygiene.

Set reminders for regular software updates and password changes.

# SECURITY IN CRYPTOCURRENCY TRADING

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**Permissions review**



**Strong passwords**



**Two-factor authentication**



**Device hygiene**

A checklist format for maintaining security in trading activities, including permissions review and device hygiene.

## Module 6 Checklist

- Review permissions for your trading accounts regularly.
- Maintain good device hygiene by updating software and using strong passwords.
- Document your security practices in your trading journal.
- Commit to conducting security checks monthly.
- Reflect on your security practices and areas for improvement.
- Adjust your security measures as necessary.

- Stay informed about security threats in the cryptocurrency space.

## Exercise: Security Cadence

**Purpose:** Create a structured security cadence for your trading activities.

1. Develop a checklist for reviewing permissions and maintaining device hygiene.
2. Include sections for documenting security practices and reflections.
3. Document your security cadence in your trading journal.
4. Review and adjust your cadence weekly based on your experiences.
5. Commit to using your security cadence regularly.

**Expected Output:** A structured security cadence that enhances the safety of your trading activities.

## Risk Awareness

- Neglecting security measures can lead to significant losses.
- Unauthorized access can compromise your trading accounts.
- Poor device hygiene increases the risk of security breaches.
- Regularly assess your security practices for effectiveness.

## Key Takeaways

- Maintaining security is essential for protecting your trading capital.
- Regularly reviewing permissions reduces the risk of unauthorized access.
- Good device hygiene is crucial for preventing security breaches.
- Commitment to security practices is key to long-term success.
- Establishing a structured security cadence can enhance your trading safety.

# Exercises: Weekly Schedule and Routine Card

**Goal:** Create a personalized trading routine and schedule.

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## Weekly Schedule

Develop a weekly schedule that incorporates your trading activities.

Include time for preparation, execution, review, and security checks.

Why it matters: A structured schedule helps to manage time effectively and reduces the likelihood of impulsive decisions.

Hypothetical example: A trader who follows a structured schedule may avoid trading during high-stress periods.

Regularly reviewing and adjusting your schedule can lead to improved performance.

Establish a routine for weekly scheduling.

## Printable Routine Card

Create a printable routine card that outlines your trading routine.

Include key elements such as your pre-session checklist, execution discipline, and post-session review.

Why it matters: A routine card serves as a quick reference to keep you on track.

Hypothetical example: A trader who uses a routine card may find it easier to stay disciplined during trading sessions.

Regularly updating your routine card can help adapt to changing market conditions.

Establish a routine for reviewing and updating your routine card.

## Module 7 Checklist

- Develop a weekly trading schedule that incorporates all activities.
- Create a printable routine card for quick reference.
- Document your schedule and routine card in your trading journal.
- Commit to following your schedule and routine for the next week.
- Reflect on your progress and areas for improvement.
- Adjust your schedule and routine card as necessary.
- Stay flexible and adapt to changing market conditions.

## Exercise: Create Your Trading Routine

**Purpose:** Develop a personalized trading routine and schedule.

1. Outline your weekly trading schedule, including preparation, execution, review, and security checks.
2. Create a printable routine card that summarizes your trading routine.
3. Document your routine in your trading journal.
4. Review and adjust your routine weekly based on your experiences.
5. Commit to following your routine for the next week.

**Expected Output:** A personalized trading routine and schedule that enhances your trading performance.

## Risk Awareness

- Neglecting to follow your routine can lead to poor trading outcomes.
- Failure to adapt your routine may hinder performance.
- Ignoring security checks can result in significant losses.
- Regularly assess your routine for effectiveness.

## Key Takeaways

- A structured weekly schedule is essential for successful trading.
- A printable routine card serves as a quick reference for discipline.
- Regularly reviewing and adjusting your routine can lead to improved performance.
- Commitment to following your routine is key to long-term success.
- Establishing a structured routine can enhance your trading discipline.

# Printable One-Page Summary

**Goal:** Provide a concise overview of key concepts and practices.

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## Key Concepts and Practices

This one-page summary encapsulates the essential elements of building a crypto trading routine.

It serves as a quick reference to reinforce learning and maintain focus.

Why it matters: A concise summary helps to keep key concepts at the forefront of your trading practice.

Hypothetical example: A trader who regularly reviews their one-page summary may find it easier to stay disciplined.

Regularly updating the summary can help adapt to changing market conditions.

Establish a routine for reviewing and updating your one-page summary.

## Using the Summary Effectively

Incorporate the one-page summary into your daily trading routine.

Use it as a checklist to ensure you are following your established practices.

Why it matters: Regularly referencing the summary can reinforce discipline and focus.

Hypothetical example: A trader who uses the summary as a checklist may avoid skipping important steps.

Regularly updating the summary can help adapt to changing market conditions.

Establish a routine for reviewing and updating your one-page summary.

## Module 8 Checklist

- Review the one-page summary regularly for key concepts.
- Incorporate the summary into your daily trading routine.
- Document any reflections or adjustments in your trading journal.
- Commit to using the summary as a checklist for your trading practices.
- Reflect on your progress and areas for improvement.
- Adjust your summary as necessary.
- Stay flexible and adapt to changing market conditions.

## Exercise: One-Page Summary Review

**Purpose:** Create a structured approach to using the one-page summary.

1. Review the one-page summary regularly for key concepts.
2. Incorporate the summary into your daily trading routine.
3. Document any reflections or adjustments in your trading journal.
4. Commit to using the summary as a checklist for your trading practices.
5. Reflect on your progress and areas for improvement.
6. Adjust your summary as necessary.

**Expected Output:** A structured approach to using the one-page summary that enhances trading performance.

## Risk Awareness

- Neglecting to use the one-page summary can hinder discipline.
- Failure to adapt the summary may limit effectiveness.
- Ignoring reflections can result in repeated mistakes.
- Regularly assess your summary for relevance and effectiveness.

## Key Takeaways

- A one-page summary serves as a quick reference for key concepts.
- Regularly reviewing the summary reinforces discipline and focus.
- Incorporating the summary into your routine can enhance trading performance.
- Commitment to using the summary is key to long-term success.
- Establishing a structured approach to using the summary can improve trading discipline.

# One-Page Rules & Reality Check Summary

## Key Concepts

- Establish a structured trading routine to manage time and reduce impulsive decisions.
- Conduct pre-session checks to assess market context and emotional readiness.
- Maintain execution discipline through timeboxing and attempt limits.
- Review trades post-session to identify patterns and areas for improvement.
- Conduct weekly reviews to track mistakes and metrics for continuous improvement.
- Implement a security cadence to protect trading accounts.

## Practices

- Create a personalized trading schedule that incorporates preparation, execution, review, and security checks.
- Use a printable routine card as a quick reference during trading sessions.
- Regularly update your one-page summary to reflect changes in your trading approach.
- Commit to following your routine and reviewing it weekly for effectiveness.

## Reality Check

- Trading cryptocurrencies involves significant risk and the possibility of total loss.
- Establishing a routine does not guarantee profits; it helps manage risks.
- Regular reflection and adaptation are essential for long-term trading success.
- Always prioritize security to protect your trading capital.

## Final Thoughts

- Commitment to a structured routine can enhance trading discipline.
- Continuous improvement is key to success in trading.
- Stay informed about market conditions and adapt your routine accordingly.
- Remember to trade responsibly and manage your risks.

*This summary provides a quick reference to key concepts and practices for building a crypto trading routine.*

# Glossary

## Timeboxing

Setting a fixed amount of time for a specific activity, such as trading.

*Helps to manage emotional impulses and reduces fatigue.*

## Execution Discipline

The ability to stick to your trading plan and rules during execution.

*Maintains focus and prevents impulsive decisions.*

## Pre-Session Checklist

A list of items to review before starting a trading session.

*Ensures preparedness and reduces the likelihood of mistakes.*

## Weekly Review

A comprehensive assessment of trading activities conducted weekly.

*Identifies patterns and areas for improvement.*

## Security Cadence

A routine for maintaining security in trading activities.

*Protects trading accounts from unauthorized access.*

## Mistake Taxonomy

Categorizing mistakes made during trading to identify patterns.

*Helps to prevent repeated errors.*

## Device Hygiene

Practices for maintaining the security of devices used for trading.

*Reduces the risk of security breaches.*

### Attempt Limits

Setting a maximum number of attempts for entering or exiting trades.

*Prevents excessive trading and emotional decision-making.*

### Routine Card

A quick reference card outlining your trading routine.

*Serves as a reminder to stay disciplined.*

### Metrics Tracking

Monitoring key performance indicators related to trading activities.

*Provides insight into overall trading performance.*

### Emotional Readiness

Assessing your mental state before trading.

*Ensures you are in the right mindset to make decisions.*

### Context Assessment

Evaluating current market conditions before trading.

*Informs your trading strategy and decisions.*

### Reflection

The process of thinking critically about your trading experiences.

*Leads to continuous improvement.*

### Hypothetical Example

An illustrative scenario that does not reflect actual trading results.

*Helps to understand concepts without implying real-world outcomes.*

## Risk Management

Strategies to minimize potential losses in trading.

*Essential for long-term trading success.*

## Continuous Improvement

The ongoing effort to enhance trading practices and performance.

*Key to adapting to changing market conditions.*

# Self-Test Quiz

## 1. What is timeboxing?

- A. Setting a fixed amount of time for a specific activity. ✓
- B. A method for tracking trades.
- C. A type of trading strategy.
- D. A way to analyze market trends.

**Explanation:** Timeboxing helps manage emotional impulses and reduces fatigue.

## 2. Why is execution discipline important?

- A. It guarantees profits.
- B. It maintains focus and prevents impulsive decisions. ✓
- C. It allows for more trades.
- D. It eliminates risk.

**Explanation:** Execution discipline is crucial for sticking to your trading plan.

## 3. What should be included in a pre-session checklist?

- A. Market analysis, emotional readiness, and security checks. ✓
- B. Only market analysis.
- C. Only emotional readiness.
- D. Only security checks.

**Explanation:** A comprehensive pre-session checklist ensures preparedness.

## 4. What is the purpose of a weekly review?

- A. To track profits only.
- B. To assess mistakes and track metrics for improvement. ✓
- C. To analyze market trends.
- D. To prepare for the next week.

**Explanation:** Weekly reviews help identify patterns and areas for improvement.

## **5. What is a security cadence?**

- A. A routine for maintaining security in trading activities. ✓
- B. A method for tracking trades.
- C. A type of trading strategy.
- D. A way to analyze market trends.

**Explanation:** A security cadence helps protect trading accounts from unauthorized access.

## **6. What does mistake taxonomy involve?**

- A. Categorizing mistakes to identify patterns. ✓
- B. Tracking profits only.
- C. Analyzing market trends.
- D. Preparing for the next week.

**Explanation:** Mistake taxonomy helps to prevent repeated errors.

## **7. What is device hygiene?**

- A. Practices for maintaining the security of devices used for trading. ✓
- B. A type of trading strategy.
- C. A method for tracking trades.
- D. A way to analyze market trends.

**Explanation:** Good device hygiene reduces the risk of security breaches.

## **8. What is the purpose of a routine card?**

- A. To track trades.
- B. To serve as a quick reference for your trading routine. ✓
- C. To analyze market trends.
- D. To prepare for the next week.

**Explanation:** A routine card helps keep you on track during trading sessions.

## **9. Why is metrics tracking important?**

- A. It provides insight into overall trading performance. ✓
- B. It guarantees profits.
- C. It allows for more trades.
- D. It eliminates risk.

**Explanation:** Tracking metrics helps identify areas for improvement.

## **10. What does emotional readiness assess?**

- A. Your physical state before trading.
- B. Your mental state before trading. ✓
- C. Your trading strategy.
- D. Your market analysis.

**Explanation:** Emotional readiness ensures you are in the right mindset to trade.

## **11. What is reflection in trading?**

- A. Thinking critically about your trading experiences. ✓
- B. Tracking trades only.
- C. Analyzing market trends.
- D. Preparing for the next week.

**Explanation:** Reflection leads to continuous improvement.

## **12. What is a hypothetical example?**

- A. An actual trading scenario.
- B. An illustrative scenario that does not reflect actual trading results. ✓
- C. A type of trading strategy.
- D. A way to analyze market trends.

**Explanation:** Hypothetical examples help understand concepts without implying real-world outcomes.

### **13. What is risk management?**

- A. Strategies to minimize potential losses in trading. ✓
- B. A method for tracking trades.
- C. A type of trading strategy.
- D. A way to analyze market trends.

**Explanation:** Risk management is essential for long-term trading success.

### **14. What does continuous improvement involve?**

- A. Ongoing effort to enhance trading practices and performance. ✓
- B. Tracking trades only.
- C. Analyzing market trends.
- D. Preparing for the next week.

**Explanation:** Continuous improvement is key to adapting to changing market conditions.

### **15. Why is it important to regularly review your trading routine?**

- A. To guarantee profits.
- B. To adapt to changing market conditions and improve performance. ✓
- C. To track trades only.
- D. To prepare for the next week.

**Explanation:** Regular reviews help ensure your routine remains effective.