

Trading Checklist

Symbol: Lg/Sh: Date: Time:
 Fundamental Reason Why:

Entry Notes

Time Frame	Trend	Support	Resistance
Monthly			
Weekly			
Daily			

Required for Intra-day trade

30 Minute			
15 Minute			
5 Minute			
3 Min. W%R in contrarian position?:			

Working price
formation?

Working target?

Option exp/strike:
 Intr. value at target:
 Total Capital outlay:
 (sb < 33% total capital)
 Breakeven price:

Option \$: Option vol.:
 Risk on Trade:
 (sb 5% of total capital)
 Option Stop price:

Exit Notes

Target hit?

Reason for exit:

Option \$:
 Total P/L \$:

P/L:
 Percent Rtn.:

Thoughts/Comments: