Premarket Checklist

Fill it in before 9:25 ET. The zones tell you where. Orderflow tells you when. If no edge on this sheet is in play, there is no trade today.

Date _____ Instrument _____

01 Night before

about 15 minutes

- [ ] **Zones updated.** Balance areas from RTH sessions, drawn at value-area high and low. Only AMT levels on the chart.
- [ ] **Where has value been?** Last few days overlapping (balance) or moving (trend)? Range of the last 2 to 4 weeks: top _____ bottom _____
- [ ] **Unfinished business noted.** Naked POCs, poor highs and lows, single prints, prior value-area high and low.
- [ ] **Grades.** A = recent, never traversed (full size). B = older, traversed once at most. C = targets only.
- [ ] **Dead edges crossed off.** A session POC within 8 pts of an edge twice kills that edge. Value built inside a zone 3 times removes the zone.
- [ ] **Travel space marked.** The space between zones is not traded.

Bias _____ toward _____ · next edges _____ · room in pts _____

02 Pick 2 or 3 edges

all checks true, or it's scenery

Edge	Grade	Long / short	Strike zone	Room (pts)	Target	Direction	80+ pts	Clean	Alive	Free
						☐	☐	☐	☐	☐
						☐	☐	☐	☐	☐
						☐	☐	☐	☐	☐

Direction agrees with the bias. **80+ pts** of room to the next obstacle. **Clean**: no opposing level within 40 pts, no cluster of 3 levels. **Alive**: grade A or B, and overnight didn't build value on it (if it did, the level is paused). **Free**: VWAP or the developing POC is not within 15 pts. **Strike zone**: edge ± 8 pts, or ± 5% of the zone's width if it's wider than 160 pts. One tick outside is no trade.

03 Morning

by 9:25 ET

- [ ] **Overnight.** Did it reach an edge? Did it break a level and fail? Did it build value on an edge (paused)?
- [ ] **Where it opens vs yesterday's value.** Inside value: balance more likely. Outside value, inside the range: watch the first hour. Outside the range: careful fading.
- [ ] **News.** Times today _____ No entries 5 minutes before to 10 minutes after FOMC or CPI.
- [ ] **Size and daily stop written.** Size _____ Daily stop _____ The stop never moves wider.
- [ ] **Plan posted before the open.**

If it rejects _____ · If it accepts _____ · In between: no trade

04 Rejection or acceptance

price decides, not me

- [ ] **Rejection.** Pokes through the edge and comes right back. A tail, volume drying up, the responsive side pushes it back inside.
- [ ] **Acceptance.** 6 full 1,000-volume bars printing beyond the level. Pullbacks hold on the other side of the edge.
- [ ] **Accepted, no pullback.** That's a pass, not a chase.
- [ ] **Value building on my level.** No trade until it decides.

05 Before every trade

say it out loud

- [ ] **1 Level.** Price is inside the strike zone of an edge I picked last night.
- [ ] **2 Approach.** Grinding in, or I waited for the response to a fast approach.
- [ ] **3 Tape.** I can name it: absorption (effort, no result) or exhaustion. Initiative straight through means the level failed.
- [ ] **4 Trigger.** I can point at it: inverted bar, exhaustion, volume spike at the turn, delta flip, sweep and reclaim.
- [ ] **5 Risk.** Stop _____ target _____ At least 2 to 1 and 80 pts of room. Stop 8 to 12 pts behind the signal bar.

"I'm _____ at _____ because _____."

06 Never

Trade the middle of anything.	Chase a breakout bar or a sweep.
Take a signal one tick outside the strike zone.	Take a third attempt at the same level.
Widen a stop or add to a loser.	Take a trade I can't say in one sentence.