SOCRATIC TRADING ACADEMY

My Trading Process and Pre-Trade Plan

A blank template for writing your own process in plain words, so you can check later whether you followed it.

You write every rule on this page. The Academy does not supply setups, entries, exits, risk amounts or position sizes, and this template contains no calculator. Following a written process does not establish that the process is safe or profitable.

Plan name		**Version**	
Date written		**Next scheduled review**	
Instruments in scope		**Sessions and timezone**	

1 Setup definition

Setup name and description *Could someone else tell what you mean from this description alone?*

Chart timeframe(s) and what must be visible on the chart

2 My criteria

Each criterion should be something you can check as yes or no at the time.

		How I will check it
☐		
☐		
☐		
☐		
☐		
☐		

Education only, not investment advice. This record may contain private information; store it securely.

3 Invalidation

What would show that my idea is wrong, and how I will know

4 Entry and exit rules

Entry rule, in my own words *Include the order types you intend to use.*

Exit rules *When wrong, when the plan is complete, and any time-based exit you chose.*

5 My position-sizing and risk rules

Describe your own method in words. This template does not suggest amounts, percentages or formulas.

How I decide size	
Per-decision risk rule	
Daily or session limit rule	
When I stop for the day	
Other limits	

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6 No-trade conditions

Conditions under which you will not act, written in advance.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

7 My pre-trade checklist

Keep it short enough to use every time. A “no” means stop and check. Copy these items onto your journal worksheet.

	Where this comes from in my plan
☐	
☐	
☐	
☐	
☐	
☐	

8 Review and revision log

Keep earlier versions. When you change a rule, record what changed so older journal entries stay linked to the version that applied.

Version	Date	What changed	Why (evidence I reviewed)	Next review

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