SOCRATIC TRADING ACADEMY

Pre-Market Preparation Checklist

A blank sheet for preparing before a session, using your own plan, sources and levels.

This checklist helps you prepare and slow down. It does not tell you whether to trade, what to trade or which direction to take. Every item is filled in from your own plan and sources.

Date		**Plan version**	
Session		**My timezone**	
Session start (local)		**Session end (local)**	

1 Instruments I chose

Instrument / contract month	Chart timeframe(s)	Why it is on my list (own words)

2 Market context, in my own words

What I observe before the session *For example, prior session range, overnight activity, anything unusual. Your words, not a forecast.*

3 Scheduled events I checked

Event	Source I checked	Time and timezone	How it relates to my plan

☐ I checked my own event source for today and noted the times above.

☐ My plan says what I do around scheduled events, and I have reread it.

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4 Levels and scenarios I chose myself

Mark only levels or zones you defined yourself. This sheet does not suggest any level, scenario or direction.

Level or zone	How I defined it	Scenario I will watch for	What would make me stand aside

5 My risk limits and no-trade conditions

Limits from my own plan that apply today *Copy them in your own words. No amounts are suggested here.*

Today I will not trade if... *Your own no-trade conditions.*

- ☐ I know which of my written limits apply today.
- ☐ A no-trade session is an acceptable outcome under my plan.

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6 Platform and data readiness

		Note
☐	Platform opens and the data connection looks current.	
☐	Symbol and contract month match my plan.	
☐	Chart session settings and timezone match my plan.	
☐	My saved layout or template is loaded.	
☐	Any price alerts on my own platform are reminders of my own levels, each with a note.	
☐	Order ticket defaults have been checked against my plan.	
☐	My journal worksheet is ready before I start.	
☐	I am in the state my own plan requires before taking part today.	

7 My own checklist items

		Note
☐		
☐		
☐		
☐		
☐		

Notes

Any “no” means stop and check. A completed checklist reduces avoidable errors; it does not predict outcomes.

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