

Pre-Trade Checklist

A simple process check before committing risk to a Forex trade.



Market context

- ☐ Have I identified whether the market is trending, ranging or transitioning on the timeframe I am using?
- ☐ Is price near a meaningful area such as prior structure, support/resistance or a major event-sensitive zone?
- ☐ Do I know whether a high-impact economic release or central-bank event is approaching?

Trade idea

- ☐ Can I explain the setup in one or two sentences without relying on hindsight?
- ☐ What specifically would invalidate the idea?
- ☐ Am I entering because the setup is present, or because I am afraid of missing a move?

Risk

- ☐ Have I defined the stop location before entering?
- ☐ Is the position size based on the amount I am prepared to lose if the idea fails?
- ☐ Does this trade create excessive exposure alongside other open positions?
- ☐ Have I considered spread, volatility and execution conditions?

Execution and review

- ☐ Are entry, stop and intended exit conditions clear?
- ☐ If the trade loses, will I still regard the process as acceptable if I followed the plan?
- ☐ Have I recorded the reason for the trade so it can be reviewed later?