

Daily Schedule and Notes

Date: _____

Daily Preparation

- Review "Five Fundamental Truths" and "I am A Consistent Winner Because:"

| | | |
|--|----------------|---|
| _____ % Sleep recovery | Score ____ (1) | ____ (1) Reviewed Yesterday's Daily Notes |
| Started Day on Schedule | Score ____ (1) | |
| Exercised Yesterday | Score ____ (1) | Today's Action Item: |
| Meditated | Score ____ (1) | _____ |
| Breakfast | Score ____ (1) | _____ |
| Reviewed Previous days trades | Score ____ (1) | |
| Reviewed News Calendar | Score ____ (1) | |
| Reviewed & Analyzed Market | Score ____ (5) | |
| Debrief with FT71 & Hoag | Score ____ (1) | |
| Daily Preparation TOTAL Score ____ (14) | | |

_____ Daily FOMO Score

News to Note for Today:

Trading Records Score

| | |
|---------------------------------|----------------|
| Logged all trades | Score ____ (1) |
| journalled noted for each trade | Score ____ (1) |
| recorded initial stop for all | Score ____ (1) |
| screen shots of 50% of trades | Score ____ (1) |
| Daily markup of chart | Score ____ (1) |

Trading Records Score TOTAL Score ____

Review days actions and complete:

- Import Trades in Edgework
- Transfer handwritten trade notes to Edgework
- Update Daily Trade Scores spreadsheet
- Update daily goals in business plan
- Post screen shot of Trade Scores and Edgework in #Accountability

Trading Errors Committed Today:

| |
|--|
| __ Not Taking a Planned Trade |
| __ Interfering with trade management while in a trade |
| __ Chasing a trade for FOMO |
| __ Technical Errors (qty, in/out, scale etc.) |
| __ Allowing Outside influences mid-trade either through someone else's advice or Distractions (phone calls, other trades etc.) |
| __ Inadvertently entering or exiting a trade |

____ TOTAL ERRORS COMMITTED TODAY

Tomorrow's Action Item is:
