My Trading Plan

One page. Pin it above your monitor. Revise monthly from journal data — never mid-session.

Trader _____ Plan version / date _____ Review date _____

1 Account Goals

Starting balance $ _____ Monthly return target _____ % = Monthly goal $ _____

Max drawdown _____ % = Hard stop for month $ _____ Max daily loss _____ % = $_____

Example: $30,000 × 3% = $900 monthly goal · 10% drawdown = $3,000 hard stop · 3% daily loss = $900, then trading stops for the day.

2 Market & Instrument Focus

Approved symbols (only these):

EXCLUDED — never trade _____

e.g. penny stocks, earnings plays, thinly traded names, anything not on the approved list.

3 Setup Criteria (specific enough to audit)

Setup name _____ Chart timeframe _____

Pattern trigger _____

Volume condition _____

Time filter: trade only between _____ and _____ (ET) · no trades before _____

Valid: "Open-range breakout on the 5-min chart after 9:45am ET with volume ≥ 2× the 20-period average." Invalid: "Trade with the trend."

4 Risk Management

Risk per trade _____ % = $ per trade _____ Max trades per day _____

Shares = Account size × Risk % ÷ (Entry – Stop)

Worked example: $_____ × _____% ÷ ($_____ – $_____) = _____ shares (e.g. $25,000 × 1% ÷ ($185 – $182) = 83 shares)

Max position value (notional) $ _____ Stop after consecutive losses _____

5 Entry & Exit Rules

Entry confirmation signal _____

Stop placement _____

Target 1 _____ R, sell ___% Target 2 _____ R Move stop to BE at _____ R

Time-of-day rules (e.g. flat by 3:45pm ET, no entries after __) _____

6 Daily Routine

Pre-market

- ☐ Check economic calendar & overnight news
- ☐ Mark key levels on approved symbols
- ☐ Build watchlist from approved list only
- ☐ Write today's max loss: $_____

Post-market

- ☐ Journal every trade (entry, exit, screenshot)
- ☐ Mark each trade compliant / non-compliant (page 2)
- ☐ Note the one rule I found hardest today
- ☐ Prepare tomorrow's levels and watchlist

Weekly Rule Compliance Audit

Compare every journal entry against the six sections of your plan.

Week of _____ Trades reviewed _____ Plan version _____

Tick a box when the trade followed that section of your plan. Any empty box = non-compliant (NC).

#	Date	Symbol	§2 Approved symbol	§3 Setup criteria met	§3 Inside time filter	§4 Size ≤ formula	§5 Stop honored	§5 Exit per plan	Compliant? C / NC	Rule broken	P&L $
1			☐	☐	☐	☐	☐	☐			
2			☐	☐	☐	☐	☐	☐			
3			☐	☐	☐	☐	☐	☐			
4			☐	☐	☐	☐	☐	☐			
5			☐	☐	☐	☐	☐	☐			
6			☐	☐	☐	☐	☐	☐			
7			☐	☐	☐	☐	☐	☐			
8			☐	☐	☐	☐	☐	☐			
9			☐	☐	☐	☐	☐	☐			
10			☐	☐	☐	☐	☐	☐			
11			☐	☐	☐	☐	☐	☐			
12			☐	☐	☐	☐	☐	☐			
13			☐	☐	☐	☐	☐	☐			
14			☐	☐	☐	☐	☐	☐			
15			☐	☐	☐	☐	☐	☐			
16			☐	☐	☐	☐	☐	☐			
17			☐	☐	☐	☐	☐	☐			
18			☐	☐	☐	☐	☐	☐			
19			☐	☐	☐	☐	☐	☐			
20			☐	☐	☐	☐	☐	☐			
21			☐	☐	☐	☐	☐	☐			
22			☐	☐	☐	☐	☐	☐			
23			☐	☐	☐	☐	☐	☐			
24			☐	☐	☐	☐	☐	☐			

Weekly Compliance Summary

Compliant trades _____ of total _____ Compliance % _____ Most broken § _____

P&L compliant $ _____ P&L non-compl. $ _____ Win % compliant _____ Win % NC _____

Pattern in violations (time of day, setup, emotion): _____

One change for next week: _____