Morning preparation checklist

Use the same questions each session. Record context before the outcome.

Date _____ Instrument / contract _____

Session / time zone _____ Selected timeframe _____

- [ ] **1. Confirm the context.**
  Name the instrument, session, time zone, and timeframe you are reading. Check that the chart settings match your review.
- [ ] **2. Locate price.**
  Identify Balance and the nearest zones above and below price. Name the view: Daily, Weekly, Zone, or another selected timeframe.
- [ ] **3. Describe the sequence.**
  Is price moving back toward Balance, extending outward, or still undecided? Record what you can observe before choosing a direction.
- [ ] **4. Plan alternatives.**
  Write what would support continuation and what would support a return. A zone touch alone does not qualify a trade.
- [ ] **5. Define what changes your read.**
  Record the observation that would contradict your interpretation. Keep historical reach separate from reaction; neither is a trade win rate.
- [ ] **6. Apply your own decision limits.**
  Use your tested setup and risk rules, including invalidation and an exit plan. Set your session cutoff. Waiting is a valid decision.
- [ ] **7. Save and review.**
  Save the chart and your reasoning before seeing the outcome. Later, review the process, including failed expectations and decisions to wait.

Areas to watch / What would change my read

My session cutoff: _____ Chart saved for review: ☐

Educational preparation, not trade signals or personalized advice. Futures involve substantial risk. Historical reach and reaction are not trade win rates. No outcome is guaranteed.