

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 Edgewonk
- Transfer handwritten trade notes to Edgewonk
- Update Daily Trade Scores spreadsheet
- Update daily goals in business plan
- Post screen shot of Trade Scores and Edgewonk 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:
