MASTER CHECKLIST: BEFORE EVERY TRADE

Ask these eight questions before every trade. If any answer is "no", there is no trade. Not trading is also a position.

1	**Bias:** Which way is H4 and H1 structure? What is the invalidation level?	Yes ☐	No ☐
2	**DOL:** Which liquidity is the next target?	Yes ☐	No ☐
3	**Location:** Buys in discount, sells in premium?	Yes ☐	No ☐
4	**POI:** Score of 8 or more on the scorecard?	Yes ☐	No ☐
5	**Time:** In a killzone, with no high-impact news in the next 30 minutes?	Yes ☐	No ☐
6	**Confirmation:** A sweep, CHoCH or MSS with displacement, and an FVG?	Yes ☐	No ☐
7	**Risk:** 1% or less, lot calculated, RR at least 1:2, within today's limit?	Yes ☐	No ☐
8	**Journal:** Plan and screenshot ready?	Yes ☐	No ☐

DAILY SCHEDULE (PAKISTAN TIME, WINTER)

TIME	TASK
10:00	Top-down (15 minutes): bias, DOL, POI, plan; mark the midnight open and Asian range
12:00 – 15:00	London killzone: open the chart only on alerts
17:00 – 20:00	New York killzone: check news times in advance
22:00	Journal and a note for tomorrow
Sunday	Weekly review and the week's news

> In summer (March to November) every time is one hour earlier. In New York time: London killzone 2 to 5 am, New York 7 to 10 am.

THE 15 MOST COMMON MISTAKES

Each mistake with the right way and the lesson that explains it. In your weekly review, tick your own three biggest.

MISTAKE	THE RIGHT WAY	LESSON	MINE?
1. LTF trades without HTF bias	Always top-down	5.1	☐
2. Treating a wick as a BOS	Body close only	1.2	☐
3. Treating IDM as the real POI	The zone after the IDM sweep	1.6	☐
4. Calling every candle an order block	BOS, displacement and FVG required	3.1	☐
5. Confusing a sweep with a break	Watch the close and the return	2.4	☐
6. Buying premium, selling discount	The 50% rule	3.6	☐
7. Trading quiet hours	Killzones only	4.1	☐
8. Trading the exact news release	Not from 30 minutes before to 15 after	4.4	☐
9. A market order on the MSS candle	Wait for the FVG retrace	5.2	☐
10. All five models at once	Master one model	5.4	☐
11. Guessed lot sizes	Lot = risk ÷ (SL × 100)	6.1	☐
12. Moving the stop further	Stops only move closer	6.1	☐
13. Early break-even	After TP1 or 1R	6.2	☐
14. Going live without a backtest	50+ trades, then demo	7.1	☐
15. Revenge trading after a loss	Daily limit, a break after a loss	7.2	☐

> The lot formula is for Gold (XAUUSD): SL in dollars, 1 lot = 100 ounces.