01 / PLAN

Five-Trade Practice Worksheet



Prepare one setup and define your limits before you open a simulated position.

Session details

Provider and plan under review

Session and time zone

Setup and what would invalidate it

Risk and challenge rules

Position-sizing method

Session loss limit

Daily reset time and loss formula

Overall loss rule and formula

News restriction and calendar

Where to verify current terms

Before your first simulated entry

- [ ] I can explain the setup and what would invalidate it.
- [ ] I know my planned risk and how much drawdown room I have.
- [ ] I checked the news window and know when I will stand aside.

Educational use only. Completing this drill does not establish eligibility or predict results.

02 / LOG

Record trades 1-3



Write down the risk before entry. Review how closely you followed the plan afterward.

TRADE 01

Date / pair	Setup	Entry	Initial stop	Planned $ risk

Daily / overall cushion	Did I follow the plan?	One lesson

TRADE 02

Date / pair	Setup	Entry	Initial stop	Planned $ risk

Daily / overall cushion	Did I follow the plan?	One lesson

TRADE 03

Date / pair	Setup	Entry	Initial stop	Planned $ risk

Daily / overall cushion	Did I follow the plan?	One lesson

Continue with trades 4 and 5 on page 3.

03 / REVIEW

Finish the drill



Complete the final two trades, record a skipped setup, and review your decisions.

TRADE 04

Date / pair	Setup	Entry	Initial stop	Planned $ risk

Daily / overall cushion	Did I follow the plan?	One lesson

TRADE 05

Date / pair	Setup	Entry	Initial stop	Planned $ risk

Daily / overall cushion	Did I follow the plan?	One lesson

The setup I skipped

What did I see, and why did I stay out?

Debrief after trade five

Which decision showed that I followed my plan under pressure?

Which rule or decision caused the most confusion?

What will I change, and how will I test it in simulation?