

TODAY'S DAILY DISCIPLINE | Higher Highs Are Not Enough - Decision Rule

MINDSET TODAY: _____

ORDER: Identify the timeframe whose swing actually controls your trade idea before calling structure broken.

TRADE THE SYSTEM
NOT THE FEELING.

1 PRE-SESSION COMMAND | KNOW THE STORY BEFORE YOU CLICK

PREPARE > CLARIFY > EXECUTE

SESSION: ☐ Globex ☐ Asia ☐ London ☐ NY	ACCOUNT: _____	MODE: ☐ Sim ☐ Funded/Live	MAX LOSS: \$ _____	LOCKOUT: \$ _____
HTF BIAS: ☐ Bull ☐ Bear ☐ Neutral	5M THESIS: _____	KEY LIQUIDITY / AOI: _____	MACRO WINDOW: _____	
MUST BE PRESENT TO TRADE: _____		I STAND DOWN IF: _____		

2 NQTRAX READOUT | CAPTURE WHAT THE SYSTEM KNEW BEFORE THE CLICK

DATA > CONTEXT > CONVICTION

LIVETRAX: ☐ Long ☐ Short ☐ Neutral ☐ Forming ☐ Data Blocked	FUTURETRAX: _____	AOI / RUNWAY: _____
NQPULSE / RED FOLDER: _____	TIME: _____	MY STATE: ☐ Calm ☐ Focused ☐ Rushed ☐ FOMO ☐ Tired PERMISSION: ☐ Y ☐ N

3 HARD GATE | NO PROOF, NO CLICK

ALL CONDITIONS MUST ALIGN

☐ HTF/AOI aligned ☐ Liquidity identified ☐ 5M thesis qualified ☐ Fresh 1M confirmation ☐ Invalidation defined ☐ ≥20 clean points ☐ No chase / revenge

4 TRADE / DECISION LOG | FOUR RECORDS MAX - A PASS COUNTS

EXECUTION > MANAGEMENT > LEARNING

TRADE 1	TIME _____ ☐ LONG ☐ SHORT ☐ PASS ENTRY _____ STOP _____ TARGET _____ EXIT _____ PTS _____ P&L \$ _____
A+ EVIDENCE / WHY: _____	
MANAGEMENT / RESULT / MFE-MAE / RULE / LESSON: _____	
TRADE 2	TIME _____ ☐ LONG ☐ SHORT ☐ PASS ENTRY _____ STOP _____ TARGET _____ EXIT _____ PTS _____ P&L \$ _____
A+ EVIDENCE / WHY: _____	
MANAGEMENT / RESULT / MFE-MAE / RULE / LESSON: _____	
TRADE 3	TIME _____ ☐ LONG ☐ SHORT ☐ PASS ENTRY _____ STOP _____ TARGET _____ EXIT _____ PTS _____ P&L \$ _____
A+ EVIDENCE / WHY: _____	
MANAGEMENT / RESULT / MFE-MAE / RULE / LESSON: _____	
TRADE 4	TIME _____ ☐ LONG ☐ SHORT ☐ PASS ENTRY _____ STOP _____ TARGET _____ EXIT _____ PTS _____ P&L \$ _____
A+ EVIDENCE / WHY: _____	
MANAGEMENT / RESULT / MFE-MAE / RULE / LESSON: _____	

5 END-OF-DAY AAR | GRADE OBEDIENCE, NOT P&L

REFLECT > IMPROVE > COMPOUND

NET P&L: \$ _____	DECISIONS: ____ / 4	PROCESS GRADE: ☐ A ☐ B ☐ C ☐ F	DISCIPLINE: ☐ Waited ☐ No revenge ☐ No overtrade ☐ Stop honored ☐ Locked out
BEST DECISION / BEST PASS: _____		BIGGEST ERROR / NEAR-MISTAKE: _____	
ONE ORDER FOR TOMORROW: _____		SYSTEM FEEDBACK / WHAT NQTRAX MISSED: _____	



FINAL RULE: FOUR TRADES IS THE CEILING - NOT THE GOAL.

NQTRAX DAILY DISCIPLINE: WAIT FOR PROOF.

