

HOLD WITHOUT PANIC

FREE COMPANION WORKBOOK

The 43-Page OPERATOR Execution System

WHAT'S INSIDE

- › Setup Gate Checklists
- › Position Sizing Calculator
- › Trade Execution Checklists
- › 10 Weeks of Trade Logs
- › 8 Weeks of Weekly Review
- › Monthly Performance Dashboard
- › Emotional Response Card
- › Risk Worksheets + Scanner Ref

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THE 8 RULES — QUICK REFERENCE CARD

Print this page. Tape it to your monitor. Read it before every trade.

#1	SETUP GATE	All 5 criteria must pass. One no = skip the trade.
#2	SIZE FOR SLEEP	Never risk more than 0.5% per trade. 3 AM awake = oversized.
#3	DEFINE EXIT FIRST	Stop loss and profit target set as GTC orders before entry.
#4	DON'T CHECK OFTEN	Pre-market + after close only. Nothing else. Ever.
#5	NEVER ADD TO LOSERS	Honor the stop. Take the loss. Free the capital. Move on.
#6	TAKE PROFIT AT TARGET	Price hits target = exit fully. Greed turns wins into losses.
#7	SURVIVE FIRST LOSS	Accept it. Log it. Close platform. No revenge trades today.
#8	REVIEW WEEKLY	Friday 30-min review, every week. Distance creates clarity.

PRE-TRADE CHECKLIST

Pre-entry checklist — run before every trade:

- Setup Gate passed — all 5 criteria confirmed
- Position size calculated: $(\text{Account} \times 0.5\%) \div (\text{Entry} - \text{Stop})$
- Stop loss placed as GTC order at structural level
- Profit target placed as GTC order at 2:1 R:R minimum
- 3 AM test passed — comfortable holding through drawdown
- SPY not in clear downtrend on the daily chart
- Earnings date confirmed — no report during planned hold window

SECTION 1: THE SETUP GATE CHECKLIST

Rule #1 — All 5 must pass. One failure = skip. No partial credit.

Use this during every Sunday scan. Verify every criterion completely before adding any setup to your watchlist.

01 LIQUIDITY

■ PASS ■ FAIL —
SKIP

Average daily volume must exceed **1,000,000 shares**.

Check the 20-day average volume indicator. Below 1M = skip immediately regardless of chart.

My note for this trade:

02 STRUCTURE

■ PASS ■ FAIL —
SKIP

A clear support or resistance level must be visible.

Level tested at least twice in the past 60 days. Not approximate — specific and identifiable.

My note for this trade:

03 RISK : REWARD

■ PASS ■ FAIL —
SKIP

R:R must be **2.0 or greater**. Formula: $(\text{Target} - \text{Entry}) \div (\text{Entry} - \text{Stop})$

Calculate the exact number before proceeding. Below 2.0 = skip regardless of conviction.

My note for this trade:

04 MARKET CONTEXT

■ PASS ■ FAIL —
SKIP

SPY must not be in a clear downtrend on the daily chart.

SPY above 20-day and 50-day SMA = favorable. Making lower highs and lower lows = skip.

My note for this trade:

05 CONVICTION

■ PASS ■ FAIL —
SKIP

State the complete trade thesis in **one clear sentence without hesitation**.

Qualifiers, hedges, or "sort of" answers = no real conviction. Skip the trade.

My note for this trade:

SECTION 2: POSITION SIZING CALCULATOR

Rule #2 — Calculate this formula before every single entry.

SHARES TO BUY

=

Account Balance × 0.005

÷

Entry Price – Stop Loss Price

TRADE 1 CALCULATOR

Symbol: _____ Date: _____

Account Balance (\$)		Entry Price (\$)	
× 0.005 = Dollar Risk (\$)		Stop Loss Price (\$)	
		Risk Per Share = Entry – Stop (\$)	

SHARES TO BUY = Dollar Risk ÷ Risk Per Share

= _____ shares Position value:
\$ _____

TRADE 2 CALCULATOR

Symbol: _____ Date: _____

Account Balance (\$)		Entry Price (\$)	
× 0.005 = Dollar Risk (\$)		Stop Loss Price (\$)	
		Risk Per Share = Entry – Stop (\$)	

SHARES TO BUY = Dollar Risk ÷ Risk Per Share

= _____ shares Position value:
\$ _____

TRADE 3 CALCULATOR

Symbol: _____ Date: _____

Account Balance (\$)		Entry Price (\$)	
× 0.005 = Dollar Risk (\$)		Stop Loss Price (\$)	
		Risk Per Share = Entry – Stop (\$)	

SHARES TO BUY = Dollar Risk ÷ Risk Per Share

= _____ shares Position value:
\$ _____

TRADE 4 CALCULATOR

Symbol: _____ Date: _____

Account Balance (\$)		Entry Price (\$)	
× 0.005 = Dollar Risk (\$)		Stop Loss Price (\$)	
		Risk Per Share = Entry – Stop (\$)	

SHARES TO BUY = Dollar Risk ÷ Risk Per Share = _____ shares Position value:
 \$ _____

POSITION SIZING — ACCOUNT SIZE REFERENCE

Quick lookup for max risk and share counts at standard 0.5% sizing

Account Balance	Max Risk/Trade (0.5%)	Max 3 Positions (1.5% total)	Shares w/ \$2 stop	Shares w/ \$5 stop	Shares w/ \$10 stop
\$500	\$2.50	\$7.50	1	0*	0*
\$1,000	\$5.00	\$15.00	2	1	0*
\$2,500	\$12.50	\$37.50	6	2	1
\$5,000	\$25.00	\$75.00	12	5	2
\$10,000	\$50.00	\$150.00	25	10	5
\$25,000	\$125.00	\$375.00	62	25	12
\$50,000	\$250.00	\$750.00	125	50	25
\$100,000	\$500.00	\$1,500.00	250	100	50

* Use fractional shares (Fidelity, Schwab, Robinhood) or choose lower-priced stocks with tighter stops at very small account sizes.

SECTION 3: TRADE EXECUTION CHECKLISTS

Complete every item before entry. Every item must be checked before you click buy.

ENTRY CHECKLIST — Trade #1

Date: _____ Symbol: _____ Entry:
\$ _____

SETUP GATE CONFIRMED

- Liquidity: average volume > 1M shares — confirmed
- Structure: clear level identified at: \$ _____
- R:R calculated: _____ (must be 2.0 or higher)
- Market context: SPY uptrend or neutral — confirmed
- Conviction: thesis stated in one clear sentence

POSITION SIZED CORRECTLY

- Account balance: \$ _____ | Dollar risk (0.5%): \$ _____
- Entry: \$ _____ | Stop: \$ _____ | Risk/share: \$ _____
- Share count: _____ shares | Position value: \$ _____
- Position value is less than 25% of total account

EXITS SET AS GTC ORDERS

- Stop loss placed as GTC at: \$ _____ (at structural level)
- Profit target placed as GTC at: \$ _____ (R:R: _____)
- Both orders confirmed live in broker platform

MENTAL STATE CLEAR

- Trade is on my Sunday watchlist (not discovered during live move)
- I am following a rule, not a feeling
- Would take this same trade after 3 consecutive losses
- Earnings date checked — no report during planned hold

Trade thesis (one sentence):

ENTRY CHECKLIST — Trade #2

Date: _____ Symbol: _____ Entry:
\$ _____

SETUP GATE CONFIRMED

- Liquidity: average volume > 1M shares — confirmed
- Structure: clear level identified at: \$_____
- R:R calculated: _____ (must be 2.0 or higher)
- Market context: SPY uptrend or neutral — confirmed
- Conviction: thesis stated in one clear sentence

POSITION SIZED CORRECTLY

- Account balance: \$_____ | Dollar risk (0.5%): \$_____
- Entry: \$_____ | Stop: \$_____ | Risk/share: \$_____
- Share count: _____ shares | Position value: \$_____
- Position value is less than 25% of total account

EXITS SET AS GTC ORDERS

- Stop loss placed as GTC at: \$_____ (at structural level)
- Profit target placed as GTC at: \$_____ (R:R: _____)
- Both orders confirmed live in broker platform

MENTAL STATE CLEAR

- Trade is on my Sunday watchlist (not discovered during live move)
- I am following a rule, not a feeling
- Would take this same trade after 3 consecutive losses
- Earnings date checked — no report during planned hold

Trade thesis (one sentence):

ENTRY CHECKLIST — Trade #3

Date: _____ Symbol: _____ Entry: \$_____

SETUP GATE CONFIRMED

- Liquidity: average volume > 1M shares — confirmed
- Structure: clear level identified at: \$_____
- R:R calculated: _____ (must be 2.0 or higher)
- Market context: SPY uptrend or neutral — confirmed

- Conviction: thesis stated in one clear sentence

POSITION SIZED CORRECTLY

- Account balance: \$_____ | Dollar risk (0.5%): \$_____
- Entry: \$_____ | Stop: \$_____ | Risk/share: \$_____
- Share count: _____ shares | Position value: \$_____
- Position value is less than 25% of total account

EXITS SET AS GTC ORDERS

- Stop loss placed as GTC at: \$_____ (at structural level)
- Profit target placed as GTC at: \$_____ (R:R: _____)
- Both orders confirmed live in broker platform

MENTAL STATE CLEAR

- Trade is on my Sunday watchlist (not discovered during live move)
- I am following a rule, not a feeling
- Would take this same trade after 3 consecutive losses
- Earnings date checked — no report during planned hold

Trade thesis (one sentence):

TRADE LOG — WEEK 1

Date Range: _____ to _____

2:1+
Target R:R Min

0.5%
Max Risk/Trade

3
Max Open Positions

2
Max Checks/Day

Date	Symbol	Entry	Stop	Target	Exit	R:R	Result	Rules OK?

WEEK SUMMARY

Trades Taken	_____	Win Rate	_____%	Total R	_____
Winners	_____	Avg R:R	___:1	Rule Compliance	_____%
Losers	_____	Best Trade (R)	_____	Worst Trade (R)	_____

Rule break this week (if any) and why: _____

TRADE LOG — WEEK 2

Date Range: _____ to _____

2:1+
Target R:R Min

0.5%
Max Risk/Trade

3
Max Open Positions

2
Max Checks/Day

Date	Symbol	Entry	Stop	Target	Exit	R:R	Result	Rules OK?

WEEK SUMMARY

Trades Taken	_____	Win Rate	_____%	Total R	_____
Winners	_____	Avg R:R	___:1	Rule Compliance	_____%
Losers	_____	Best Trade (R)	_____	Worst Trade (R)	_____

Rule break this week (if any) and why: _____

TRADE LOG — WEEK 3

Date Range: _____ to _____

2:1+

Target R:R Min

0.5%

Max Risk/Trade

3

Max Open Positions

2

Max Checks/Day

Date	Symbol	Entry	Stop	Target	Exit	R:R	Result	Rules OK?

WEEK SUMMARY

Trades Taken	_____	Win Rate	_____%	Total R	_____
Winners	_____	Avg R:R	___ :1	Rule Compliance	_____%
Losers	_____	Best Trade (R)	_____	Worst Trade (R)	_____

Rule break this week (if any) and why: _____

TRADE LOG — WEEK 4

Date Range: _____ to _____

2:1+
Target R:R Min

0.5%
Max Risk/Trade

3
Max Open Positions

2
Max Checks/Day

Date	Symbol	Entry	Stop	Target	Exit	R:R	Result	Rules OK?

WEEK SUMMARY

Trades Taken	_____	Win Rate	_____%	Total R	_____
Winners	_____	Avg R:R	___:1	Rule Compliance	_____%
Losers	_____	Best Trade (R)	_____	Worst Trade (R)	_____

Rule break this week (if any) and why: _____

TRADE LOG — WEEK 5

Date Range: _____ to _____

2:1+
Target R:R Min

0.5%
Max Risk/Trade

3
Max Open Positions

2
Max Checks/Day

Date	Symbol	Entry	Stop	Target	Exit	R:R	Result	Rules OK?

WEEK SUMMARY

Trades Taken	_____	Win Rate	_____%	Total R	_____
Winners	_____	Avg R:R	___:1	Rule Compliance	_____%
Losers	_____	Best Trade (R)	_____	Worst Trade (R)	_____

Rule break this week (if any) and why: _____

TRADE LOG — WEEK 6

Date Range: _____ to _____

2:1+

Target R:R Min

0.5%

Max Risk/Trade

3

Max Open Positions

2

Max Checks/Day

Date	Symbol	Entry	Stop	Target	Exit	R:R	Result	Rules OK?

WEEK SUMMARY

Trades Taken	_____	Win Rate	_____%	Total R	_____
Winners	_____	Avg R:R	___:1	Rule Compliance	_____%
Losers	_____	Best Trade (R)	_____	Worst Trade (R)	_____

Rule break this week (if any) and why: _____

TRADE LOG — WEEK 7

Date Range: _____ to _____

2:1+

Target R:R Min

0.5%

Max Risk/Trade

3

Max Open Positions

2

Max Checks/Day

Date	Symbol	Entry	Stop	Target	Exit	R:R	Result	Rules OK?

WEEK SUMMARY

Trades Taken	_____	Win Rate	_____%	Total R	_____
Winners	_____	Avg R:R	___ :1	Rule Compliance	_____%
Losers	_____	Best Trade (R)	_____	Worst Trade (R)	_____

Rule break this week (if any) and why: _____

TRADE LOG — WEEK 8

Date Range: _____ to _____

2:1+

Target R:R Min

0.5%

Max Risk/Trade

3

Max Open Positions

2

Max Checks/Day

Date	Symbol	Entry	Stop	Target	Exit	R:R	Result	Rules OK?

WEEK SUMMARY

Trades Taken	_____	Win Rate	____%	Total R	_____
Winners	_____	Avg R:R	___:1	Rule Compliance	____%
Losers	_____	Best Trade (R)	_____	Worst Trade (R)	_____

Rule break this week (if any) and why: _____

TRADE LOG — WEEK 9

Date Range: _____ to _____

2:1+

Target R:R Min

0.5%

Max Risk/Trade

3

Max Open Positions

2

Max Checks/Day

Date	Symbol	Entry	Stop	Target	Exit	R:R	Result	Rules OK?

WEEK SUMMARY

Trades Taken	_____	Win Rate	_____%	Total R	_____
Winners	_____	Avg R:R	___:1	Rule Compliance	_____%
Losers	_____	Best Trade (R)	_____	Worst Trade (R)	_____

Rule break this week (if any) and why: _____

TRADE LOG — WEEK 10

Date Range: _____ to _____

2:1+

Target R:R Min

0.5%

Max Risk/Trade

3

Max Open Positions

2

Max Checks/Day

Date	Symbol	Entry	Stop	Target	Exit	R:R	Result	Rules OK?

WEEK SUMMARY

Trades Taken	_____	Win Rate	____%	Total R	_____
Winners	_____	Avg R:R	___:1	Rule Compliance	____%
Losers	_____	Best Trade (R)	_____	Worst Trade (R)	_____

Rule break this week (if any) and why: _____

WEEKLY REVIEW — WEEK 1

Date: _____ (Friday) | Time spent: _____ minutes

_____ Trades	_____ % Win Rate	_____ :1 Avg R:R	_____ % Rule Compliance
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RULE COMPLIANCE

What percentage of trades followed all 8 rules?

_____ % (Target: 85% or above)

Rule broken (if any):

Specific reason why:

Fix for next week:

WIN RATE & R:R

What were my numbers this week?

Wins: ____ **Losses:** ____ **Win Rate:** ____ % **Avg R:R:** ____ :1

Did R:R meet 2:1 minimum? Yes / No If not, reason:

Trend vs prior week (improving / flat / declining):

PATTERN RECOGNITION

Which setup type produced the best results?

Best pattern this week:

Worst pattern / setup type to avoid:

Scan specifically for this next Sunday:

EMOTIONAL STATE

Any FOMO / Panic Exit / Revenge impulses this week?

FOMO
 Panic Exit
 Revenge
 Overconfidence
 None

Describe what happened:

Interruption used or should have been used:

NEXT WEEK FOCUS

My ONE specific improvement focus for next week:

Focus area:

How I will measure it:

What success looks like:

Overall mood / confidence this week (1–10): ____ **Notes:**

WEEKLY REVIEW — WEEK 2

Date: _____ (Friday) | Time spent: _____ minutes

<p>_____</p> <p>Trades</p>	<p>_____ %</p> <p>Win Rate</p>	<p>_____ :1</p> <p>Avg R:R</p>	<p>_____ %</p> <p>Rule Compliance</p>
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RULE COMPLIANCE

What percentage of trades followed all 8 rules?

_____ % (Target: 85% or above)

Rule broken (if any): _____

Specific reason why: _____

Fix for next week: _____

WIN RATE & R:R

What were my numbers this week?

Wins: ____ **Losses:** ____ **Win Rate:** ____ % **Avg R:R:** ____ :1

Did R:R meet 2:1 minimum? Yes / No If not, reason: _____

Trend vs prior week (improving / flat / declining): _____

PATTERN RECOGNITION

Which setup type produced the best results?

Best pattern this week: _____

Worst pattern / setup type to avoid: _____

Scan specifically for this next Sunday: _____

EMOTIONAL STATE

Any FOMO / Panic Exit / Revenge impulses this week?

■ FOMO ■ Panic Exit ■ Revenge ■ Overconfidence ■ None

Describe what happened: _____

Interruption used or should have been used: _____

NEXT WEEK FOCUS

My ONE specific improvement focus for next week:

Focus area:

How I will measure it:

What success looks like:

Overall mood / confidence this week (1–10): ____ **Notes:**

WEEKLY REVIEW — WEEK 3

Date: _____ (Friday) | Time spent: _____ minutes

Trades

_____ %

Win Rate

_____ :1

Avg R:R

_____ %

Rule Compliance

RULE COMPLIANCE

What percentage of trades followed all 8 rules?

_____ % (Target: 85% or above)

Rule broken (if any):

Specific reason why:

Fix for next week:

WIN RATE & R:R

What were my numbers this week?

Wins: ____ **Losses:** ____ **Win Rate:** ____ % **Avg R:R:** ____ :1

Did R:R meet 2:1 minimum? Yes / No If not, reason:

Trend vs prior week (improving / flat / declining):

PATTERN RECOGNITION

Which setup type produced the best results?

Best pattern this week:

Worst pattern / setup type to avoid:

Scan specifically for this next Sunday:

EMOTIONAL STATE

Any FOMO / Panic Exit / Revenge impulses this week?

■ FOMO ■ Panic Exit ■ Revenge ■ Overconfidence ■ None

Describe what happened:

Interruption used or should have been used:

NEXT WEEK FOCUS

My ONE specific improvement focus for next week:

Focus area:

How I will measure it:

What success looks like:

Overall mood / confidence this week (1–10): ____ **Notes:**

WEEKLY REVIEW — WEEK 4

Date: _____ (Friday) | Time spent: _____ minutes

Trades

_____ %

Win Rate

_____:1

Avg R:R

_____ %

Rule Compliance

RULE COMPLIANCE

What percentage of trades followed all 8 rules?

_____ % (Target: 85% or above)

Rule broken (if any):

Specific reason why:

Fix for next week:

WIN RATE & R:R

What were my numbers this week?

Wins: ____ **Losses:** ____ **Win Rate:** ____ % **Avg R:R:** ____ :1

Did R:R meet 2:1 minimum? Yes / No If not, reason:

Trend vs prior week (improving / flat / declining):

PATTERN RECOGNITION

Which setup type produced the best results?

Best pattern this week:

Worst pattern / setup type to avoid:

Scan specifically for this next Sunday:

EMOTIONAL STATE

Any FOMO / Panic Exit / Revenge impulses this week?

■ FOMO ■ Panic Exit ■ Revenge ■ Overconfidence ■ None

Describe what happened:

Interruption used or should have been used:

NEXT WEEK FOCUS

My ONE specific improvement focus for next week:

Focus area:

How I will measure it:

What success looks like:

Overall mood / confidence this week (1–10): ____ **Notes:**

WEEKLY REVIEW — WEEK 5

Date: _____ (Friday) | Time spent: _____ minutes

Trades

_____ %

Win Rate

_____ :1

Avg R:R

_____ %

Rule Compliance

RULE COMPLIANCE

What percentage of trades followed all 8 rules?

_____ % (Target: 85% or above)

Rule broken (if any):

Specific reason why:

Fix for next week:

WIN RATE & R:R

What were my numbers this week?

Wins: ____ **Losses:** ____ **Win Rate:** ____ % **Avg R:R:** ____ :1

Did R:R meet 2:1 minimum? Yes / No If not, reason:

Trend vs prior week (improving / flat / declining):

PATTERN RECOGNITION

Which setup type produced the best results?

Best pattern this week:

Worst pattern / setup type to avoid:

Scan specifically for this next Sunday:

EMOTIONAL STATE

Any FOMO / Panic Exit / Revenge impulses this week?

■ FOMO ■ Panic Exit ■ Revenge ■ Overconfidence ■ None

Describe what happened:

Interruption used or should have been used:

NEXT WEEK FOCUS

My ONE specific improvement focus for next week:

Focus area:

How I will measure it:

What success looks like:

Overall mood / confidence this week (1–10): ____ **Notes:**

WEEKLY REVIEW — WEEK 6

Date: _____ (Friday) | Time spent: _____ minutes

<p>_____</p> <p>Trades</p>	<p>_____ %</p> <p>Win Rate</p>	<p>_____ :1</p> <p>Avg R:R</p>	<p>_____ %</p> <p>Rule Compliance</p>
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RULE COMPLIANCE

What percentage of trades followed all 8 rules?

_____ % (Target: 85% or above)

Rule broken (if any):

Specific reason why:

Fix for next week:

WIN RATE & R:R

What were my numbers this week?

Wins: ____ **Losses:** ____ **Win Rate:** ____ % **Avg R:R:** ____ :1

Did R:R meet 2:1 minimum? Yes / No If not, reason:

Trend vs prior week (improving / flat / declining):

PATTERN RECOGNITION

Which setup type produced the best results?

Best pattern this week:

Worst pattern / setup type to avoid:

Scan specifically for this next Sunday:

EMOTIONAL STATE

Any FOMO / Panic Exit / Revenge impulses this week?

FOMO
 Panic Exit
 Revenge
 Overconfidence
 None

Describe what happened:

Interruption used or should have been used:

NEXT WEEK FOCUS

My ONE specific improvement focus for next week:

Focus area:

How I will measure it:

What success looks like:

Overall mood / confidence this week (1–10): ____ **Notes:**

WEEKLY REVIEW — WEEK 7

Date: _____ (Friday) | Time spent: _____ minutes

Trades

_____ %

Win Rate

_____ :1

Avg R:R

_____ %

Rule Compliance

RULE COMPLIANCE

What percentage of trades followed all 8 rules?

_____ % (Target: 85% or above)

Rule broken (if any):

Specific reason why:

Fix for next week:

WIN RATE & R:R

What were my numbers this week?

Wins: ____ **Losses:** ____ **Win Rate:** ____ % **Avg R:R:** ____ :1

Did R:R meet 2:1 minimum? Yes / No If not, reason:

Trend vs prior week (improving / flat / declining):

PATTERN RECOGNITION

Which setup type produced the best results?

Best pattern this week:

Worst pattern / setup type to avoid:

Scan specifically for this next Sunday:

EMOTIONAL STATE

Any FOMO / Panic Exit / Revenge impulses this week?

■ FOMO ■ Panic Exit ■ Revenge ■ Overconfidence ■ None

Describe what happened:

Interruption used or should have been used:

NEXT WEEK FOCUS

My ONE specific improvement focus for next week:

Focus area:

How I will measure it:

What success looks like:

Overall mood / confidence this week (1–10): ____ **Notes:**

WEEKLY REVIEW — WEEK 8

Date: _____ (Friday) | Time spent: _____ minutes

Trades

_____ %

Win Rate

_____ :1

Avg R:R

_____ %

Rule Compliance

RULE COMPLIANCE

What percentage of trades followed all 8 rules?

_____ % (Target: 85% or above)

Rule broken (if any):

Specific reason why:

Fix for next week:

WIN RATE & R:R

What were my numbers this week?

Wins: ____ **Losses:** ____ **Win Rate:** ____ % **Avg R:R:** ____ :1

Did R:R meet 2:1 minimum? Yes / No If not, reason:

Trend vs prior week (improving / flat / declining):

PATTERN RECOGNITION

Which setup type produced the best results?

Best pattern this week:

Worst pattern / setup type to avoid:

Scan specifically for this next Sunday:

EMOTIONAL STATE

Any FOMO / Panic Exit / Revenge impulses this week?

■ FOMO ■ Panic Exit ■ Revenge ■ Overconfidence ■ None

Describe what happened:

Interruption used or should have been used:

NEXT WEEK FOCUS

My ONE specific improvement focus for next week:

Focus area:

How I will measure it:

What success looks like:

Overall mood / confidence this week (1–10): ____ **Notes:**

SECTION 5: MONTHLY PERFORMANCE DASHBOARD

Complete at month-end. Zoom out. Find patterns invisible in daily views.

MONTH 1

Month / Year: _____ Start: \$ _____ End: \$ _____

Total Trades	_____	Net P&L (\$)	_____	Rule Compliance	_____%
Winners	_____	Net Return (%)	_____%	Best Trade (R)	_____
Losers	_____	Max Drawdown	_____%	Worst Trade (R)	_____
Win Rate	_____%	Avg R:R	_____:1	Longest Win Streak	_____

Best trade and why it worked:

Worst trade and specific lesson learned:

ONE change to make next month:

MONTH 2

Month / Year: _____ Start: \$ _____ End: \$ _____

Total Trades	_____	Net P&L (\$)	_____	Rule Compliance	_____%
Winners	_____	Net Return (%)	_____%	Best Trade (R)	_____
Losers	_____	Max Drawdown	_____%	Worst Trade (R)	_____
Win Rate	_____%	Avg R:R	_____:1	Longest Win Streak	_____

Best trade and why it worked:

Worst trade and specific lesson learned:

ONE change to make next month:

SECTION 6: EMOTIONAL RESPONSE CARD

Print and keep at your trading setup. Use at the moment of impulse — not after.

THE TWO-QUESTION RULE — Run before any unplanned action:

1. Am I following a **rule** or a **feeling**?
2. Would I take this same action after three consecutive losses?

Both must be "rule" and "yes" to proceed. One emotional answer = stop, write it down, then decide in 10 minutes.

FOMO ENTRY

DO THIS RIGHT NOW

Signs: Trade not on Sunday list. Move already happened. Feeling urgency.

Protocol: Write: "I am chasing. Not on my list." Close app. Re-evaluate Sunday.

PANIC EXIT

DO THIS RIGHT NOW

Signs: Urge to close winner early. Still above stop. Fear of giving back profit.

Protocol: Ask: "Has the REASON I took this changed?" If no — hold to target.

REVENGE TRADING

DO THIS RIGHT NOW

Signs: Just hit stop. Scanning for new trades. Calculating "make-back" size.

Protocol: Write: "No new trades today." Close platform. Return at Friday review.

OVERCONFIDENCE

DO THIS RIGHT NOW

Signs: After 3+ wins. Thinking about larger size. Rules feel too conservative.

Protocol: Re-read Rule #2. Same 0.5%. Every trade. Winning streak does not change math.

PARALYSIS

DO THIS RIGHT NOW

Signs: Valid setup passes all 5 gates but fear prevents entry. Rechecking repeatedly.

Protocol: If gate passes and self-check passes: enter as planned. Not entering = also a break.

GRIND DOUBT

DO THIS RIGHT NOW

Signs: Boring week. Questioning the system. Urge to try something different.

Protocol: Open journal. Count rule-compliant trades. Check expectancy. Boredom = discipline working.

SECTION 7: RISK MANAGEMENT WORKSHEETS

Use during drawdowns, losing streaks, and monthly account health checks.

DRAWDOWN PROTOCOL

Drawdown	Action Required	Return to Normal When
Under 3%	Normal variance. Continue standard 0.5% sizing. No action needed.	Within expected range
3% – 6%	Review last 10 trades for rule breaks. Reduce to 0.25% trades at 0.25% risk.	80%+ compliance
6% – 10%	Pause live trading. Paper trade 2 weeks. Audit all trades for patterns.	85%+ compliance
Over 10%	Full reset. Paper trade 4 weeks. Return at 0.25% sizing only.	+ 2 live weeks at 85%+

DRAWDOWN TRACKER

Date	Balance	Peak Balance	Drawdown %	Protocol Level	Action Taken

RULE COMPLIANCE SELF-ASSESSMENT — Rate at end of each month

Habit / Rule	Consistent ✓	Improving ■	Needs Work X
Run Setup Gate on every trade without exception			
Calculate position size with formula before every entry			
Set GTC stop and target orders before clicking buy			
Check positions only pre-market and after close (never during market hours)			
Honor stop losses — never move to avoid being stopped out			
Exit at profit targets without holding for more out of greed			
No new trade entered on same day a stop is hit			
Complete Friday weekly review every week without exception			
Have not averaged down into any losing position			

Only take trades on my Sunday watchlist			
Check earnings calendar before every entry			
Trade log is complete and accurate for every single trade			

SECTION 8: SCANNER SETTINGS QUICK REFERENCE

Exact filter settings for Finviz, TradingView, and Thinkorswim / Schwab

FINVIZ — Free Browser Scanner (finviz.com/screener)

Filter	Value / Setting	Where to Find
Exchange	NYSE, NASDAQ	Descriptive tab
Market Cap	Mid to Large (\$2B+)	Descriptive tab
Price	\$10 to \$200	Descriptive tab
Average Volume	Over 1 Million	Descriptive tab
Country	USA	Descriptive tab
Price vs SMA20	Price above SMA20	Technical tab
RSI (14)	40 to 70	Technical tab

TRADINGVIEW — Free Tier (tradingview.com/screener)

Filter	Value / Setting	Where to Find
Exchange	NYSE + NASDAQ	Stock Screener tab
Market Cap	Large Cap + Mid Cap	Stock Screener
Price	10 to 200	Stock Screener
Volume	Greater than 1,000,000	Stock Screener
SMA (20)	Price above SMA(20,close)	Add condition
RSI (14)	Between 40 and 70	Add condition

THINKORSWIM / SCHWAB — Free (Stock Hacker tab)

Filter	Value / Setting	Where to Find
Universe	NYSE + NASDAQ	Stock filter
Last Price	Between 10 and 200	Price filter
Volume	Greater than 1,000,000	Volume filter
SMA (20)	Price crosses above SMA(20)	Study filter
RSI (14)	RSI > 40 AND RSI < 70	Study filter

SUNDAY SCAN WORKFLOW

Sunday scan workflow: Run scanner → narrow to 20–50 results → 30 seconds per chart maximum → apply Setup Gate only to visual passes → target 3–5 qualified setups on watchlist. Total scan time: 45–60 minutes.

This workbook is yours. Fill it completely. The traders who complete 52 consecutive Friday reviews in their first year know exactly why their system works — and exactly how to make it better.

Trade without panic. Live with freedom. — Jeff Qualls