



Day Trading Reality Checklist

I. Money Management

1. Your profit expectations are too high for your account size. Y N
2. Your daily goal is unrealistic or difficult to achieve. Y N
3. You struggle to accept a losing trade or a red day. Y N
4. You have a problem with small green days or breaking-even. Y N
5. You trade the midday or low volume hours. Y N
6. You lack hard rules for when to stop for the day. Y N

II. Risk Management

1. You risk too much of your account on individual trades. Y N
2. You let losing trades go past your stop loss. Y N
3. You average down into losing trades. Y N
4. You double down or increase size after a losing trade. Y N
5. You let day trades turn into swing trades. Y N

III. Execution and Management

1. You go into a trade without a basic plan (stop, entry, target). Y N
2. You copy other traders or follow their lead blindly. Y N
3. Your losing trades are larger than your winning trades. Y N
4. Your stops are tight and don't allow for normal market movements. Y N
5. You go against the trend and focus mostly on the smaller timeframes. Y N
6. You exit winning trades too soon. Y N
7. You hold onto winning trades too long and give back profits. Y N

IV. Emotional Regulation

1. Your trading decisions are based on fundamentals, hype, or hope. Y N
2. You get nervous or uncomfortable while in a trade. Y N
3. You let your emotions dictate your trading. Y N
4. You watch every tick while in a trade. Y N
5. You try to predict rather than react. Y N
6. You get FOMO or chase trades after the move has taken off. Y N
7. You take impulse trades with little thought or analysis. Y N
8. You take trades based on a hunch or a gamble. Y N
9. You trade for the adrenaline rush or desire for action. Y N

V. Psychology and Mindset

1. You have very little self control and/or lack of discipline. Y N
2. You revenge trade the same ticker multiple times. Y N
3. You tend to over-trade and pay high commissions. Y N
4. You often hesitate or find reasons not to take a trade. Y N
5. You think about being wrong and losing money more than winning. Y N
6. You change your trading style or system often. Y N
7. You don't journal or review your trades. Y N
8. You don't track trading performance objectively with stats and reports. Y N
9. You are losing money. Y N

If you answered **YES** to more than half of the questions in any of the above sections, then you should not be trading real capital. Return to simulator until you see improvements in that area.