

PRE-TRADE CHECKLIST

Every box checked before entry — or there is no trade.

1 • MARKET CONTEXT (before the open)

- ☐ Prior-day high and low marked on the chart
- ☐ Key strike / GEX levels noted — know where the battle lines are
- ☐ Economic calendar checked (FOMC, CPI, Fed speakers today?)
- ☐ Opening range (first 15–30 min) allowed to form — watched, not traded

2 • TREND & STRUCTURE

- ☐ Price above or below VWAP — and pullbacks respecting it?
- ☐ Trend day or range day? (Tactics are opposite — pick one read)
- ☐ CVD / delta behavior confirms the directional bias

3 • VOLUME CONFIRMATION

- ☐ Move backed by expanding volume (no breakouts on air)
- ☐ Not entering during lunch chop (~11:30 AM–1:30 PM ET)

4 • CONTRACT SELECTION

- ☐ Delta 0.30–0.50 at entry — never below 0.15
- ☐ IV checked — not buying into a spike (FOMC/CPI caution)
- ☐ Bid/ask spread tight enough to exit cleanly
- ☐ Time of day vs. theta: after 1:30 PM, A+ setups only

5 • RISK — DECIDED BEFORE ENTRY

- ☐ Position size $\leq$ 1–2% of account — full loss wouldn't matter
- ☐ Stop defined: price level + premium stop (30–50%) + time stop
- ☐ Targets set (T1 / T2) — partial exit plan at the strike
- ☐ Daily loss limit not hit — and this is not a revenge trade

Any box unchecked = no trade. The market reopens tomorrow.