PROP DESK · PRE-MARKET CHECKLIST

Pre-market trading checklist

Risk first. Tick each box before the open. Date: _____

Daily loss limit: $	Drawdown line today: $	Max trades / stop rule:
News times today:	Levels (Y high / low / close, overnight):	Setups I will take:

	Area	Step
☐	Risk	**1. Write down your daily loss limit in dollars.** If you trade a prop account, also write where the drawdown line sits today. These two numbers decide everything else.
☐	Risk	**2. Set your stop rule for the day.** For example: stop after two losing trades, or once you hit the daily loss limit, whichever comes first.
☐	Risk	**3. Choose your size before the open.** Contracts = risk per trade divided by (stop in points x point value). One MNQ point is $2, one MES point is $5.
☐	News	**4. Check the economic calendar.** Note the time of every big release today, such as CPI, the jobs report or a Fed decision. Decide now whether you sit out around them.
☐	News	**5. Check your firm's news rule.** Some prop firms limit trading around major releases. Read your firm's rule before the release, not after.
☐	Market	**6. Check the session times.** CME equity futures trade nearly 24 hours, with a daily break. Holidays can mean an early close.
☐	Market	**7. Mark your levels.** Yesterday's high, low and close, and the overnight high and low.
☐	Market	**8. Note where price is now.** Above, below or inside yesterday's range? This tells you which setups make sense today.
☐	Plan	**9. Write the one or two setups you will take.** If a trade isn't one of them, you don't take it.
☐	Platform	**10. Check the platform.** Right account, right contract month, bracket orders on, default size set to today's size.
☐	You	**11. Check yourself.** Slept badly, upset or rushed? Trade smaller, trade sim, or skip the day.
☐	After	**12. Journal when you stop.** Log every trade and one thing to fix tomorrow. The free journal template does the math.