

# TOPSTEP<sup>®</sup> TRADING CHECKLIST

## MORNING CHECKLIST

- Morning Routine Complete**  
Set the tone for the rest of the day with a [well-thought-out routine](#)
- Pre-Market Research**  
[Gather and analyze data](#) for your favorite market before you start trading
- Trading Plan Review**  
Trading is a business. Treat it like one. [Learn more!](#)
- Test Your Trading Platform & Internet Connection**
- Trading Strategy Review**  
[Know your strategies](#) and setups inside and out
- Trading Journal Review**  
What do you need in your trading journal? [Learn more!](#)
- Prep Workstation**  
[This funded trader](#) has great advice for setting yourself up for success

## PRE-MARKET RESEARCH

- **Market:** \_\_\_\_\_  
What market are you trading?
- **Trend:** \_\_\_\_\_  
What direction is the [underlying trend](#) of the market?
- **Previous Day Settlement:** \_\_\_\_\_  
What was yesterday's closing cost?
- **Previous Day Net Change:** \_\_\_\_\_  
How much higher/lower was the market yesterday?
- **Volume:** \_\_\_\_\_
- **Open Interest:** \_\_\_\_\_  
[Learn more about Volume and Open Interest here](#)
- **Previous Week high:** \_\_\_\_\_
- **Previous Week low:** \_\_\_\_\_
- **3-Day high:** \_\_\_\_\_
- **3-Day low:** \_\_\_\_\_
- **Previous Day high:** \_\_\_\_\_
- **Previous Day low:** \_\_\_\_\_
- **10-Day Moving Average:** \_\_\_\_\_
- **20-Day Moving Average:** \_\_\_\_\_
- **50-Day Moving Average:** \_\_\_\_\_
- **Identify Chart Patterns:** \_\_\_\_\_  
[Learn more about Chart Patterns here](#)

## TRADE ENTRY CHECKLIST

- **Trade Setup Confidence ( 1-5 ): \_\_\_\_\_**
- **Entry Price:** \_\_\_\_\_
- **Profit Target:** \_\_\_\_\_  
[How To Lock In Profits](#)
- **Stop Price:** \_\_\_\_\_  
[Know where you're getting out before you get in](#)
- **Reward-to-Risk Ratio:** \_\_\_\_\_  
[The Most Important Metric in Trading](#)
- **Risk Relative to Account Size:** \_\_\_\_\_  
How much of your trading account are you risking on each trade?
- **Result:** \_\_\_\_\_  
Track your results here and add them to your trading journal later

## POST-MARKET CHECKLIST

- Review Trades**  
[Coach T can help you reflect on your trading day](#)
- Update Trading Journal**  
[Here's what you need in your trading journal](#)
- Get Plenty of Rest**  
[Your physical health is just as important as your mental health](#)

## TRADING PSYCHOLOGY RESOURCES

- **Don't Overtrade**  
[What it takes to be a not so good trader - The Coach's Playbook](#)
- **Don't Trade Out of FOMO**  
[FOMO - What is it and how do I handle it?](#)
- **Don't Trade Impulsively**  
[Here are 5 tactics that will help you wait for the best trade setups](#)
- **Don't Trade Angry**  
[We can't always control our emotions, but we can control our reactions](#)

## TRADER NOTES

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