EDGEFLOW

WORKSHEET 01

MODULE 04 · EXECUTION

Pre-Market Routine

Print one per session. T is the start of your killzone. If a checkpoint is missing, its rule applies: no shortcuts.

Date _____ Market _____ Killzone (T) _____

T-60 · Bias and draw 15–20 min

Daily / 4H structure in one sentence

_____

_____

Premium / discount _____ DOL _____

☐ Asia H/L marked ☐ London H/L marked ☐ Either swept? _____

Missing → no directional trades today

T-30 · Levels and news 10 min

☐ PDH / PDL ☐ Session H/L ☐ 1H / 15m FVGs

Level 1 _____

Level 2 _____

High-impact news (ET / Dubai) _____

Max two levels. Missing → wait until levels are marked

T-10 · State and orders 5 min

State score (0–16) _____ Size level _____ 1R in $ _____

Daily stop $ _____ Max trades _____ ☐ Bracket loaded ☐ Scripts read aloud

Missing → do not trade the session

Trade script A · "If … then I …"

Level _____ Time _____

Trigger _____ Entry _____

Stop _____ Target _____

Risk (pts / $) _____ R multiple _____

Trade script B

Level _____ Time _____

Trigger _____ Entry _____

Stop _____ Target _____

Risk (pts / $) _____ R multiple _____

The opposite script

"If price instead … then I do nothing until a new script is written."

_____

SEVEN-STEP FLOW · TICK AS YOU GO

1 BIAS	2 LEVEL	3 TIME	4 TRIGGER	5 ORDER	6 MANAGE	7 REVIEW
☐	☐	☐	☐	☐	☐	☐

EDGEFLOW

WORKSHEET 02

MODULE 03 · BEFORE EVERY ENTRY

Pre-Trade Checklist

Under a minute, before every entry. Any "no" means no trade. Run it before you click, never afterwards to justify a trade.

Date _____ Market _____ 1R in $ _____

#	CHECK	TRADE 1	TRADE 2	TRADE 3	TRADE 4
01	State check done today and size level known (full / reduced / none)	☐	☐	☐	☐
02	Market and session are on my plan	☐	☐	☐	☐
03	No high-impact news in the next 5 minutes	☐	☐	☐	☐
04	This trade's full loss keeps me inside daily and weekly limits	☐	☐	☐	☐
05	Under my max trades for today	☐	☐	☐	☐
06	Setup meets every item for its grade · screenshot taken	☐	☐	☐	☐
07	Stop at structural invalidation (beyond sweep / OB / FVG) + buffer	☐	☐	☐	☐
08	Target at liquidity and at least 2R after costs	☐	☐	☐	☐
09	Size from the sizer, rounded down	☐	☐	☐	☐
10	Bracket ready: entry, stop and target in the ticket	☐	☐	☐	☐
11	No linked position the same way, or combined risk ≤ 1R	☐	☐	☐	☐
12	I can name what I'm feeling and it's below level 4	☐	☐	☐	☐
	Grade				
	Contracts				
	Entry / stop / target				

Any box empty?

Then there is no trade. Log it as a pass, with a screenshot. The passes are how you later prove your filters work.

Caught yourself ticking boxes on an open position?

Log it in your journal as "checklist skipped". That's a rule break, even if the trade wins.

MODULE 03 · CHAPTER 08

Pre-Session State Check

Two minutes before every session. Score each item 0, 1 or 2 and be honest: nobody else sees it.

Date _____ Session _____ Time (ET / Dubai) _____

#	ITEM	0 POINTS	1 POINT	2 POINTS	CIRCLE
1	**Sleep**	7+ hours, rested	5–7 hours or broken	Under 5 hours	0 1 2
2	**Stress level**	Calm	Some, manageable	High, can't switch off	0 1 2
3	**Outside events**	Nothing unusual	Something on your mind	Major event today	0 1 2
4	**Last session**	Normal or within plan	Hit the daily limit	Broke a rule or a limit	0 1 2
5	**Urgency for money**	None	"A green week would be nice"	"I need money today"	0 1 2
6	**Physical state**	Fed, hydrated, well	Hungry, tired, too much caffeine	Ill, in pain, hungover	0 1 2
7	**Environment**	Quiet, no interruptions	Some interruptions likely	On a phone, in transit, watched	0 1 2
8	**Plan written**	Bias, levels, news written	Partly written	Not written	0 1 2

TOTAL (0–16)

☐ Full ☐ Reduced ☐ No trading

TOTAL	VERDICT
0–3	**Full size.** Trade your plan as normal.
4–7	**Reduced.** A+ 0.5R, A 0.375R, B 0.25R. Max trades −1.
8+	**No trading.** Review, backtest or study instead.

Hard overrides, whatever the total. Item 8 = 2 (no plan) → no trading until it's written. Item 5 = 2 (you *need* money) → no trading. Item 4 = 2 (broke a rule last session) → reduced at most, and that session must be reviewed first.

SEVEN-DAY LOG · DOES YOUR SCORE PREDICT YOUR RESULTS?

DAY	SCORE	VERDICT	RESULT (R)	RULES FOLLOWED?
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

EDGEFLOW

WORKSHEET 04

MODULE 03 · CHAPTER 09

My Written Risk Plan

Fill it in once, print it, and keep it where you can see it while you trade. Change it only at your monthly review.

Name _____ Account / firm _____ Effective from _____

FIELD	WHAT TO WRITE	EDGEFLOW DEFAULT (EXAMPLE)	MY RULE
Account size	The capital this plan covers	$50,000	
Risk per trade (1R)	% and $	0.5% = $250	
Grade sizes	Risk per grade	A+ 1.0R · A 0.75R · B 0.5R · below B none	
Daily loss limit	R and $	−3R = −$750	
Weekly limit	R, $ and action	−6R = −$1,500 → half size	
Drawdown from peak	% and action	−10% → quarter size + review	
Max trades per day	A number	3	
Two-loss rule	Action after 2 losses in a row	Session over	
Markets	Only these	NQ/MNQ, ES/MES	
Sessions	ET and Dubai	NY AM 07:00–10:00 ET	
News rules	Events and action	Flat 5 min before CPI/NFP/FOMC	
Correlation rule	Linked trades	NQ + ES same way ≤ 1R total	
Stop-trading triggers	Beyond limits	State 8+, no plan, stop moved away	
Scaling rules	When risk goes up or down	Up after 100 trades + positive expectancy	
Review times	Daily / weekly / monthly	After session · Sat · 1st weekend	

Prop accounts: size from your **distance to the max drawdown**, not the nominal account. A "$50,000" evaluation with a $2,000 trailing drawdown is a $2,000 risk budget.

Signed _____ Date _____

MODULE 03 + 04 · EVERY WEEK

The Weekly Review

30 minutes, same time every week (e.g. Saturday morning). Set a timer. Answer in writing. Fix one thing a week.

Week of _____ Account _____ Start equity _____

NUMBERS · 10 MINUTES

TRADES	TOTAL R	PROCESS SCORE %	AVG EXEC SCORE /10

01 How many trades did I take, and what was my total in R?

02 What was my process score? (trades with every rule followed ÷ total × 100)

03 Result in R on rule-following trades only, and on rule-breaking trades only?

04 Did I hit any limit (daily −3R, weekly −6R)? Did I respect it?

05 Average state-check score, and how did low-score and high-score days compare?

BEHAVIOUR · 10 MINUTES

06 Which rule did I break most often, and what was happening just before each break?

07 Which tilt type showed up, and at what level did I notice it?

MODULE 03 + 04 · EVERY WEEK

The Weekly Review

Page two: behaviour and action. One focus for next week. One, not five.

08 Did I miss any valid A or A+ setups? Why (hesitation, distraction, outside session)?

09 Which trade am I proudest of for its execution, regardless of the result?

ACTION · 10 MINUTES

10 One if–then plan I will add or sharpen for next week: "If … then I …"

11 Is anything in my risk plan unclear? (Change it at the monthly review unless it is a safety issue.)

12 My ONE focus for next week

READ THE WEEK

	PROCESS SCORE ≥ 90%	PROCESS SCORE < 90%
Positive P&L	`Good week` Keep going.	`Lucky week` Treat it as a warning, not a win.
Negative P&L	`Normal variance` Change nothing. Check the streak tables.	`Caused by you` Fix the rule breaks first.

This week was: ☐ Good ☐ Lucky ☐ Variance ☐ Caused by me

Most dangerous cell: making money while breaking rules. It teaches your brain that the rule breaks work.

MODULE 04 · CHAPTER 06

Execution Scorecard

Grade the execution, not the outcome. Five areas, 0–2 points each. Aim for an average of 8+ across 20 trades.

AREA	2 POINTS	1 POINT	0 POINTS
Entry	At the planned price, trigger confirmed	Right setup, a few ticks off or late	Chased, front-ran, or no trigger
Stop	Structural invalidation + buffer, never moved away	Right level, placed late or wrong order type	Missing, moved away, or arbitrary
Size	Exactly the grade size	Within 10% of plan	Off by more than 10%
Management	Every action had a written trigger	One unplanned action	Several unplanned actions
Exit	Target, stop, valid early exit or time stop	Valid reason but late	Fear exit, greed exit, or no reason

TRADE LOG

#	DATE	MARKET	ENTRY	STOP	SIZE	MGMT	EXIT	TOTAL	RESULT R	ONE LINE
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										

Average

Sum of totals ÷ trades = _____ / 10 · Lowest area: _____

Read it

8+ clean execution. **Below 7**: execution, not strategy, is your bottleneck. Fix your lowest area first, one leak at a time.