

Falcone Daily Trading Checklist

Use this checklist every trading day before, during, and after the session.

Pre-Market

Review economic calendar (FOMC, CPI, jobs data, earnings).

Check SPY / QQQ overnight trend and gap direction.

Mark premarket high/low and key levels.

Update watchlist (SPY, QQQ, NVDA, TSLA, AAPL, MSFT).

At the Open

Observe first 3–5 minutes – no instant market orders.

Wait for STI signal aligned with higher timeframe trend.

Confirm volatility and spreads are acceptable.

Entries

Entry only on valid STI signal (no impulse trades).

Position size based on pre-defined risk % per trade.

TP1, TP2, SL and BE rules defined before clicking buy/sell.

Active Trade Management

When TP1 hits partial take profit, SL to breakeven as per plan.

Do not move stop further away – only to breakeven or better.

Follow the sequence: TP1 BE TP2 or SL.

Post-Market Review

Log each trade in the journal (R-multiple, notes, emotions).

Grade your rule-following for the day (A–F).

Update running stats (win rate, avg R, drawdown).

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