Trade Ref. No.		**TMS Trade Checklist**	A.Symonds	Version: 1.0

1. Money Management

Over-Trading Check		Previous Closed Trades:		New Trade:	
Daily Trade Limit:		Previous Trade Result:	(P/L/BE)	Total Account Equity:	£
Trades for Today:		Previous Trade Risk:	%	New Trade Risk (%):	%
Current Open Risk:	%	Previous W/L Streak:		New Trade Risk (£):	£
Progress?	(Y/N)	Current Drawdown:	%	Stop Loss Dist. (Pips):	
		Drawdown Recovery:	%	Pip Value (£):	£

2. Trade Execution   (Buy/Sell)

Day:		TMS System Variables:		PA Variables:	
Date:		Entry Candle Number:		Monthly Trend:	
Time (GMT):		Trade Type (Crss/Bnce):		Weekly Trend:	
Currency Pair:		TDI Angle (Clock Face):		Daily Trend:	
Timeframe:		TDI Position/ Value:		4HR Trend:	
		Stoch's Confirmation:	(Y/N)	1HR Trend:	

Major Events/ News Releases:			Trade Variables:		Support/ Resistance:	Distance to Entry
Details	Pair	Time(GMT)	Entry Price:		Support Levels:	
1			Protective Stop Loss:			
2			Trailing Stop Loss:			
3			Take Profit Objective:		Resistance Levels:	
4			Pair Spread (Pips):			
5			Risk:Reward Ratio			

3. Split Trade Details

Portion	%	Fixed Stop Loss	Trailing Stop Loss	Required Profit for SL move to B/E	Pleminary Take Profit Objective Points	Result (Pips)
1						
2						
3						

4. Trade Closure

Day:		Reason for Closure:		Closed Trade Details:	
Date:		Hit SL:		Projected R:R Ratio:	
Time (GMT):		Hit TP:		Achieved R:R Ratio:	
Profit/ Loss (Pips):		Day/ Time:		Drawdown State:	
Account Return (%):		News:		Drawdown Recovery:	
		Other:		New Risk Level?:	

5. Post Trade Analysis

Trade to Plan?:		Comments/ Reflections:
R:R Target Hit?:		
Pip Target Hit?:		Lessons Learnt/ Improvements for Future:
Trade Limit Hit?:		
Added to Journal?:		