Mental and physical readiness before the open.

01. SESSION SUMMARY

Carry forward the positives from your last session

Trading date: _____ **Session duration:** _____ **No. of trades:** _____

Trades on plan (%): _____ **Session result:** _____

02. SLEEP & RECOVERY

The foundation of every strong session

Hours slept and sleep quality

Energy level on waking and what you will do to support it today

03. PHYSICAL PREPARATION

Create the conditions for sustained focus

Movement, mobility or training completed

Nutrition and hydration plan for sustained focus

04. MENTAL STATE

Notice before the market does

Current mood and emotional tone what am I bringing to the screen today?

Focus level what is competing for my attention, and how will I set it aside?

Reset practice completed before the session

05. MARKET PREPARATION

Define the process, not the outcome

Market context, key levels and important data today

My process goal, risk limit and the conditions under which I will step back

Build the context before the session opens.

06. MARKET STATE

Read the environment

Primary market regime and directional tone

Volatility, liquidity and risk appetite

Relative strength, weakness and cross-asset cues

07. KEY MACRO STORIES

Know what is moving price

The macro narratives influencing price today

Central-bank, policy or geopolitical developments

08. TECHNICAL SIGNALS EMERGING

Watch for confirmation

Structure, trend, range or breakout conditions

Key levels, confirmation signals and where the thesis would need updating

09. KEY EVENTS & CRITICAL TASKS

Protect the preparation

Scheduled data, earnings, auctions or speeches

Critical research, preparation and risk-management tasks before the open

Execution discipline and objective post-session review.

10. EXECUTION LOG — During the session

Trade setup, instrument and thesis

Entry, exit, position size and planned risk

Planned versus actual execution where did I stay on process?

11. IN-SESSION AWARENESS — Observe the internal environment

Emotions or impulses noticed and how I responded to them

Physical signals: energy, tension, or a sense of ease and flow

Hydration and nutrition check during the session

12. POST-SESSION REVIEW — After the close forward-facing reflection

What I did well today specific behaviours and decisions that were on point

How I closed the loop my end-of-session reset practice

One forward-looking learning: what I will carry into tomorrow

A structured record of each trade and the decision behind it.

Time & instrument	Entry	Exit	On plan?	Result	Comment forward-focused

Use a new row for each meaningful decision. Comments should be forward-facing: what does this trade teach me?

13. END-OF-SESSION SYNTHESIS

Connect behaviour to outcome