

## THE FINAL TAPE

# Integrated Checklist + Playbook System Template

Connection framework, feedback loop examples, weekly integrated review, and edge improvement tracking

## Checklist rule → Playbook tag → Review action

Checklist rule	Linked playbook tag(s)	Review action
No adding to losers	Added to loser · Revenge sizing	If tag frequency >20% → enforce as mandatory rule
HTF trend confirmed	HTF conflict ignored · Early FOMO	Cross-filter low compliance + FOMO tag on losers
No news within 60 min	News spike · Post-news fade	Track avg R when rule violated vs satisfied
Stop at breakeven at +1R	Early fear exit · Stop moved early	Rank tag on ≥80% compliance trades only
Risk ≤ 1% per trade	Revenge sizing · Overconfident	Kill List item if correlated with red streaks

## Sample feedback loop examples

Trigger	Insight	Action
Low compliance: news filter	Violated 72% on Fridays after ≥2R loser	Kill List: no entries 30 min before high-impact news
Recurring tag: Early fear exit	68% of trades after red day, even at ≥90% compliance	Add checklist rule: mandatory BE trail at +0.8R
High compliance: ORB Long ES	88% avg compliance, +1.4R expectancy in trending regime	Prioritize in playbook; add regime filter for chop

## Interlocking cycle (4 steps)

- **1. Checklist** — score compliance on every trade
- **2. Playbook** — tag behavioral and contextual reality
- **3. Weekly review** — cross-filter both systems on last 20 trades
- **4. Refine checklist** — act on top insight; re-measure next month

## Weekly integrated review (45 min)

- Filter last 20 trades with compliance scores and tags applied
- Compare avg R by Green vs Amber vs Red compliance bands
- Sort top negative playbook tags on losing trades (≥80% compliance subset)
- Map top tag to a checklist rule — update or enforce
- Write one Kill List item with re-measurement metric for next week

**Edge improvement tracking sheet**

Metric	Week 1	Week 2	Week 3	Week 4
Avg Compliance Score (%)				
Top negative tag (frequency)				
Avg R ( $\geq 80\%$ compliance trades)				
Expectancy by best setup				
Kill List item (one rule)				

thefinaltape.com · Academy Lesson 13 — Integrated Checklist + Playbook