

THE FINAL TAPE

Trade Entry Checklist

Pre-entry psychology + minimum log fields — run before every Active Trade submit

Psychology + setup validation

- Not entering from revenge, FOMO, or post-loss tilt
- Last three trades were not emotional overrides — pause if they were
- Setup matches what you actually see — not a generic label
- Stop is at invalidation, not a comfort distance

Minimum fields at entry

Field	Requirement
Trading setup	Named setup object — drives setup-level expectancy
Symbol + direction	Exchange-filtered symbol, Long or Short
Planned entry / stop / TP	Prices defined before outcome color
Risk %	Matches portfolio default unless tagged override
Compliance score	Checklist completed at entry — not scored after P&L
Entry time	Planned or actual — stored UTC, shown local

Step 1 — Basic information

- Setup, symbol, status Active, side, compliance checklist

Step 2 — Entry & exit strategy

- Entry time, planned prices, risk %, optional multi-TP (100% total), chart URL

Step 3 — Review & submit

- Verify compliance recap, R:R, dollar risk, portfolio active — then Submit

Common entry mistakes

- Post-hoc logging from memory after the close
- Scoring compliance after P&L color
- Wrong active portfolio (mixed prop + personal)
- TP allocations not totaling 100%
- Skipping Step 3 review when metrics flag errors

