



SWING TRADING CHECKLIST

SWING TRADING CHECKLIST

PREPARED BY: SYED RAHMAN | WWW.THESYEDRAHMAN.COM

DATE _____

MARKET TREND DIRECTION [Select one option only]

- THE MARKET IS TRENDING (UP / DOWN)
- THE MARKET IS RANGING

TRADING POINT [Select at least one option or more. More options ticked means stronger trading point.]

- PRICE IS AT HIGHER-LOW / LOWER-HIGH LEVEL - OR/&
- PRICE IS AT SUPPORT / RESISTANCE ZONE - OR/&
- PRICE IS AT FIBONACCI RETRACEMENT LEVEL - OR/&
- PRICE IS AT THE BOTTOM OR TOP OF A BULLISH/BEARISH RALLY - OR/&
- PRICE IS ABOVE OR BELOW 30 & 50 EMA LINES - OR/&
- PRICE BROKE THE RANGEBOUND/BREAKOUT PATTERN

TRADE ENTRY [Select one option only]

- BUY TRADE - STRONG BULLISH REVERSAL CANDLESTICK PATTERN FORMED
- SELL TRADE - STRONG BEARISH REVERSAL CANDLESTICK PATTERN FORMED
- BUY/SELL BREAKOUT TRADE - PRICE BROKE THE RANGE/ CONSOLIDATION AREA & THE BREAKOUT CANDLE CLOSED ABOVE/BELOW THE RANGE

RISK VS REWARD [Select at least two options including STOP LOSS]

- STOP LOSS HAS BEEN PROPERLY SET
- TAKE PROFIT IS AT FIBONACCI EXPANSION LEVEL
- TAKE PROFIT IS AT LEAST 2X THE STOP LOSS/RISK SIZE

SUMMARY (OPTIONAL) [Write down the values. Ex: instrument name: EURUSD or AAPL]

INSTRUMENT NAME TRADE ENTRY PRICE

STOP LOSS PRICE TAKE PROFIT PRICE

AFTER TRADE CLOSED [Select one option only]

TRADE WAS: PROFITABLE LOSS-MAKING BREAKEVEN

MY OBSERVATION

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CONSOLIDATION RANGE-BOUND



MARKET TREND

- THE MARKET IS TRENDING
- THE MARKET IS RANGING

TRADING POINT

- PRICE IS AT HIGHER-LOW / LOWER-HIGH LEVEL
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RISK VS REWARD

- STOP LOSS HAS BEEN PROPERLY SET
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- TAKE PROFIT IS AT LEAST 2X THE STOP LOSS/RISK SIZE

SUMMARY (OPTIONAL)

INSTRUMENT NAME: EURUSD

STOP LOSS PRICE: 1302.81

TAKE PROFIT PRICE: 1343.56

AFTER TRADE CLOSED

TRADE WAS: PROFITABLE

BUY at Breakout

Price above 30&50 EMA

TICKED MARKS

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ERN FORMED
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ANGE

NAME: EURUSD or AAPL
1302.81
1343.56

BREAKEVEN

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SWING TRADE CHECKLIST MANUAL

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[THIS IS A 8 PAGE STEP-BY-STEP MANUAL GUIDE OF A TRADING CHECKLIST WHICH COMES WITH A ONE PAGE SWING TRADING CHECKLIST TEMPLATE. IF YOU DON'T HAVE THE SWING TRADING CHECKLIST TEMPLATE, THEN DOWNLOAD IT FROM WWW.THESYEDRAHMAN.COM]

THE IMPORTANCE OF USING A TRADE CHECKLIST:

The trading checklist will improve your trading **Habit** and trading **Discipline** in two ways.

First, it will confirm if you have identified and checked all the necessary parameters before entering a trade. This will help you to be disciplined on your trading plan and eliminate any overlooked trading mistakes that could have cause you an unwanted loss.

And secondly, the Trade Checklist will act as a trading journal for every trade you placed in the market. If you use the checklist in a regular basis, you can recheck any previous trade setups and learn important lessons from all of your losing and winning trades.

So, print-out a 100 copies of the trade checklist template, keep it next to your trading desk, and use the checklist every time you identify a trade setup and want to make a trade entry.

This will surely improve your trading habit and lift up your trading skills.

THE MANUAL OF TRADE CHECKLIST TEMPLATE:

The swing trading checklist have 7 main steps to consider for every trade triggered in the market.

In each of the steps, you will have some fields next to an empty checkbox to write a tick mark for that particular situation if occurs.

The first 3 steps will guide you if you have correctly placed your trade entry at the most potential trade entry point by identifying the **Trend, Trading Point & Trade Entry Signal**.

Then the next two steps will guide you if you have properly configured the risk reward targeting and the summary of your trading details.

Then the last 2 steps will ask you if the trading was profitable or not and the observation or extra notes you took from that trade to recall the trading situation for the future trades.

Now, let's discuss each of the steps in more details.



TRADE CHECKLIST MANUAL

STEP 1. IDENTIFYING MARKET TREND DIRECTION:

MARKET TREND DIRECTION [Select one option only]

THE MARKET IS TRENDING (UP / DOWN)

THE MARKET IS RANGING

This step has only two fields next to their empty checkboxes. These two fields will confirm if you have identified the nature of the market trend, and is at the right market direction. Remember, you should never trade against the trend. It's important!

The first field will ask if the market is trending up or trending down. And the 2nd field will ask if the market is not trending rather is ranging in a certain price area.

So, if in your desired trading timeframe, the market is trending, either in the upward direction or downward direction, then tick the first field. And if the market is not trending and only ranging in a certain price range, then tick the 2nd field.

This step is very important. By selecting one of the field, you will always get a self-alert if you are trading against the trend or trading along with the market trend direction.

STEP 2. TRADING POINT DETECTION:

TRADING POINT [Select at least one option or more. More options ticked means stronger trading point.]

PRICE IS AT HIGHER-LOW / LOWER-HIGH LEVEL - OR/&

PRICE IS AT SUPPORT / RESISTANCE ZONE - OR/&

PRICE IS AT FIBONACCI RETRACEMENT LEVEL - OR/&

PRICE IS AT THE BOTTOM OR TOP OF A BULLISH/BEARISH RALLY - OR/&

PRICE IS ABOVE OR BELOW 30 & 50 EMA LINES - OR/&

PRICE BROKE THE RANGEBOUND/BREAKOUT PATTERN

This step has 6 individual fields to ask you if you have identified a strong trading point or price reversal area to look for trade entry signal and make a winning trade position.

You can select (tick mark) as many options as you want from this step. More options ticked means the trading point is more strong to look for a trade entry.

TRADE CHECKLIST MANUAL

For example, if the market is trending up, the price is at a previous support area, and that support is also at 38.2 Fibonacci retracement level, and the price is currently above both the 30&50 moving average lines, then that would make a strong higher low level on that uptrend.

So in that case you should tick mark the first 5 fields from this 2nd step. This setup would make a very strong trading point.

Tick the 6th field if the price did not retrace enough, or is ranging at the retracement level, or at any price level. You can tick multiple fields along with the 6th field from this step as because price can stay in a range bound pattern while it is on Fibonacci level, as well as at a support/resistance zone.

STEP 3. TRADE ENTRY POINT:

TRADE ENTRY [Select one option only]

- BUY TRADE - STRONG BULLISH REVERSAL CANDLESTICK PATTERN FORMED
- SELL TRADE - STRONG BEARISH REVERSAL CANDLESTICK PATTERN FORMED
- BUY/SELL BREAKOUT TRADE - PRICE BROKE THE RANGE/ CONSOLIDATION AREA & THE BREAKOUT CANDLE CLOSED ABOVE/BELOW THE RANGE

The 3rd step will confirm if you can place a trade position at the direction of the trend. This is the step where you search and find a solid trade entry signal with a reversal or strong bullish/bearish candlestick pattern.

Tick mark only one option from here based on the nature of your trading order.

So, to place a buy trade order, make sure that a strong bullish (reversal) candlestick pattern has formed at the trading point (HL/ Support/ Fibonacci retracement level/ Bottom/ above 30-50 EMA lines).

And to place a sell trade order, make sure that a strong bearish (reversal) candlestick pattern has formed at the trading point (LH/ Resistance/ Fibonacci retracement level/ Top/ below 30-50 EMA lines).

If you are trading at a range breakout pattern (Triangle pattern/box pattern, etc), then make sure that a strong candle has completely broke the range and closed by staying out of that range to make sure that the breakout is valid and not a fake breakout setup.

TRADE CHECKLIST MANUAL

STEP 4. RISK VS REWARD TARGETING:

RISK VS REWARD [Select at least two options including STOP LOSS]

- STOP LOSS HAS BEEN PROPERLY SET
- TAKE PROFIT IS AT FIBONACCI EXPANSION LEVEL
- TAKE PROFIT IS AT LEAST 2X THE STOP LOSS/RISK SIZE

By tick marking the fields in this step, you will make sure that you set a proper Stop loss for that trade in case the trade goes against your trading direction, hence prevent having huge losses.

This step is very important. Don't risk more than 5% of your total capital in a single trade, and never forget to set a specific price to place the stop loss order.

Likewise the Stop loss, it is also important that you predefine or pre-target probable price level to set the take profit order, in order to get out of the market by taking maximum profit from the trade before the market reverse to the opposite direction of the trade.

STEP 5. SUMMARY OF YOUR TRADE:

SUMMARY (OPTIONAL) [Write down the values. Ex: instrument name: EURUSD or AAPL]

INSTRUMENT NAME TRADE ENTRY PRICE
STOP LOSS PRICE TAKE PROFIT PRICE

This is the step where you come after you placed your trade order.

Here you can write down the name of the traded security (EURUSD, AAPL, AMZN, etc.), trade entry price, stop loss price, and the price where you target to take your profit.

This portion of the checklist will confirm if you have placed the entry, stop loss, take profit orders at the exact price points and will make sure if the trade placement is correctly done based on your trading plan.

TRADE CHECKLIST MANUAL

STEP 6 & 7. AFTER THE TRADE CLOSED:

AFTER TRADE CLOSED [Select one option only]

TRADE WAS: PROFITABLE LOSS-MAKING BREAKEVEN

MY OBSERVATION

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This is the step where you come back after closing the trade. Here you can mark if the trade was profitable, losing, or the trade was break-even (closed at the trade entry price, so no loss or profit).

And then on the next field, you can write down your own observation or after trade analysis for self-study purposes for the future trades. You can also write down the profit or loss amount in this field, and what you have learned from this trade.

FINAL WORDS:

It is absolutely fine if you have confusion understanding any part of the checklist, or the manual. By time and practice, you will realize that having and maintaining a trading checklist is one of the most important tool for everyday trading.

This whole trading checklist will not just help you to eliminate any trading mistakes you make during the trade, rather will also help you to keep and maintain a trade journal as well to learn from your own trading achievements and mistakes.

Every successful trader has their predefined step by step trading plan which they follow before, during and after the trade. And a trading checklist can lead you to that success by following the trading plan and being disciplined on every trade you make in the market.

Print out the checklist template, put the template in-front of your trading desk, use the template before you make any trading decision. Sooner, you will be habituated following your trading plan even without the need of any paper of trading checklist.

Feel free to contact me for any queries or just to say hiii. I will be happy to talk to you.

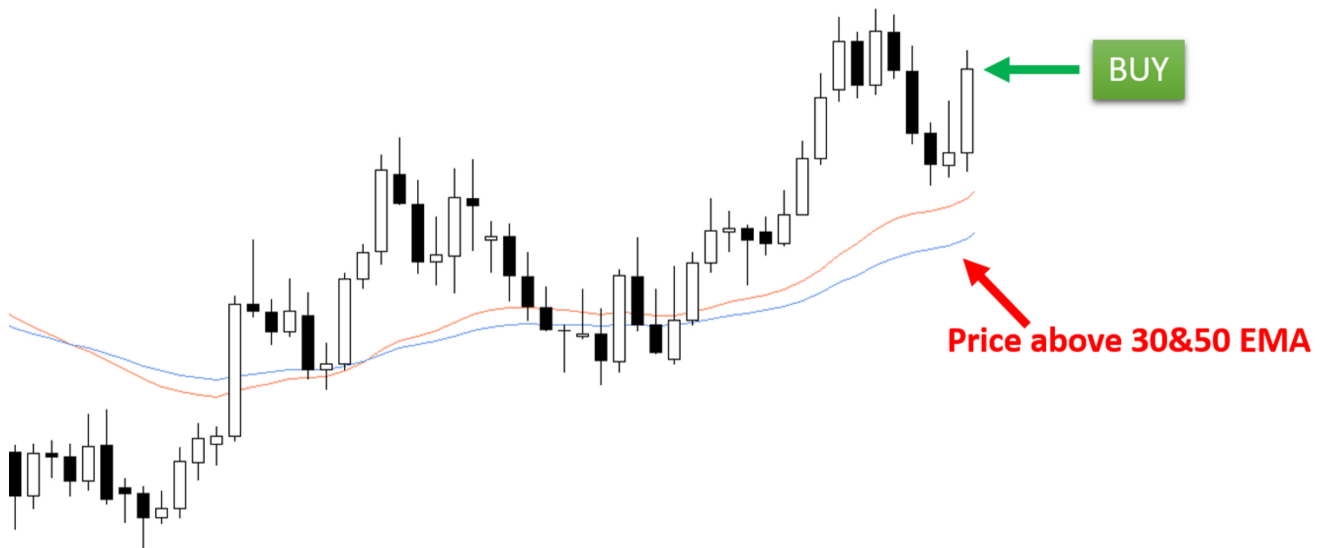
I wish you great success.

..... **CHECKLISTING EXAMPLES BELOW**



TRADE CHECKLIST MANUAL

EXAMPLE - 1



MARKET TREND DIRECTION [Select one option only]

- THE MARKET IS TRENDING (UP / DOWN)
- THE MARKET IS RANGING

TRADING POINT [Select at least one option or more. More options ticked means stronger trading point.]

- PRICE IS AT HIGHER-LOW / LOWER-HIGH LEVEL - OR/&
- PRICE IS AT SUPPORT / RESISTANCE ZONE - OR/&
- PRICE IS AT ...38.2... FIBONACCI RETRACEMENT LEVEL - OR/&
- PRICE IS AT THE BOTTOM OR TOP OF A BULLISH/BEARISH RALLY - OR/&
- PRICE IS ABOVE OR BELOW 30 & 50 EMA LINES - OR/&
- PRICE BROKE THE RANGEBOUND/BREAKOUT PATTERN

TRADE ENTRY [Select one option only]

- BUY TRADE - STRONG BULLISH REVERSAL CANDLESTICK PATTERN FORMED
- SELL TRADE - STRONG BEARISH REVERSAL CANDLESTICK PATTERN FORMED
- BUY/SELL BREAKOUT TRADE - PRICE BROKE THE RANGE/ CONSOLIDATION AREA & THE BREAKOUT CANDLE CLOSED ABOVE/BELOW THE RANGE

RISK VS REWARD [Select at least two options including STOP LOSS]

- STOP LOSS HAS BEEN PROPERLY SET
- TAKE PROFIT IS AT ...61.8... FIBONACCI EXPANSION LEVEL
- TAKE PROFIT IS AT LEAST 2X THE STOP LOSS/RISK SIZE

SUMMARY (OPTIONAL) [Write down the values. Ex: instrument name: EURUSD or AAPL]

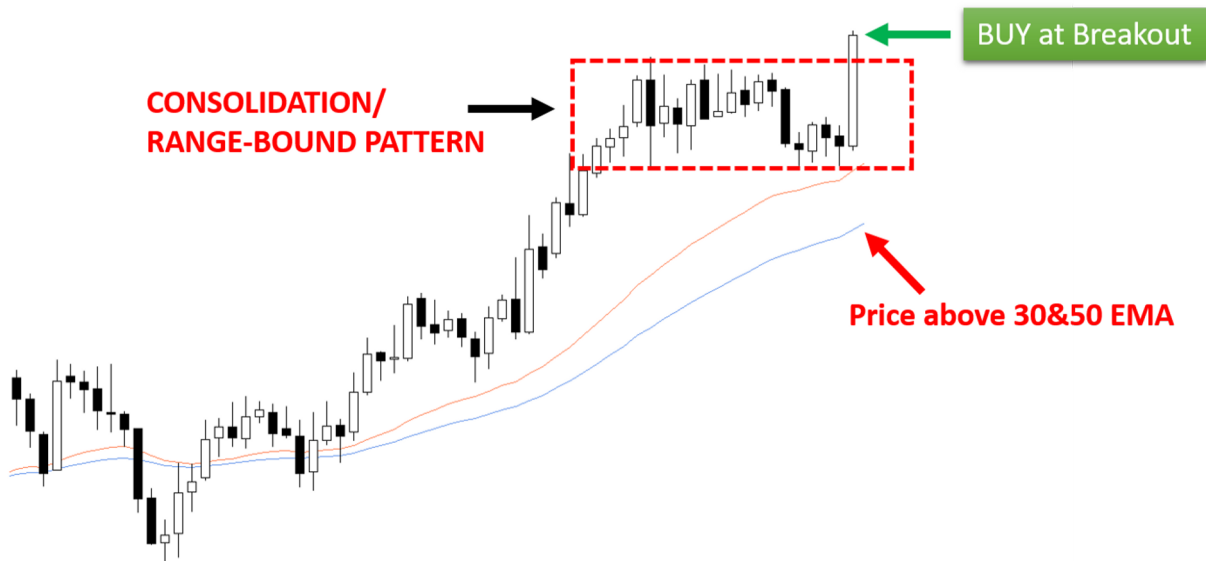
INSTRUMENT NAME **EURUSD** TRADE ENTRY PRICE **1.20297**
STOP LOSS PRICE **1.19105** TAKE PROFIT PRICE **1.22811**

AFTER TRADE CLOSED [Select one option only]

- TRADE WAS: PROFITABLE LOSS-MAKING BREAKEVEN

TRADE CHECKLIST MANUAL

EXAMPLE - 2



MARKET TREND DIRECTION [Select one option only]

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SUMMARY (OPTIONAL) [Write down the values. Ex: instrument name: EURUSD or AAPL]

INSTRUMENT NAME **XAUUSD /GOLD** TRADE ENTRY PRICE **1302.81**
STOP LOSS PRICE **1275.31** TAKE PROFIT PRICE **1343.56**

AFTER TRADE CLOSED [Select one option only]

TRADE WAS: PROFITABLE LOSS-MAKING BREAKEVEN

A LITTLE ABOUT ME.....



Started trading at the age of 17, I have always been passionate about exploring the opportunities on doing trading and investing on the financial markets.

But like most of others, the journey to become a successful trader and investor was not very pleasant for me who had no guidance at all, and it took me over 2 years to finally start seeing profit in a consistent basis after blowing up several trading accounts and those stressful days.

I learned trading the hard way from countless hours of efforts staring and analysing the charts, reading books and articles, took lessons from my own trading mistakes to be able to read & understand the market sentiment through price action charts.

And for the last 8 years, I have been sharing my knowledge with traders who have passion and interest to learn the financial trading markets to make a better living.

Until this date, I have trained thousands of traders worldwide through my online and offline courses, books, articles, videos, and trading seminars. And It feels really good when people tells me that they are getting positive results from my teachings.

I love trading. I enjoy sharing my trading experience and meeting with the passionate traders and investors. Feel free to reach out to me at -

syed@thesyedrahman.com or any of the web and social platform below

- *Syed Rahman*
TheSyedRahman.com



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