OPTIMUS Futures

GOALS

SPECIFIC – What goals are you trying to achieve in trading? Be as specific as possible, when/what/why/how? (Ex. Become an expert in reading orderflow and price action on the ES during the first hour of market open using 1 and 5 minute time frames..)

MEASURABLE - Make sure your goal is trackable/measurable

ACHIEVABLE - Is your overall goal achievable with the skills and strengths that you currently have? If not, what are you missing?

RELEVANT - Is the focus relevant to your overall goals in trading?

TIME BOUND - What are you looking to achieve on a month by month basis? Is the timeframe realistic for the desired achievement?

Edge

What style of trading? (Ex. Scalping, momentum, swing, trend continuation.)

What tools will you be using to conduct this style of trading and why? (Ex. candlestick charts, TPO, orderflow)

Describe your setup(s) in detail, outline what constitutes a valid entry signal.

Why is there an edge in this/these setup(s)? Why is the market paying you and what is the logic behind this system?

Has your edge been backtested or forward tested with over 100 entry and exit signals? If so, what were the exact results? (Ex. profit, win percentage, drawdown.)

What are the largest risks associated with your setup(s) that could cause execution issues? (Ex. is the setup too discretionary? False signals? Slippage?) How will you mitigate?

Are there any psychological barriers that will prevent you from executing entry signals? (Ex. patience, ability to focus, anxiety, processing speed) If so, are there any tools I can use that will mitigate these issues?

What time of day will you be trading and why?

Are there any days or weeks where you do not trade? If so, why or why not?

Do these setups play on your strengths? If not, what are your strengths?

Risk Management

Do you have a max drawdown on the day? Why or why not?

Do you have a daily profit target? Why or why not?

How much capital will you fund your account with and what percentage of that capital will be risked each trade as a % of the account? (Ex. $10,000 account, risking $100 per trade = 1% risk.)

For your setup(s) where do you place your stop loss, and why?

For your setup(s) where do you place your profit target and why?

For your setup(s) what is the risk reward ratio and breakeven win percentage? (Ex. 2:1 risk reward has a breakeven win percentage of 33%)

Are there any other risk management tools or rules that can be outlined?

Routine

Describe your premarket routine and what you do to prepare for the day.

Describe a trading session, when it starts, ends, any breaks, and how much focus is required for each trading session. Is this sustainable for your lifestyle and/or restraints/abilities?

Describe your post trading session routine, do you journal? Why or why not?

Review

How often will you review your trade plans performance?

For each review, use the following guide to rank the plans performance and find any weaknesses:
Perfect execution of setup(s) entry and exit signals (win percentage/profit factor/points without slippage or commissions):

*If the perfect execution of the setup(s) is not profitable, end review here and go back to drawing board/tweak entry and or exit signals.

Your execution of setup entry and exit signals with commissions and slippage (win percentage/profit factor/points):

What are the causes of this discrepancy between perfect execution and your execution? (Ex. psychological issues, slippage, false signals.)

Are the causes of the discrepancies an issue that you can work on or is it out of your control? Why or why not?

*If the issue is out of your control and reduces profitability to breakeven or below, end review here and go back to drawing board/tweak entry and or exit signals.

If the issue is within your control, what will you do to reduce its effect on the trading plan?