

PRE-TRADE CHECKLIST PACK

The Day Trading Quick-Reference Playbook — Ash Cole Trading Series

This pack contains four printable pre-trade checklists. Print a stack. Use one copy per trade. If any box cannot be ticked, the trade does not happen.

Before the Universal checklist: run the Universal No-Trade Filter (Book 8, Chapter 3). If any filter condition is true, skip these checklists — there is no trade.

Each checklist sits on its own page — print double-sided or single, your choice. Keep them beside your monitor.

UNIVERSAL PRE-TRADE CHECKLIST

Run before every trade. One copy per trade — print a stack.

✓	Checklist Item	Why it matters
☐	HTF bias confirmed on H4 or D1	<i>No bias, no trade.</i>
☐	Current time inside a valid killzone	<i>Outside the window, edge shrinks.</i>
☐	Key levels drawn on chart in advance	<i>No levels = no plan.</i>
☐	Economic calendar checked — no red news within 30 min	<i>News breaks structure.</i>
☐	Position size calculated at 1% max risk	<i>Protects the account above all else.</i>
☐	Trade journal open and ready	<i>Unjournalled trades do not teach.</i>
☐	Emotional self-check: not revenge trading	<i>Tilt destroys accounts faster than bad setups.</i>
☐	Entry, stop, and first target written down	<i>A plan in your head is not a plan.</i>

If ANY item is unticked → NO TRADE. Walk away and wait for the next window.

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ORDER BLOCK ENTRY CHECKLIST

Run after the Universal checklist. One copy per trade.

✓	Checklist Item	Why it matters
☐	OB is last opposing candle before displacement	<i>Defines the valid OB.</i>
☐	Displacement candle has a strong body	<i>Weak bodies = weak OBs.</i>
☐	OB direction matches HTF bias	<i>Alignment is non-negotiable.</i>
☐	Price returned to OB without blowing through	<i>Blown-through OBs are invalid.</i>
☐	Killzone active	<i>Outside = skip.</i>
☐	Stop placed beyond OB with buffer	<i>Protect against wick sweeps.</i>
☐	R:R minimum 1:2 to nearest liquidity	<i>No edge below this threshold.</i>

If ANY item is unticked → NO TRADE. Walk away and wait for the next window.

LIQUIDITY SWEEP ENTRY CHECKLIST

Run after the Universal checklist. One copy per trade.

✓	Checklist Item	Why it matters
☐	Sweep occurred at obvious equal-high or equal-low cluster	<i>Random wicks are not sweeps.</i>
☐	Rejection candle closed back inside the range within 1-3 bars	<i>Slow rejections are unconvincing.</i>
☐	Rejection direction matches HTF bias	<i>Counter-trend sweeps are traps.</i>
☐	Structural zone (OB or FVG) provides entry anchor	<i>Entry needs a zone, not just a wick.</i>
☐	Killzone active	<i>Timing filter.</i>
☐	Stop placed beyond the sweep wick	<i>The wick defines invalidation.</i>
☐	R:R minimum 1:2 to opposing liquidity	<i>No edge below this threshold.</i>

If ANY item is unticked → NO TRADE. Walk away and wait for the next window.

FAIR VALUE GAP ENTRY CHECKLIST

Run after the Universal checklist. One copy per trade.

✓	Checklist Item	Why it matters
☐	FVG visible between C1 high and C3 low (or inverse)	<i>Confirms gap exists.</i>
☐	Gap not previously filled	<i>Filled gaps lose edge.</i>
☐	Displacement candle confirms direction	<i>No displacement = no trade.</i>
☐	HTF bias aligns	<i>Counter-trend FVGs are low-probability.</i>
☐	Price entering gap from correct side	<i>Direction must match thesis.</i>
☐	Killzone active	<i>Timing filter.</i>
☐	Position size and stop pre-calculated	<i>Math before entry.</i>

If ANY item is unticked → NO TRADE. Walk away and wait for the next window.

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