



FREE GUIDE

The 60-Second Pre-Trade Checklist

10 questions to answer before you click buy or sell. For gold and forex traders who want fewer impulsive trades and more consistent risk.

By Jinhai Group · rtomima.gumroad.com

How to use this checklist

Most losing trades are not lost on the chart. They are lost in the few seconds before the click: no plan, no stop, too much size, or an emotional decision after a loss.

This checklist slows you down for one minute. Read each question before every trade and answer it honestly.

1. Print it or keep it open

Put it next to your screen or on your phone. You should see it before every entry.

2. Answer all 10 questions

Each question is a simple yes or no. Do not skip any, even on a "perfect" setup.

3. One "no" = no trade

If a single answer is wrong, you skip the trade. There will always be another one.

4. Log what you skipped

Write down the trades you skipped and why. After a few weeks, you will see which rule saves you the most money.

The golden rule

Your job is not to take many trades. Your job is to take only the trades that match your plan, with a risk you can accept.

The checklist: 10 questions

YOUR SETUP

- ☐ 1. Is this setup written in my trading plan?
- ☐ 2. Is price at a level I marked before the session started?
- ☐ 3. Does the higher timeframe agree with my direction?

THE MARKET

- ☐ 4. Is there no high-impact news in the next 30 minutes?
- ☐ 5. Is the spread normal right now (not wider than usual)?

YOUR RISK

- ☐ 6. Is my stop loss placed before I enter?
- ☐ 7. Is my risk 1% of the account or less?
- ☐ 8. Is my target at least 1.5 times my risk?
- ☐ 9. Am I still under my daily max loss and max number of trades?

YOUR MIND

- ☐ 10. Am I calm, and not trying to win back a loss?

One "no" = no trade.

Bonus: size your position in 30 seconds

Question 7 asks if your risk is 1% or less. Here is how to turn that into a lot size.

$$\text{Lot size} = (\text{Account} \times \text{Risk \%}) \div (\text{Stop in pips} \times \text{Pip value per lot})$$

Pip value per standard lot is about \$10 on EUR/USD, GBP/USD and other USD-quoted pairs.

Example: \$1,000 account, 1% risk = \$10. Stop loss = 20 pips. $\$10 \div (20 \times \$10) = 0.05$ lots.

Quick table: lot size for a \$10 risk (USD-quoted pairs)

Stop loss	10 pips	15 pips	20 pips	25 pips	30 pips	40 pips	50 pips
Lot size	0.10	0.06	0.05	0.04	0.03	0.02	0.02

Lot sizes are rounded down to keep risk at or under \$10. For a \$20 risk, double the lot size; for \$5, halve it.

Gold (XAU/USD), indices and crypto use different pip or point values, and they change from broker to broker. Always check the value per lot in your platform before you trade.

Want to go further?

This free checklist covers the minute before a trade. Our full guides cover the rest of your trading day:

The Complete Scalping Checklist for Gold & Forex

10 printable checklists and a trade log for fast intraday sessions.

rtomima.gumroad.com/l/scalping-checklist

The Trader's Daily Routine

Night-before, pre-market, session and after-close routines, plus a 30-day routine builder.

rtomima.gumroad.com/l/traders-daily-routine

Daily Trading Journal & Risk Calculator Workbook

A fillable risk calculator, quick tables and a daily journal.

rtomima.gumroad.com/l/trading-journal-risk-workbook

The Trader Toolkit (bundle)

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