



# PEAK PERFORMANCE TRADING COACH

by Neto Moreno

## The Trader's Daily Performance Checklist

*By Neto Moreno - Peak Performance Trading Coach*

*"Trade With Discipline. Execute With Consistency."*

*A simple daily routine to sharpen your focus and elevate your trading performance.*

Trading is not just about finding setups — it's about how you show up every single day. This checklist will help you **prepare, execute, and review** your trades like a professional.

👉 Use it daily. The more consistent you are with your process, the more consistent your results will become.

Consistency isn't built in the market — it's built in your habits. This checklist is a small piece of the full performance systems I teach traders in my coaching programs.

👉 **Want to go deeper?**

Visit <https://www.tradingperformancecoach.com/> to learn more about **Peak Performance Trading Coaching** and how we can build your edge together.

**Neto Moreno**  
**Peak Performance Trading Coach**  
[neto@tradingperformancecoach.com](mailto:neto@tradingperformancecoach.com)

<https://www.tradingperformancecoach.com/>

## Performance Checklist

### Pre-Market (Mindset & Preparation) 🕒

- 3-Minute Reset** – Pause, breathe, and clear distractions.
  - Daily Intention** – Write down your trading goal (e.g., follow risk plan, not P&L).
  - Market Context Review** – Note key levels, news events, and bias for the day.
  - Risk Check** – Confirm position sizing rules before the first trade.
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### During Market (Execution & Awareness) ⚡

- Setup Confirmation** – Only enter if ALL rules of your strategy are met.
  - Emotional Self-Check** – Ask: *Am I calm? Or trading out of fear/greed?*
  - Stop-Loss Locked** – Confirm SL is set before trade entry.
  - Trade Notes** – Jot quick notes on why you entered (don't rely on memory).
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### Post-Market (Reflection & Growth) 📊

- Performance Review** – Did you follow your plan 100%?
- Key Lessons Learned** – Write one improvement for tomorrow.
- Wins Acknowledged** – Celebrate even small discipline wins.
- Reset** – Mentally close the trading day (no revenge trading after hours).