

VMS Trade Checklist

Preparation. Execution. Consistency.

Use this checklist before every trade. If the setup does not meet your rules, wait for the next opportunity.

1. Trend Direction

- Price is aligned with the 50 EMA.
- Trading with the primary trend.

2. Market Structure

- Clear support or resistance.
- Pullback or reversal at a key level.
- Pattern identified (Double/Triple Top or Bottom, Channel, etc.).

3. Daily Chart

- Daily direction supports the trade.
- Rejection candle present.
- Daily momentum is aligned.

4. 4-Hour Chart

- Divergent momentum confirmed.
- Momentum hook confirmed.
- Structure remains valid.

5. Volume

- 4H Volume ≥ 80 OR
- 1H Volume ≥ 85 OR
- 15M Volume ≥ 90

6. Trade Planning

- Entry confirmed.
- Stop Loss placed using ATR.
- Position Tool confirms acceptable risk.
- Profit Target identified.

7. Final Decision

- A+ Setup
- A Setup
- PASS – Wait for a better opportunity.

Reminder

One successful trade doesn't prove a strategy. Consistent execution does.