



● **Futures Trading
Program Activities
Checklist**



Futures Trading Program Activities Checklist:

- ___ Create a weekly schedule for your training and trading. "Calendar" Lists live sessions
- ___ Download slides from "Class Resources"
- ___ Watch recordings of prior class "Class Recordings"
- ___ Attend a live class: "Live Futures Class"
- ___ Record the trade setup steps – create a trading log
- ___ Participate in "Live Trading Labs" live or watch "Lab Recordings."
 - ___ Begin simulated trading
 - ___ Instructor set ups
 - ___ Your own set ups
- ___ Maintain a trade log. Review results at the end of the week
- ___ Create a trading plan designed around your lifestyle and goals
- ___ Monitor results to determine next steps
 - ___ Continue on simulator: Repetition + Performance = Confidence
 - ___ Begin live trading
 - ___ Begin funded trader challenge

Utilize a Team approach:

- ___ Ask instructor questions during live classes and labs
- ___ Submit questions via the student portal
- ___ Regular check-in calls with Accountability coach

Review Futures Class

- ___ Watch the recordings a second time
- ___ Attend Live Futures class a second time



Forex Trading Program Progress Plan:

Watch Class Recordings:

Attend Live Class:

Sim Trading Practice:

Trade Log Practice:

Trading lab sessions:

Sim Trading Validation:

Trade Log Review:

Begin Live Trading:

Begin Funded Trader:

Start date goal:

Complete date goal:

Start date goal:

Complete date goal

Start date goal:

Start date goal:

Week 1: Number of sessions to complete:

Week 2: Number of sessions to complete:

Week 3: Number of sessions to complete:

Week 4: Number of sessions to complete:

Start date goal:

Start date goal:

Fill rate percentage goal:

Actual:

Win rate goal:

Actual:

Reward to risk goal:

Actual:

Start date goal:

Actual:

Start date goal:

Actual:



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