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NQ OPEN PREP CHECKLIST

A general routine for the hour before 9:30 AM ET. Education only.

BEFORE THE BELL

- [ ] **Am I ready?** Rested, calm, no urge to "make back" yesterday. If not, today is a watch-only day.
- [ ] **Check the calendar.** Any scheduled releases at 8:30 or 10:00 AM ET? Big ones (CPI, jobs report, FOMC) can make the open erratic.
- [ ] **Mark yesterday's high, low and close** on your own chart.
- [ ] **Mark the overnight high and low.**
- [ ] **Set my daily loss limit before I trade:** $ _____ . When I hit it, I stop for the day.
- [ ] **Decide my size from my stop, not from a feeling.**
- [ ] **Write my own "if, then" plan for each direction**, or write "no clear plan, no trade."

AT THE OPEN

- [ ] **Let the first minutes show their hand.** No chasing the first candle.
- [ ] **Only act on what I wrote down before 9:30.**

AFTER

- [ ] **Log what I did and why**, win, loss or no trade.

MY NOTES

This checklist is general education about building a routine. It is not a recommendation to buy or sell any futures contract, and it does not tell you when or what to trade.

Risk Disclosure: Trading futures, including E-mini and Micro E-mini Nasdaq-100 (NQ/MNQ) futures, involves substantial risk of loss and is not suitable for everyone. Futures are leveraged, so you can lose more than your initial deposit. Past performance, whether actual or hypothetical, is not indicative of future results. All content from CK TRADING INSTITUTE OF TECHNOLOGY LLC ("NQ Live Trading") is for educational purposes only and is not investment advice, a trade recommendation, or a signal service. We are not registered with the CFTC as a commodity trading advisor and are not NFA members. You alone are responsible for your trading decisions. Full Risk Disclosure: nqlivetrading.com/risk-disclosure

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