

The Swing Trade Checklist

Tick every box before you place an order. If one cannot be ticked, the trade waits.

1 MARKET CONTEXT

- ☐ Major indexes above rising 50-day averages
- ☐ Breadth is healthy, not only a few giants
- ☐ Volatility normal enough for my usual stop
- ☐ No major event likely to gap the stock

2 THE STOCK

- ☐ Liquid: I can enter and exit cleanly
- ☐ Stronger than the index (relative strength)
- ☐ A clear reason for demand
- ☐ Weekly trend is up

3 STRUCTURE

- ☐ Support zone marked
- ☐ Resistance / first target marked
- ☐ Volume confirms demand on up days
- ☐ Base or pullback is orderly, not wild

4 SETUP AND ENTRY

- ☐ I can name the setup (one of my six)
- ☐ Entry trigger written as a price or event
- ☐ Stop placed beyond the support zone
- ☐ Reward-to-risk is worth it (e.g. 2:1 or more)

5 RISK

- ☐ Risk per trade within my rule (e.g. 0.5%–1%)
- ☐ $\text{Shares} = \text{money at risk} \div (\text{entry} - \text{stop})$
- ☐ Rounded down, total exposure checked
- ☐ I accept the loss if the stop is hit

6 AFTER THE TRADE

- ☐ Logged in the journal the same day
- ☐ Result recorded in R
- ☐ Plan followed? Yes / Partly / No
- ☐ One lesson written down

No plan, no trade. Education only. HUMBLE BULLS does not sell stock picks, signals or advice, and nothing here is a recommendation to buy or sell any security. All numbers are illustrations. Trading involves risk, including loss of more than your planned amount through gaps and slippage.

Trade plan sheet

Print one per trade, or copy the fields into your journal.

Stock / date	
Market context (supportive / mixed / poor)	
Setup	
Why it qualifies	
Entry trigger	
Stop level and reason	
Account size × risk % = money at risk	
Entry – stop = risk per share	
Shares (money at risk ÷ risk per share)	
First target	
Plan for the rest of the position	
Time limit	
Earnings date / events	
Exit price and date	
Result in R	
Plan followed? (yes / partly / no)	
Lesson	