TQ

A TRADEQUILLO FIELD TOOL

The Evaluation *Constitution*

Three limits, decided in the calm, honored in the heat.

You cannot make these calls in the moment, because the moment is exactly when you are least able to. So you decide them now, before the session, and you treat them as law. Write the numbers in. Read this page before every session. Reaching any one limit ends the trading day.

I The give-back limit

The amount of open profit you will allow back before you stop for the day. The cushion you build in a good session is the thing most worth protecting.

My give-back limit: ______________________________

Reaching it ends the day. Protect the cushion. Do not chase it back.

II The two-loss stand-down

After two losing trades taken inside your plan, you stand down. Two is a count, not a feeling, so it is honest when the feeling is not.

My cooldown length: ______________________________ minutes

Walk away from the desk, ideally outside. Come back, read this page out loud, and only then consider re-engaging.

III The daily profit cap

The most you will let a single day produce before you cut size or stop. Steady, repeatable days pass evaluations. One hero day rarely does.

My daily profit cap: ______________________________

Hitting it is a good day. Treat the cap as success, not as a ceiling to push through.

Signed in calm: ______________________ Date: ______________________