Pre-trade checklist — technical analysis

Drawn from the Futures Mentorship 2026 transcripts. Applies before and regardless of which entry model or playbook is used.

MINIMUM R	STOP SIZE	SESSION	WHERE 80% OF TRADES SIT
4R	6 – 20 pt	NY AM only	First 2.5 hrs

A · BEFORE THE SESSION — BUILD THE PICTURE

- [ ] **Daily open / midnight key open first.** Always the first thing marked, every single day.
  "The very first thing that happens on a trading day is our midnight key open."
- [ ] **Higher timeframe context.** Where is price, what is it doing, what is it reaching for.
- [ ] **Naked weekly / daily opening gap?** Mark it, and delete it again once price opens inside it.
- [ ] **Map the POIs — resistance side first, then support side.**
- [ ] **Fib overlay to choose between POIs.** 0.618 to 0.786 is the optimal reversal band.
- [ ] **Say the expectational order flow out loud.** If you can't, you are in the 40% of days where you wait for the session to build it for you.
- [ ] **Mark the 30-minute NY window and the 2.5-hour end.**
- [ ] **Drop to the 1-minute for the open.**

B · PER POI — GRADE IT

- [ ] **Run the same block down the timeframes:** 4h → 1h → 30m → 15m → 5m → 3m → 1m.
- [ ] **Overlap across timeframes is the quality signal.**
  "Whenever you see those blocks aligned timeframe-wise, especially in a very powerful reversal POI, high probability."
- [ ] **Highlight the refined and the unmitigated part** — that is what you actually trade, not the whole block.

C · THE GATES — ALL MUST PASS BEFORE YOU CLICK

- [ ] **Is there an obvious POI?** Not "a level" — an obvious one.
  "If it's not obvious, do not force it. It needs to be obvious."
- [ ] **Would I take this without the confluence?** If the key open or the SMT is the only reason, it is not a trade.
  "It should be a trade that you are interested in taking even if there was no NYOP."
- [ ] **Is the stop between 6 and 20 points?** Below 6 you get wicked out; above 20 it is not your trade.
- [ ] **Is it 4R or better?**
  "Lower than four on a good setup, I won't do. I want four as a minimum."
- [ ] **Is there something to target?** A clean manipulation and displacement with nothing to aim at is still no trade.
- [ ] **Is the confirmation candle good?** Significant wick, significant body close. A weak close is not a rejection block.
- [ ] **Is it inside the NY AM session?**

D · STOP — DO NOT TAKE THE TRADE

- [ ] **Ranging around the key open.** Let it range. This is the one that produces losing streaks.
  "If you keep on taking trades, you're gonna get back to back to back losses."
- [ ] **Middle of nowhere.** Nothing on the left but liquidity.

- [ ] **Already mitigated?** Only still usable if it is the only thing there.
- [ ] **Does the fib land on it?** A fib alone is never enough; a POI without a fib is weaker.
- [ ] **Rejection block quality:** clear wick, aggressive reversal, significant candle body on the close. Include the volume imbalance when you draw it.
- [ ] **Target liquidity already taken.** Do not enter on the retest.
- [ ] **Limit not filled.** Never chase. "It's either your entry or no entry."
- [ ] **Setup is already good.** Do not refine further for a bigger R. You are adding risk for nothing.
- [ ] **You were wrong about the direction.** Do not force the other side to work.
- [ ] **The day is done.** Close the laptop. Staying open lowers your probabilities.

YOUR OWN ADDITIONS — NOT FROM THIS MENTORSHIP, SO TREAT THEM AS UNTESTED

These four are your synthesis, not his teaching. Keep using them if they work, but label them in your journal so you can measure whether they earn their place.

- [ ] **15m as the fixed zone timeframe.** He is timeframe-agnostic and picks whichever one is cleanest; he rejects the 15m as often as he uses it.
- [ ] **Zone sitting inside a 1-hour FVG.** He nests zones inside higher-timeframe rejection blocks and structure supply/demand — never inside an FVG.
- [ ] **TMU / 243 levels.** The words "243" and "TMU" appear nowhere in the 26 transcripts. This comes from your other education, not this course.
- [ ] **Refining to the candle body.** The block is defined as the wick. The body is his quality test for the confirming candle, not a zone edge.

He never states a minimum number of confluences. "You can never go wrong adding confluences" is the closest he gets. The only numeric gates in the entire course are the R multiple and the stop size — so the decision rule is not how many boxes are ticked, it is: **is it obvious, is the stop sane, is it 4R or better.**

Section D is the densest part of the course material, which is worth noticing. More is taught about when not to trade than about when to trade.