My essential playbook

Printable worksheet - not an interactive PDF form. Write before observing the session.

Starting point

I have a system / I need to define one. Version and date:

Market and timeframe

Choose one market and one observation timeframe.

Context

What must already be visible?

Entry rule

What must happen before the decision? Make it observable.

Invalidation

What makes the candidate invalid?

Management

What is the pre-defined exit or end of observation?

When I will not trade

Missing conditions, missing risk rules, or outside my window.

An observable rule

Hypothetical educational case. Invented prices; study only, not a trading strategy.

Market / timeframe

EUR/USD, 15-minute candles. Observe 09:00-10:00 UTC.

Context

Mark the high and low of 08:00-09:00 UTC before observing the next hour.

Observation rule

Study a long candidate only after a 15-minute candle closes above the marked high. Record the close; do not place a live order.

Invalidation and management

A later close back inside the marked range invalidates the candidate. End observation at 10:00 UTC or invalidation, whichever comes first.

Example

Marked high: 1.1000. At 09:15, close: 1.1004. The observation condition is met. Record a study candidate.

Counterexample

Price touches 1.1004 but closes at 1.0998. The condition is not met. Record no trade.

Limits

No backtest or evidence of an edge. Fees, spread, slippage, sizing and executable stop orders are not modeled. Without complete execution and risk rules this is not a tradable system.

Seven days. One rule.

No daily trading requirement. Observing a session without a trade is useful work.

DAY 1 / Write

Complete a first playbook. Circle one rule you can observe.

DAY 2 / Compare

Read the example and counterexample. Replace one vague phrase.

DAY 3 / Observe

Label the session: live, demo, study or no trade. Keep the evidence.

DAY 4 / Repeat

Observe again. Do not force an entry to fill the worksheet.

DAY 5 / Review

What was followed, broken or not assessable? Do not convert missing data to zero.

DAY 6 / Rewrite

Change one ambiguous sentence. Keep the previous version for comparison.

DAY 7 / Decide

Compare versions. Choose one observation for next week.

Use the existing Field Guide when needed

Start with the map on page 2; patterns on pages 4-8; routine on page 10; seven-day start on page 12. Its pattern labels are educational prompts, not a psychological diagnosis.

My first review

Use documented behavior. A winning outcome does not prove that a rule was followed.

Session

Date / market / playbook version / live, demo, study or no trade:

Rule and evidence

Quote the rule. What did you observe before knowing the outcome?

Assessment

Followed / not followed / not assessable. Explain why:

One next change

What sentence will you change, and what will you observe next?

Mini-example: no trade

Study session. No candle closed above the marked high. No trade was taken; the observation rule was followed. Next: define what to do if a candle is missing. No result in R is assigned.