

Beginner Day Trading Playbook Checklist

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The 4-Step Beginner Day Trading Playbook: Scan → Plan → Execute → Review

Hey Trader,

If you're just getting started, I know exactly how overwhelming day trading can feel. Charts, scanners, tickers — it can look like chaos. But here's the truth: trading doesn't have to be complicated. Every successful trader I know follows a simple process.

Today, I'm breaking it down for you into four powerful steps: Scan → Plan → Execute → Review.

This is the same framework I use every single day — the foundation that helps me trade with consistency and confidence.

Step 1: Scan

Every great trade starts here. Before the market opens, pros don't just wake up and gamble on random tickers — they scan. You are only as good as the stocks you trade.

Here's what to look for:

- **High Relative Volume (RVOL):** Strong premarket activity that continues after the open.
- **Liquidity:** Stocks trading at least 3 million shares daily with tight spreads — easy in, easy out.
- **Volatility:** Movement equals opportunity. Look for stocks moving beyond their average true range (ATR).

As a beginner, your goal isn't to find every stock in play — just 2–3 quality names that fit your setups. Keep it simple. Focus brings clarity.

Step 2: Plan

A trade without a plan is just a guess — or worse, a lottery ticket.

Before you ever enter a trade, ask yourself three questions:

1. Where will I enter?
2. Where will I exit if I'm wrong?
3. Where will I exit if I'm right?

If you can't explain your trade in one sentence, it's not a plan — it's a guess. This is where beginners fail. Consistency only comes from clarity and preparation.

Step 3: Execute

This is where emotions can wreck everything. Execution is about discipline. Follow your plan — no chasing, no FOMO, no second-guessing.

Most traders don't lose because they can't find trades; they lose because they abandon their plan mid-trade. Remember, your job isn't to predict the market. It's to execute your edge consistently.

Step 4: Review

This is the most underrated step — but it's where true growth happens.

After the close, take time to review your trades. Ask yourself:

- What worked?
- What didn't?
- What can I improve tomorrow?

Keep a trading journal. Every mistake is a lesson, but only if you take the time to learn from it. This habit turns you from a beginner into a consistent, confident trader.

Bringing It All Together

So here it is — the 4-Step Beginner Day Trading Playbook:
Scan → Plan → Execute → Review.

Simple. Powerful. Repeatable.
Over time, this becomes your trading process — your edge.

If you want this system broken down step-by-step with checklists, worksheets, and real trade examples, download your free copy of The Beginner Day Trading Playbook at [MarketProTrading.com](https://www.marketprotrading.com).

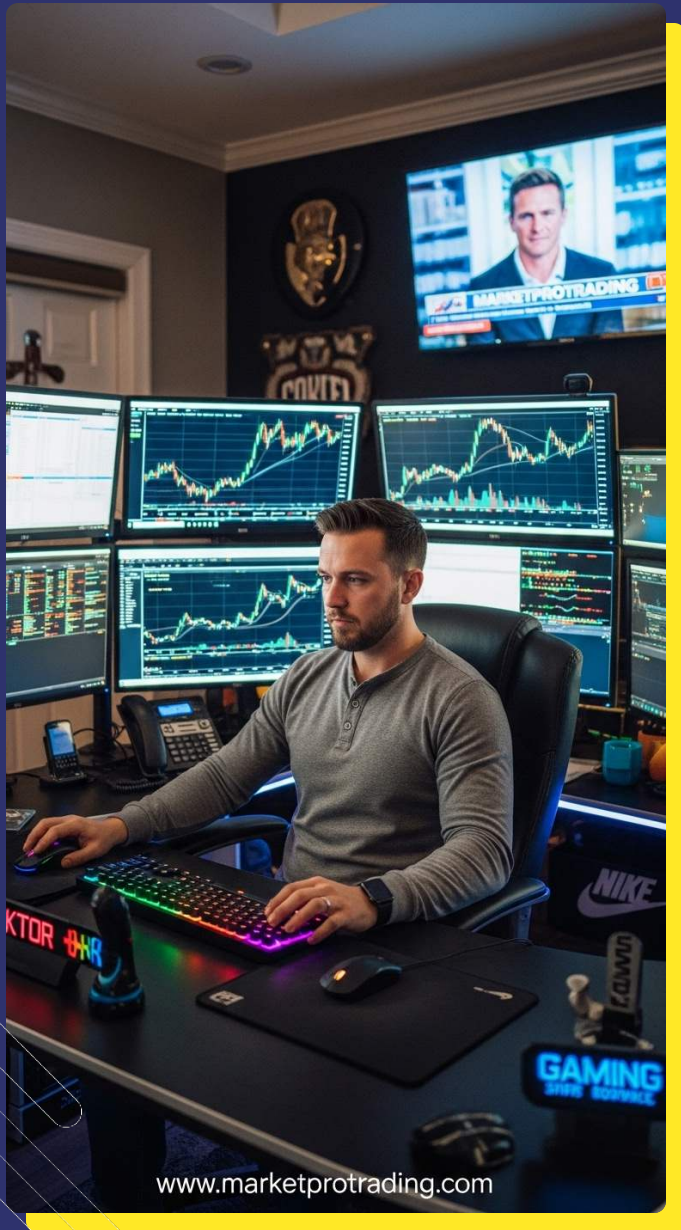
This is the exact system I wish I had when I started — it will save you months of frustration and help you trade with clarity, confidence, and consistency.

And if you're serious about leveling up your trading, I'd love to connect with you at [MarketProTrading.com](https://www.marketprotrading.com). Whether you're just getting started or already trading live, I'll show you how to trade the MarketPro way.

Trade smart,

Kevin Lloyd
Founder, MarketPro
Trading





Step I: Scan — Finding the Right Stocks

- Check premarket volume (RVOL \geq 2x average)
- Confirm liquidity (\geq 3M shares/day, tight spreads)
- Check float (avoid ultra-low floats unless part of your setup)
- Look for catalysts (earnings, news, FDA, sector movers)
- Identify market trend (SPY, QQQ direction)
- Scan sectors in play (energy, tech, biotech, etc.)
- Mark premarket highs/lows for levels
- Check ATR (Average True Range) — must be moving beyond normal
- Review institutional interest (unusual options flow, analyst upgrades)
- Finalize a watchlist of 2–3 A+ setups only
- Pro Tip: A great setup on the wrong stock is a wasted trade. Start with quality.

Step 2: Plan — Build Your Trade Idea

- Define entry trigger (breakout, pullback, support bounce)
- Define stop-loss (price where thesis is invalidated)
- Define profit targets (scale out levels; at least 2:1 R/R)
- Check position sizing (risk \leq 1% of account)
- Identify confirmation signals (VWAP reclaim, trendline break, volume surge)
- Write your plan in one sentence — if it's too complicated, pass
- Verify trade matches your playbook pattern
- Double-check market conditions align with your trade (trend vs chop)
- Set alerts/levels in your platform before the open
- Pro Tip: Professionals plan their exits before they enter. Amateurs guess while they're in.

Step 3: Execute — Discipline in Action

- Use hard stops — never widen them
- No chasing entries — wait for your trigger
- Stick to planned size — don't oversize out of greed
- Scale out into strength, not weakness
- Track risk-to-reward live during trade
- Respect your max daily loss rule
- Stop trading if you hit daily loss — protect capital
- Avoid revenge trading after a loss
- Review your mental state before each order
- Pro Tip: Execution is where most beginners fail. The market punishes lack of discipline.

Step 4: Review — Learn Faster, Lose Less

- Journal every trade (entry, exit, emotions, notes)
- Screenshot chart with annotations for each setup
- Grade each trade: A = flawless, B = small mistakes, C = broke rules
- Record stats weekly (win rate, avg R, max drawdown, consistency)
- Identify repeated mistakes and make correction rules
- Review best trades and build confidence
- Review worst trades and write 'rules to avoid repeating'
- Monthly: compare progress to last month's stats
- Adjust setups only after 20+ trade samples
- Pro Tip: Every losing trade is tuition. Reviewing it is how you earn the degree.

- Recap: Scan → Plan → Execute → Review
Simple. Repeatable. Consistent

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