

PTPS Daily Discipline Tracker

Instructions:

- Complete this tracker before and after each trading session.
- Use it to measure emotional state, follow-through, and discipline.
- Be honest. This tool rewrites your identity through repetition and awareness.

Date
Pre-Market Emotional Check (1-10)
Pre-Market Intention Statement
Number of Trades Taken
Trades Taken per PTPS Rules? (Yes/No)
Emotional Impulses Resisted (FOMO, boredom, etc.)
Post-Session Reflection
Daily Discipline Score (1-10)

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