

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 rewires your identity through repetition and awareness.

Date

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Pre-Market Emotional Check (1-10)

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Pre-Market Intention Statement

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Number of Trades Taken

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Trades Taken per PTPS Rules? (Yes/No)

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Emotional Impulses Resisted (FOMO, boredom, etc.)

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Post-Session Reflection

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