

How to Day Trade for a Living

by Andrew Aziz

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Paper Trade for 3 Months Before Real Money**

Track every hypothetical trade with the same discipline you'd use with real money. If you can't consistently profit on paper, real money will just lose faster.

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⁰² **Define Your Max Daily Loss - Before You Start**

Before every trading session: what's the maximum you're willing to lose today? Write it down. When you hit it - stop. Not after. The discipline is in the pre-commitment.

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⁰³ **Keep a Trading Journal**

Every trade: why you entered, what you expected, what happened, what you learned. Without a journal, you're flying without instrumentation. Patterns are invisible.

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⁰⁴ **Track Your Win Rate and Average R:R**

Calculate: what percentage of trades are winners? What's your average risk:reward ratio? These two numbers determine whether your strategy is viable at scale.

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⁰⁵ **No News Trading for the First 30 Minutes**

The first 30 minutes of market open are dominated by noise and overnight news reactions. Most setups aren't real. Wait. Watch. Let the market reveal itself.

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⁰⁶ **Set a Maximum of 3 Trades Per Day**

Quality over quantity. Fewer trades means higher conviction per trade, less emotional decision-making, and more energy for analysis. Restrain yourself deliberately.