A.J.'s End-of-Day (EOD) Trading Checklist

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1 Big Picture Review (10–15 Minutes)

Market Context

[ ] Reviewed S&P 500 daily chart
[ ] Reviewed VIX daily chart
[ ] Identified day type: Up / Down / Inside / Reversal
[ ] Noted close quality: Strong / Weak / Neutral
[ ] Assessed volatility: Expanding / Contracting

Sector Alignment

[ ] Identified leading sectors
[ ] Identified lagging sectors
[ ] Reviewed sectors tied to Hot List tickers
[ ] Reviewed sectors tied to Open Positions
[ ] Confirmed alignment with overall market tone

2 Candidate Follow-Through Review (15–20 Minutes)

For each candidate we were looking for follow-through on:

A. If follow-through was met and a trade filled

[ ] Updated trade log with full trade details
[ ] Updated candidate status: Hot List → Open Position (if applicable)
[ ] Updated candidate behavior: Reversal → Trending
[ ] Confirmed bail-out/stop-loss level (if applicable)
[ ] Confirmed target level (if applicable)
[ ] Recorded EOD notes (strength, weakness, structure)

B. If follow through was not met

1. If there is still a confirmed and validated EOD reversal signal

[ ] Updated follow-through conditions from previous trading session for next.

2. If confirmed and validated EOD reversal signal no longer exists

[ ] Updated candidate behavior: Reversal → Trending
[ ] Recorded reason why candidate was removed from active list

3️⃣ Hot List & Open Position Pattern Review (20 Minutes)

For each candidate on our hot list & open position log:

A. If there is a confirmed EOD reversal signal from the primary indicator

[ ] Evaluated volume validation
[ ] Checked for reversal bar patterns
[ ] Checked for reversal price patterns
[ ] Reviewed secondary indicators
[ ] Confirmed sector alignment
[ ] Confirmed market alignment
[ ] Checked for news, earnings, splits, dividends, other corporate actions

B. If there is a validated and confirmed EOD reversal signal

[ ] Updated candidate behavior: Trending → Reversal
[ ] Crafted follow-through conditions
[ ] Defined bail-out/stop-loss level (if applicable)
[ ] Defined target level (if applicable)
[ ] Logged next-session execution plan
[ ] Placed conditional order (if applicable)

Final Review (5 Minutes)

[ ] All logs updated
[ ] Invalid setups removed
[ ] Valid setups have defined triggers
[ ] No emotional decisions pending

Core Rules

- The market sets context.
- Reversals require confirmation and validation.
- Price and volume confirm — not opinion.
- No follow-through = no trade.
- Decisions made between sessions. Execution during session.