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# XAUUSD Pre-Trade Checklist

Run these ten checks before every XAUUSD trade, in order. Each takes seconds. If any answer is "no" or "not sure", there is no trade. Print a stack and tick one sheet per trade, or keep one laminated beside the screen.

|                          | #  | CHECK          | QUESTION TO ANSWER                                                | WRITE IT DOWN        |
|--------------------------|----|----------------|-------------------------------------------------------------------|----------------------|
| <input type="checkbox"/> | 1  | Session        | Is gold active now, or is it a thin, quiet hour?                  | Session:             |
| <input type="checkbox"/> | 2  | News           | Any high-impact US data or central-bank event in the next hours?  | Next event / time:   |
| <input type="checkbox"/> | 3  | Volatility     | How big is a normal day right now (ATR or average range)?         | ATR / today's range: |
| <input type="checkbox"/> | 4  | Macro backdrop | Are the dollar and real yields helping or fighting my idea?       | Helping / fighting:  |
| <input type="checkbox"/> | 5  | Setup          | Is this a setup from my written plan? Name it.                    | Setup:               |
| <input type="checkbox"/> | 6  | Stop           | Where exactly am I wrong? Stop beyond that point plus the spread. | Stop price:          |
| <input type="checkbox"/> | 7  | Size           | Which lot size keeps my loss within my risk per trade?            | Lots / risk \$:      |
| <input type="checkbox"/> | 8  | Margin         | How much margin will this use, and what is left?                  | Margin left:         |
| <input type="checkbox"/> | 9  | Costs          | What do spread, commission and swap cost on this trade?           | Cost \$:             |
| <input type="checkbox"/> | 10 | Mindset        | Am I calm, or chasing, revenge trading or tired?                  | State:               |

## T Trade ticket

☐ Long   ☐ Short   Date / time: \_\_\_\_\_

Entry price \_\_\_\_\_

Stop price \_\_\_\_\_

Target price \_\_\_\_\_

Stop distance (\$) \_\_\_\_\_

Risk (\$ and %) \_\_\_\_\_

Lot size \_\_\_\_\_

Reward-to-risk \_\_\_\_\_

## ! Go or no-go

☐ **All ten ticked:** place the order with the stop attached. Never add the stop later.

☐ **Any box empty:** no trade. Write the reason in your journal: skipped trades are data too.

## ✕ Walk-away rules

Stop for today after \_\_\_\_\_ losses

or a daily loss of \_\_\_\_\_ % of the account

No new entries in the minutes around high-impact news unless your plan says otherwise.

**Lots = (balance × risk %) ÷ (stop \$ × 100 oz)**

Free tools for each check at [xauusdglobal.com](https://xauusdglobal.com): market hours (/tools/gold-market-hours/), economic calendar (/tools/gold-economic-calendar/), volatility (/tools/gold-volatility/), real yields and dollar (/tools/gold-real-yields-dollar/), position size (/tools/position-size-calculator/), margin (/tools/gold-margin-calculator/), pip value (/tools/gold-pip-calculator/). The full guide: /blog/xauusd-pre-trade-checklist/