BOOM & CRASH
Trading Plan & Risk Checklist

A printable worksheet for planning and reviewing synthetic-index trades — not a signal or a promise of results.

1. Understand the instrument

Boom indices generally drift downward between sudden upward spikes. Crash indices generally drift upward between sudden downward spikes. The number in an index name refers to an average tick interval, not a countdown or a guaranteed spike schedule.

Instrument	■ Boom ■ Crash	Index / number	_____
Platform	_____	Date / time	_____
Chart timeframe	_____	Account type	■ Demo ■ Live

2. Pre-trade checklist

- ■ I confirmed the exact Boom or Crash instrument and checked its current contract specifications.
- ■ I understand which sudden spike direction would move against my planned position.
- ■ I checked the higher-timeframe structure and marked clear swing highs and lows.
- ■ I identified a meaningful support / resistance zone or a clear price-action setup.
- ■ I waited for a lower-timeframe confirmation; I am not entering just because I think a spike is due.
- ■ I know the price level that invalidates the trade idea.
- ■ I calculated position size from the stop distance and the amount I can afford to lose.
- ■ I selected a realistic target and checked that the available reward justifies the risk.
- ■ I can accept the planned loss without depositing more or trying to recover immediately.

STOP RULE: If the setup is unclear, the risk is too large, or your daily loss limit is reached, do not take another trade.

TRADE REVIEW SHEET

Complete this after every demo or live trade, including losing trades.

3. Write the plan before entry

Trade direction	■ Buy ■ Sell	Entry price	_____
Invalidation / stop	_____	Target price	_____
Planned risk amount	_____	Position size	_____
Reason for entry	_____		
What would cancel the setup?	_____		

4. Review after the trade

Did I follow my entry rule? ■ Yes ■ No	
Did I respect my planned risk and stop? ■ Yes ■ No	
Did a spike or fast move affect execution? ■ Yes ■ No	
Was I calm and patient, or did I feel FOMO / revenge / urgency?	
What did I do well?	
What is one specific thing I will improve next time?	

5. Risk reminders

- The average tick interval is not a countdown. Never enter only because you believe a spike is overdue.
- Indicators describe historical price data; they cannot guarantee the next spike's timing or direction.
- A stop order may execute at a different price during a sharp move. Size positions conservatively.
- Test the same rules on demo and record a meaningful sample before considering live trading.
- Never increase risk to recover a previous loss or trade with money needed for essentials.

Important risk disclosure: Synthetic indices and CFDs are complex, high-risk products. Leverage can magnify losses and you may lose your invested capital. This worksheet is educational only, not personal financial advice, a trading signal or a guarantee of profit. Check the provider's current product terms and risk disclosure.

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