PROEA LAB · PRE-TRADE CHECKLIST · CHECKED 29 OCTOBER 2026

The pre-trade checklist

Signal Desk's five setup checks, the grade they count to, three chase vetoes and the day's limits, on one page. Written for a long; shorts mirror it. The numbers are the desk's defaults, built on a five-minute index chart: write down your own, and test them before you trust them.

1 · The five checks: count them

☐	**Trend**	Supertrend (10, 3) points up and the 20 EMA is above the 50 EMA.
☐	**Momentum**	RSI (14) is above its 14-candle average and above 50.
☐	**Structure**	The last confirmed swing a close broke was a swing high. A swing needs 5 candles on each side, so it confirms 5 candles late.
☐	**Location**	The close is between 0.5 ATR below and 1 ATR above the 20 EMA, with ATR (14).
☐	**Candle**	A green candle whose body is at least 40% of its range, whose top wick is at most 35% of it, and whose range is at most 2.5 ATR.

Grade: A = all 5, B = 4, C = 3. The default minimum is B. A grade below it doesn't fire.

2 · The chase vetoes: any one says no

☐	**Oversized candle**	Skip it if the candle's range is more than 2.5 ATR.
☐	**Stretched**	Skip it if the close is more than 2 ATR beyond the 20 EMA in the trade's direction.
☐	**Late in a run**	Skip it if the last three closes span more than 3 ATR and the close is beyond the close three candles ago in the trade's direction.

A veto doesn't read the grade. Exactly on a limit passes.

3 · The day

☐	**Entry window**	Enter only on candles that open from 09:30 to before 14:45, India time by default.
☐	**Daily cap**	At most 2 entries a day, both directions together.
☐	**Cooldown**	Wait 6 candles after an exit.
☐	**One at a time**	No new entry while a trade is open.

Intraday: an open trade is squared off on the first closed candle that opens from 15:00 to 15:15. Set your own market's hours.

What an A is, and isn't

An A is a count: all five checks agreed on the closed candle. It isn't odds. Signal Desk Premium's page: "Conditions, not odds. A means all five setup factors were there, B four, C three; a grade says nothing about how likely a trade is to work." The library desk's manual: "It is a count, not a probability. The other entry limits still apply."

Why a list, and why a plain count

A list gets the same steps done every time. Haynes and colleagues (N Engl J Med, 2009) tested "a 19-item surgical safety checklist designed to improve team communication and consistency of care" in surgery, a before-and-after study that says nothing about trading. And a count with equal weights is a respectable way to combine checks: Dawes (1979) found "unit (i.e., equal) weighting is quite robust for making such predictions."

Worked once. The explainer's drill: the 10:40 candle on a simulated five-minute session passes 4 of 5 checks (location fails), grade B, which meets the minimum. Its close is 2.15 ATR above the 20 EMA, so the stretch veto refuses it: no entry.

Readings: close 24,607.6, 20 EMA 24,533.5, ATR 34.5; candle range 2.03 ATR, three-close run 2.14 ATR. Simulated candles, not market data.

Read it in full

Every check explained, the drill, and what an A+ setup is: proea.app/en/blog/pre-trade-checklist
The indicator that runs this list on every closed candle (in Pine Pro Library): proea.app/en/pine-library/signal-desk
What we measured when we tested the grade, with its sample and limits: proea.app/en/blog/signal-desk-what-we-measured

Tick 10 trades

Date · time	Market	T	M	S	L	C	Grade	Range	Stretch	Run	Window	Cap	Cool	Entry?
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T M S L C: trend, momentum, structure, location, candle. Range, Stretch, Run: the three vetoes (tick when it passes). Window, Cap, Cool: the day. Entry only when the grade meets your minimum and every other box is ticked.

Checks, grades, vetoes and session defaults: Signal Desk 1.2.0's manual (proea.app/en/pine-library/signal-desk) and Signal Desk Premium's page. Haynes et al., N Engl J Med 2009;360:491–499. Dawes, American Psychologist 34(7):571–582, 1979. All read 29 October 2026. Our summary. Educational, not financial advice. © ProEA Lab · proea.app