TRADY360

A self-check for traders

Trading Behavior Check

Twelve questions about how you trade, not how much you make. Score yourself across risk management, overtrading, FOMO, revenge trading and discipline.

Time needed	About 10 minutes, including scoring
What you need	A pen. Nothing else.
Scoring	At the back of this document, from page 6
Cost	Free. Yours to keep and re-take.

BEFORE YOU START

How this works

Read this page once. It changes what the score is worth.

The scoring key is at the back on purpose

You'll notice the answers aren't labelled good or bad, and the point values aren't printed next to them. That's deliberate. If you can see which answer scores highest, you'll drift toward it without meaning to, and then the number at the end tells you about your intentions rather than your behaviour.

Answer all twelve first. Score afterwards.

Answer for the last month, not for your best month

Think about how you actually traded over the past four weeks or your last twenty trades, whichever is more recent. Not how you traded when you were focused. Not how you intend to trade next month.

If you're between two answers

Pick the one that describes the worse version. Under pressure that's the one that shows up, and pressure is when behaviour matters.

What this is not

- It isn't a psychological assessment. Nothing here diagnoses anything.
- It isn't financial advice, and it says nothing about what you should trade.
- It isn't a prediction. A high score doesn't protect you from a bad month.

> **One thing worth knowing before you answer**
>
> Most people who take this land in the middle band. That isn't a consolation prize. the middle is where the useful information is. It usually means you know the rules and the gap is in following them, which is a different problem with a different fix than not having rules at all.

PART 1

The twelve questions

Tick one box per question. Don't skip any; a blank scores zero.

QUESTION 1 OF 12

Before you enter a trade, do you know the exact amount you would lose if your stop is hit?

- ☐ **A** Sometimes
- ☐ **B** Always, I work it out before every entry
- ☐ **C** No, I decide as the trade goes
- ☐ **D** Usually, I estimate it

QUESTION 2 OF 12

How much of your account do you put at risk on a single trade?

- ☐ **A** More than 5%, or it depends how confident I feel
- ☐ **B** I don't think about it in percentages
- ☐ **C** A fixed percentage, under 2%
- ☐ **D** Roughly 2–5%, it varies

QUESTION 3 OF 12

Once you're in a trade, do you move your stop loss?

- ☐ **A** Never, or only to lock in gains
- ☐ **B** Sometimes, when price gets close to it
- ☐ **C** Often, or I trade without a stop
- ☐ **D** Rarely

QUESTION 4 OF 12

In a normal week, how many trades do you take compared with what your plan calls for?

- ☐ **A** Noticeably more
- ☐ **B** About what I planned
- ☐ **C** I don't have a planned number
- ☐ **D** Slightly more

QUESTION 5 OF 12

When there is no clear setup, what do you usually do?

- ☐ **A** Watch and wait
- ☐ **B** I can usually find something to trade
- ☐ **C** Take something small just to be in the market
- ☐ **D** Stay flat and take nothing

QUESTION 6 OF 12

An asset is already moving sharply and you're not in it. What happens next?

- ☐ **A** I get in, I don't want to miss it
- ☐ **B** I add it to a watchlist and wait for a pullback
- ☐ **C** I skip it, it's outside my plan
- ☐ **D** I take a small position

QUESTION 7 OF 12

How often do social media posts or chat groups affect when you enter?

- ☐ **A** Sometimes
- ☐ **B** Never
- ☐ **C** Often
- ☐ **D** Rarely

QUESTION 8 OF 12

After a losing trade, how long before you open the next one?

- ☐ **A** Within the hour
- ☐ **B** Under 5 minutes
- ☐ **C** Next session, or after my planned review
- ☐ **D** Same day, but after a break

QUESTION 9 OF 12

After two losses in a row, your next position size is usually…

- ☐ **A** The same as always
- ☐ **B** Much larger
- ☐ **C** A bit larger, to recover faster
- ☐ **D** Smaller, or I stop for the day

QUESTION 10 OF 12

Do you have a written trading plan, with entry rules, exit rules risk per trade?

- ☐ **A** It's in my head
- ☐ **B** Yes, written down, and I follow it
- ☐ **C** No
- ☐ **D** Yes, written down, but I don't always follow it

QUESTION 11 OF 12

Do you record your trades anywhere?

- ☐ **A** Yes, most trades, numbers only
- ☐ **B** Occasionally
- ☐ **C** No
- ☐ **D** Yes, every trade, including why I took it

QUESTION 12 OF 12

How often do you go back and review your past trades?

- ☐ **A** Never
- ☐ **B** Weekly or more often
- ☐ **C** Only after a bad run
- ☐ **D** Monthly

Answer sheet. Copy your twelve letters here before you turn the page.

Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Q11	Q12

PART 2

How to score it

Three steps and no division. Roughly five minutes.

Step 1. Turn your letters into points

Find each question below and circle the number under the letter you chose. The best answer isn't in the same position twice in a row, so check each row.

Question	Area	A	B	C	D
Q1	Risk Management	1	3	0	2
Q2	Risk Management	1	0	3	2
Q3	Risk Management	3	1	0	2
Q4	Overtrading	1	3	0	2
Q5	Overtrading	2	0	1	3
Q6	FOMO	0	2	3	1
Q7	FOMO	1	3	0	2
Q8	Revenge Trading	1	0	3	2
Q9	Revenge Trading	2	0	1	3
Q10	Discipline	1	3	0	2
Q11	Discipline	2	1	0	3
Q12	Discipline	0	3	1	2

Step 2. Add up each area

Area	Add the points from	Your total	Out of
Risk Management	Q1 + Q2 + Q3	_____	9
Discipline	Q10 + Q11 + Q12	_____	9
Revenge Trading	Q8 + Q9	_____	6
Overtrading	Q4 + Q5	_____	6
FOMO	Q6 + Q7	_____	6

Step 3. Look up your contribution and add the five numbers

The five areas don't count equally. Risk management and discipline carry the most weight, because a gap there can cost you an account in a single trade, while overtrading and FOMO tend to erode one slowly. The table below already has the weighting built in, so just read across and add.

For Risk Management and Discipline (scored out of 9)

Your area total	0	1	2	3	4	5	6	7	8	9
Contribution	0	3	6	8	11	14	17	19	22	25

For Revenge Trading (scored out of 6)

Your area total	0	1	2	3	4	5	6
Contribution	0	3	7	10	13	17	20

For Overtrading and FOMO (scored out of 6)

Your area total	0	1	2	3	4	5	6
Contribution	0	3	5	8	10	13	15

Your score

Risk Management contribution	_____
Discipline contribution	_____
Revenge Trading contribution	_____
Overtrading contribution	_____
FOMO contribution	_____
TRADING BEHAVIOR SCORE (add the five, out of 100)	_____

Now mark your weakest area, the one where you scored lowest relative to its maximum. Out of 9: anything 0–3 is weak. Out of 6: anything 0–2 is weak. That area is where the reading on page 9 starts.

PART 3

What your score means

Three bands. The band matters less than the weakest area underneath it.

75 – 100 · DISCIPLINED

You're running a system, not a series of decisions.

Your answers describe someone with rules and a working habit of following them. That's less common than it sounds. At this level the usual gap isn't entries. it's review. Rules that are never checked against outcomes quietly stop matching the market you're actually trading, and you won't notice for months because nothing feels wrong. Look at your two lowest areas rather than your score.

45 – 74 · AT RISK

You know the rules. The gap is in following them.

Most of your answers point the right way, but a few describe decisions made in the moment rather than in advance. That gap doesn't stay constant; it widens exactly when it costs most, after a loss or during a fast move. The fix here is rarely learning something new. It's making one or two existing rules non-negotiable and keeping a record so you can see when you broke them.

0 – 44 · HIGH RISK

Right now, most of your decisions are being made in the moment.

Your answers suggest there isn't a fixed structure around entries, risk or review yet. That's an ordinary place to start and it's the most fixable of the three bands, because structure is a decision rather than a skill. Don't try to fix five areas. Take the weakest one, apply the three actions on the next page for a month, and re-take this check.

A note on re-taking it

Scores move. Re-take this after four weeks and compare the five areas, not the total. the total can stay flat while one area improves and another slips. Write today's date and score somewhere on this page so you have something to compare against.

PART 4

Start with your weakest area

Read only your own section. Three actions each. Give it four weeks.

RISK MANAGEMENT

Your position size is being decided by how a setup feels rather than by a fixed number. The practical consequence is that your worst trade and your best trade aren't the same size, and it's usually the worst one that's bigger, because conviction runs highest right where you're most wrong.

1. Pick one number, the percentage of your account you'll risk per trade, and write it where you can see it.
2. Work out the position size before the entry, not after. If you can't, you're not ready to take the trade.
3. For your next ten trades, log the loss you intended and the loss you actually took, side by side.

OVERTRADING

You're taking positions when there's nothing to take. The cost isn't only fees. Every unplanned trade uses attention and capital that the planned one needed, and it makes the next size decision harder because you've already moved the goalposts.

1. Set a maximum number of trades per week and treat it as a hard limit, not a target.
2. Write down the specific setup you're waiting for before the session starts.
3. At the end of the week, count how many trades matched that written setup.

FOMO

Your entries are being triggered by movement you can already see. By definition you're arriving after the information is public, which means your stop sits further away than it would have and your reward-to-risk is worse than the chart suggests.

1. Add one rule: no entry on an extended move without a written reason.
2. Keep a watchlist and require a pullback before you act on anything from it.
3. Mute or schedule the feeds that trigger it during your trading hours.

REVENGE TRADING

The trade after a loss isn't being sized or timed the way the one before it was. This is the single sequence where most one-day damage happens, and it's rarely a knowledge problem, since the rule is usually known and abandoned within minutes.

1. Set a cooling-off period after a loss and make it non-negotiable.
2. Define a daily loss limit. When it's hit, the session is over regardless of what the chart is doing.
3. Never increase size immediately after a loss. Write this one down as a rule.

DISCIPLINE

The rules exist but they aren't written or reviewed, so there's no way to tell whether you followed them. Without a record every month starts from zero, and the same mistake can repeat for a year while feeling like bad luck each time.

1. Write the plan down, entry, exit and risk, on one page.
2. Log every trade with the reason you took it, not just the numbers.
3. Book twenty minutes weekly to read the log back.

The ten-line checklist

Whatever your weakest area, this is the shortest version of all of it. Copy it somewhere you'll see it, or print this page.

#	Before you enter
1	The most I can lose on this trade is _____
2	Position size is calculated, not estimated
3	My stop is at _____ and here's why
4	This setup is in my written plan
5	This is trade number ____ of ____ this week

#	After you close
6	Actual result vs. what I planned for
7	Rules I broke, if any
8	Why I took it, in one sentence

#	Every week
9	How many trades matched the plan
10	Which rule I broke most often

PART 5

Questions people ask

Why doesn't this ask how much I make?

Because you'd answer it less accurately than you think, and because it wouldn't tell either of us much. Results over twenty trades are mostly noise. Behaviour over twenty trades is signal. It's stable, you can observe it directly, and unlike the market it's the part you control.

I scored low. Does that mean I shouldn't be trading?

No, and this check isn't equipped to answer that question. A low score means the structure around your decisions is thin right now. Structure is something you add, and most people who score low are simply earlier in the process than they assumed.

I scored high. Is there anything here for me?

The five area scores, yes. The total, less so. A 78 built on strong discipline and weak revenge-trading control is a different situation from a 78 that's even across the board, and the first one is more fragile than it looks.

I was between two answers on several questions.

That's normal and usually means the behaviour is situational: you do it one way on calm days and another way on fast ones. The instruction was to pick the worse version, because that's the one that shows up under pressure.

Does a higher score mean better returns?

It doesn't promise anything. This measures process, not outcome, and the two come apart constantly over short periods. Disciplined months lose money and reckless months get lucky. What a higher score means is that your results are being produced by something repeatable, so you can learn from them.

Some of the questions don't apply to how I trade.

Answer for the closest equivalent rather than skipping. If you trade infrequently, read “week” as “your usual trading period”. A blank scores zero, which will distort the area it belongs to.

Can I share this with someone?

Please do. Send them the file or point them to trady360.com/free-check. Comparing area scores with someone who trades similarly tends to surface more than taking it alone.

How often should I re-take it?

Every four weeks, or after any month that felt unusually bad. Compare the five areas rather than the total, and keep the old sheets.

What do I do after this?

Two things. Pick your weakest area and run its three actions for four weeks. And start recording trades in a form you'll actually read back, because every action on page 9 depends on having a record, and a checklist you fill in by hand tends to survive about two weeks of a busy market.

THE NEXT STEP

Stop keeping the record by hand.

Trady360 records your trades automatically and measures the same five areas you just scored, from your actual trade history rather than your memory of it.

- ✓ Every trade recorded automatically, in a structured view
- ✓ Risk parameters you set once, applied to every trade
- ✓ Past trades reviewed against the metrics that matter
- ✓ Progress tracked over months instead of remembered

Start at trady360.com

Free to start. Trady360 is a trading journal and risk-tracking tool. It does not give trading signals or advice.

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