

INTRADAY TRADING CHECKLIST

India Markets (NSE/BSE) • SEBI-Compliant • 2025–26

Pre-Market

Live Trade

Risk Gate

EOD Review

1. PRE-MARKET PREPARATION (Before 9:00 AM)

- Review Previous Day's Journal** Note wins, losses, mistakes & what to improve today
- Check Global Markets** SGX Nifty, Dow Futures, Nasdaq, Hang Seng for sentiment cues
- Check Nifty & BankNifty Levels** Identify key support/resistance on daily & 1H charts
- Scan Pre-Open Session (9:00–9:08 AM)** Watch order imbalance; note IEP (Indicative Equilibrium Price)
- Read Economic Calendar** FOMC, RBI decisions, CPI, GDP releases, F&O; expiry dates
- News & Corporate Actions** Earnings results, dividends, buybacks, FII/DII data from SEBI/NSE
- Identify 3–5 Watchlist Stocks** Stocks with high OI buildup, news catalysts, or breakout setups
- Confirm Margin Available** Check funds in trading account; account for MTM losses
- Set Alert Levels in Platform** Price alerts at key S/R zones for watchlist stocks
- Define Max Loss for the Day (MDD)** E.g., 1–2% of capital — stop trading if hit

2. STRATEGY & SETUP RULES (Before Entering Any Trade)

- | | |
|---|---|
| Trend Confirmed?
HTF (15m/1H) trend aligns with entry direction | Avoid First 15 Min?
9:15–9:30 AM — high volatility, avoid unless experienced |
| Key Level?
Entry near S/R, VWAP, or demand/supply zone | Avoid Last 30 Min?
3:00–3:30 PM — MIS auto-square-off risk zone |
| Volume Surge?
Entry bar has above-average volume | F&O; Expiry Day?
Avoid options far OTM; expect high IV and whipsaws |
| Momentum Indicator?
RSI, MACD, or Stoch supports direction | Circuit Filter Check?
Avoid stocks near 5%/10%/20% upper/lower circuit limits |
| Price Action Signal?
Engulfing, pin bar, inside bar, or breakout candle | Illiquid Stock?
Minimum bid-ask spread; avoid stocks < ₹5 Cr daily volume |

3. RISK MANAGEMENT GATE (MANDATORY — NO EXCEPTIONS)

- Stop-Loss Set BEFORE Entry** Hard SL order placed immediately — not mental SL
- Risk ≤ 1% of Capital Per Trade** E.g., ₹50 risk on ₹5,000 capital; adjust qty accordingly
- Risk:Reward ≥ 1:2** Minimum 2x reward vs risk; ideally 1:3 for high-quality setups
- Position Size Calculated** $Qty = (Capital \times Risk\%) \div (Entry - SL)$
- SEBI Margin Rules Checked** 2025: Min 20% margin for F&O; intraday leverage as per broker
- No Averaging Down on Losers** Adding to a losing position is prohibited — close instead
- Max 3 Concurrent Positions** More positions = less focus = more errors
- Daily Max Loss Limit (MDD)** If daily P&L; hits -1.5%, STOP trading for the day
- Weekly Loss Limit** If week loss > 3% of capital, review system before continuing
- No Revenge Trading** After a loss, wait 15 min before next trade — check psychology

4. LIVE TRADE EXECUTION (Active Trade Management)

Order Type Correct?

Limit order preferred; market order only for liquid stocks

Monitor But Don't Micromanage

Check every 5–15 min; not every tick

Slippage Acceptable?

Check bid-ask spread before entry; < 0.1% ideal

Trail SL as Price Moves

Move SL to cost once T1 hit — zero risk trade

Entry Trigger Hit?

Wait for confirmation candle — do not anticipate

No Premature Exits

Let trades breathe to stop-loss or target

SL Placed Immediately

Before the entry order is even fully filled

MIS to CNC Conversion?

Decide before 3:00 PM if holding overnight

Target Set (T1 & T2)?

Book 50% at T1, trail SL to breakeven for T2

Record Entry Details Live

Time, price, qty, setup type, confidence level

5. INDIA / SEBI COMPLIANCE RULES

NSE/BSE Market Hours

9:15 AM – 3:30 PM IST; Pre-open: 9:00–9:08 AM

MIS Auto-Square-Off

Brokers auto-square MIS positions at 3:20–3:25 PM; confirm time

F&O; New Position Limits (2025)

SEBI cap: Max 500 lots or 5 Cr equivalent on index F&O;

Intraday Margin (2025 SEBI Rules)

Upfront margin mandatory; no T+0 netting benefit from Oct 2025

STT on Intraday Equity

0.025% on sell side for intraday (MIS) — factor into cost

STT on F&O;

Futures: 0.0125% (sell side); Options: 0.0625% (sell side on premium)

No Short Selling Delivery

Cannot carry short equity positions overnight (SEBI rule)

BTST Risk Awareness

Buy Today Sell Tomorrow — delivery risk; stock may not settle

Insider Trading Alert

Avoid trading stocks you have unpublished price-sensitive info on

Circuit Breaker Awareness

Market-wide halt at Nifty –10%, –15%, –20% drops

6. TRADING PSYCHOLOGY CHECK

Emotionally Neutral?

Not angry, anxious, or euphoric from last trade

Not Overtrading?

Quality > quantity; max 5–6 trades per day

Following Plan Only?

No impulse trades; every trade has a written reason

No News Knee-Jerk?

Wait 1–2 candles post-news before acting

No FOMO?

Missed a move? Next setup will come — don't chase

Detached from Money?

Think in R-multiples, not rupee amounts

Accepting Uncertainty?

A+ setup can still lose; loss ≠ bad decision

Planned Breaks?

Step away 10 min after 2 consecutive losses

7. END-OF-DAY REVIEW (After 3:30 PM)

Log All Trades in Journal

Symbol, direction, entry/exit price, qty, P&L, setup type

Review Screenshots

Chart at entry and exit — what was right/wrong?

Calculate Day P&L; vs Expectations

Did you follow your plan? Was loss/gain within limits?

Identify Best & Worst Trade

What pattern worked? What mistake cost money?

Check SL Adherence

Did you honor all stop-losses without moving them?

Review Rule Violations

Fined yourself? E.g., no-trade zone violation, oversizing

Update Watchlist for Tomorrow

New setups forming? Remove stocks that lost momentum

■ **Prepare Tomorrow's Game Plan** Key levels for Nifty/BankNifty; earnings/events tomorrow

■ **Emotional Debrief** Rate mindset 1–10; note what affected psychology today

■ **Weekly/Monthly Stats Update** Win rate, avg R:R, Profit Factor, max drawdown tracking

■ QUICK REFERENCE

Position Size Formula

$Qty = (Capital \times Risk\%) \div (Entry - SL)$

Key Times (IST)

Pre-open: 9:00–9:08

Trade: 9:15–3:30

Auto sq-off: ~3:20

Risk Rules

Max/trade: 1%

Daily MDD: 1.5%

R:R minimum: 1:2

STT (2025)

Equity intraday: 0.025%

Futures: 0.0125%

Options: 0.0625%

■■ This checklist is for educational purposes only. Trading involves risk. Past performance does not guarantee future results. Always comply with SEBI regulations and consult a SEBI-registered advisor before trading.