

The 20 Trade Protocol

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PROP FIRM PARTNERS · USE CODE: REHAB

APEX

LUCID

TRADEFIFY

HUMBLE

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FIX YOUR TRADING BEHAVIOR BEFORE YOUR STRATEGY

The Real Problem NOT STRATEGY. BEHAVIOR.

Most traders believe they have a strategy problem. They do not. They have a **behavior problem under pressure.**

- Taking trades you did not plan
- Changing rules mid-session
- Trying to make losses back
- Inconsistent execution

The Pressure Cycle RECOGNIZE THE PATTERN

- 1 PRESSURE**
Frustration builds, urgency creeps in
- 2 OVER-CONTROL**
Forcing setups, overthinking every move
- 3 SNAP**
Rules break, emotional trades fire
- 4 TILT**
Revenge trading, account damage

Shift

THE SHIFT — SEPARATE BEHAVIOR FROM MARKET OUTCOME

You cannot control what the market does. You can only control how you act within it. Stop measuring success by profit and loss, measure it by execution quality.

ASK AFTER EVERY TRADE
Did I follow my plan?

THEN ASK SEPARATELY
What did the market do?

The Constraint System REMOVE DECISIONS

- 1 One trade per day**
- 2 No rule changes mid-session**
- 3 Defined setup only — no exceptions**
- 4 Defined consequence for breaking rules**

You cannot rely on willpower. The system must remove the decisions before the pressure hits.

The 20 Trade Protocol FIXED CONDITIONS

- 1 Same setup — every single time**
- 2 Same rules — no deviation**
- 3 No adjustments during the run**
- 4 No outcome tracking during execution**

Take 20 trades under identical, fixed conditions. Process over result.

Handling Losses

If you take a loss on a valid setup, **step away and reset.** Then ask: *did I follow my plan?* If yes — **nothing to fix.** A losing trade executed correctly is not a failure. It is evidence the system is working.

What To Do Next Week

For the next 7 days, **stop judging trades by profit and loss.** Only ask whether you followed your plan. You do not need to be right more often. You need to be **consistent in how you act under uncertainty.**

20 Trade Tracker

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COLUMN 1 — YES / NO
Did I follow my plan?

COLUMN 2 — BRIEF NOTE
What did the market do? (win / loss / outcome notes)

REMEMBER
A loss on a valid setup =
nothing to fix.

TRADE	DATE	SETUP / NOTES	DID I FOLLOW MY PLAN?	WHAT DID THE MARKET DO?	W / L
1			<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> W <input type="checkbox"/> L
2			<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> W <input type="checkbox"/> L
3			<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> W <input type="checkbox"/> L
4			<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> W <input type="checkbox"/> L
5			<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> W <input type="checkbox"/> L
6			<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> W <input type="checkbox"/> L
7			<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> W <input type="checkbox"/> L
8			<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> W <input type="checkbox"/> L
9			<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> W <input type="checkbox"/> L
10			<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> W <input type="checkbox"/> L
—	HALFWAY CHECK-IN · HOW IS YOUR EXECUTION FEELING? NOT P&L — BEHAVIOR.				
11			<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> W <input type="checkbox"/> L
12			<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> W <input type="checkbox"/> L
13			<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> W <input type="checkbox"/> L
14			<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> W <input type="checkbox"/> L
15			<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> W <input type="checkbox"/> L
16			<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> W <input type="checkbox"/> L
17			<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> W <input type="checkbox"/> L
18			<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> W <input type="checkbox"/> L
19			<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> W <input type="checkbox"/> L
20			<input type="checkbox"/> Y <input type="checkbox"/> N		<input type="checkbox"/> W <input type="checkbox"/> L

Terry (Futures Vagabond)

BEHAVIOR OVER OUTCOME
CONSISTENCY BEFORE PROFIT

→ Apply for 1-on-1 Coaching
Private, one-on-one coaching with Terry.

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