DTR TRADER RESEARCH LIBRARY

The DTR Account Review Checklist

Separate a bad outcome from bad behavior so you know what to fix next.

PURPOSE

Traders reviewing a trading day, failed evaluation, or payout attempt.

FORMAT

Research note, protocol, and field worksheet.

USE

Print before the session. Mark up after execution.

Why PnL-only review keeps traders stuck

A green day can hide terrible decisions. A red day can include professional execution.

If you only review PnL, you reward luck and punish discipline at the exact moments when the account needs clarity.

This checklist scores process quality: setup, risk, execution, recovery, and review.

The five review scores

Setup quality: did the trade belong to your plan or your mood?

Risk quality: did you know the max loss and accept it before entry?

Execution quality: did you enter, stop, and manage according to the plan?

Recovery quality: did the first loss change your behavior?

Review quality: did you create one adjustment for tomorrow?

The score interpretation

8-10 means the process is strong. Keep collecting evidence.

5-7 means there is potential but one behavior is leaking.

0-4 means passing faster is the wrong goal. The account will probably repeat the same failure.

Worked example

A trader ends green but scores 4/10 because two wins came from chasing and one stop was moved.

The review says the day was profitable but fragile. The next day's rule becomes: no trade without written invalidation before entry.

Operating note

A brief only matters if it changes the next decision under pressure.

Keep this document close enough to use before the trade, not after the damage is already visible in the account.

The standard is simple: fewer explanations, cleaner rules, and written evidence that your behavior is becoming more repeatable.

Field Notes

My setup score today was 0, 1, or 2 because:

My risk score today was 0, 1, or 2 because:

My recovery score today was 0, 1, or 2 because:

The one behavior I would not want repeated for 30 days is:

Tomorrow's rule is:

References behind this framework

- **Day trading survival math.** Barber, Lee, Liu, Odean, and Zhang find that aggregate day-trader performance is negative and estimate that 97% of day traders are likely to lose money in the future.

  Learning Fast or Slow? SSRN
- **Loss aversion under pressure.** Prospect theory explains why losses often change behavior more than equivalent gains. That is the psychological root of revenge trading, stop-moving, and payout fear.

  Kahneman and Tversky, Prospect Theory
- **Trader self-coaching.** Brett Steenbarger's work frames trading performance as a process of structured self-observation, concrete goals, and daily behavioral change.

  Wiley, The Daily Trading Coach
- **Mental-game execution.** Jared Tendler's trading psychology work treats tilt, fear, revenge, and confidence as repeatable performance leaks that need correction systems, not motivation.

  Jared Tendler, The Mental Game of Trading
- **Prop-firm benchmark reality.** Public prop-firm estimates vary widely. Some industry roundups cite 5-10% pass rates and about 7% receiving payouts; harsher payout-rate estimates are far lower. The honest move is to cite the benchmark used.

  QuantVPS prop firm statistics
- **DTF internal launch-to-date snapshot.** Production data checked May 17, 2026: DTF's launch-to-date approved-or-better payout account rate benchmarks roughly 3x above the low-end public prop-firm payout estimate. The useful proof is the rate, not raw volume.

  DTF production data snapshot