

DTR TRADER RESEARCH LIBRARY

The DTR Discipline Scorecard

Score whether today's behavior was repeatable enough to deserve more capital.

PURPOSE

Traders who need a daily process score, not another motivational quote.

FORMAT

Research note, protocol, and field worksheet.

USE

Print before the session. Mark up after execution.

Why discipline needs a score

Discipline is too vague until it is measured. The scorecard turns it into five visible behaviors.

The goal is not perfection. The goal is to know whether today's behavior should be repeated.

The five categories

Setup: did you trade defined setups or feelings?

Risk: was risk defined before entry?

Stop: did the stop match invalidation?

Recovery: did first loss change behavior?

Review: did you review behavior and process?

Score interpretation

0-4 means process risk is high.

5-7 means one behavior is leaking.

8-10 means you are building evidence.

Worked example

A trader makes money but scores 5 because risk and recovery were weak.

The next session starts with smaller size and a written first-loss rule.

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.

Setup score:

Risk score:

Stop score:

Recovery score:

Review score:

The lowest category tells me:

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](#)