

DTR TRADER RESEARCH LIBRARY

# The DTR Weekly Trader Audit

Find what to repeat, what to remove, and what to protect next week.

## PURPOSE

Traders who want one weekly behavior improvement instead of ten new opinions.

## FORMAT

Research note, protocol, and field worksheet.

## USE

Print before the session. Mark up after execution.

## Why weekly review works

Daily review can be too close to the emotion. Weekly review shows the pattern.

The goal is not to reinvent the strategy every Sunday. It is to pick one behavior to protect or remove.

## The three questions

Best decision of the week: what did you do well, why was it good, and how do you repeat it?

Worst decision of the week: what triggered it, and what rule would have stopped it?

Repeating pattern: what mistake showed up more than once, and in what mood or session condition?

## The next-week rule

Pick one rule only. No trades after two losses. No entry without invalidation. No size increase after green PnL. Review before the next trade.

One rule you follow beats five rules you admire and ignore.

## Worked example

A trader's best decision was skipping a low-quality trade. Worst decision was chasing after missing an entry.

The next-week rule becomes: missed trades require a retest or no trade.

## 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 best decision this week was:**

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**I can repeat it by:**

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**My worst decision this week was:**

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**The trigger was:**

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**My one rule for next week is:**

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## 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](#)