FREE / PRE-TRADE CHECK

# Run the VIBES check.

Use a hypothetical idea first. A checked box means reviewed, not safe or suitable.

- [ ] **V / Variables**
  What exactly am I buying? Record contract, price, units, timing, liquidity and downside.

- [ ] **I / Information**
  What is my sourced thesis? What would disprove it? Could the market already know?

- [ ] **B / Broker**
  Do I understand fills, costs, exit mechanics, exercise and resolution rules?

- [ ] **E / Energy**
  What is the public narrative? What is my emotional state? Am I chasing?

- [ ] **S / Savings**
  Could I lose the full amount plus existing exposure without touching essentials?

## If S is not confirmed: no trade.

If another answer is missing: keep researching or stay hypothetical. Then write the entry conditions, exit plan and maximum dollars at risk.

**Idea / date / one reason not to take it**