

Template: Scalping Trading Checklist

Generated: 4/8/2026

Based on Article: "Understanding Scalping: A Deep Dive into Fast-Paced Forex Trading"

Website: <https://thetraderinyou.com>

A practical checklist for Forex scalping to enhance execution and performance.

Checklist Items:

- 1. Ensure Tight Bid-Ask Spreads**
Verify that the spread is narrow to enhance profitability on small price moves, as wider spreads can eliminate potential gains.
Reference Section: What Scalping Means in Forex Trading
- 2. Choose High Liquidity Pairs**
Focus on major currency pairs during active market sessions to benefit from faster fills and lower slippage.
Reference Section: Core Scalping Strategies and Market Logic
- 3. Monitor Execution Speed**
Use platforms like MetaTrader 5 or cTrader that support rapid order handling and low latency to minimize delays in execution.
Reference Section: Execution Factors That Make or Break Scalping
- 4. Implement Momentum-based Scalping**
Trade during active market periods by entering positions after movements have started, using tight exits for small wins.
Reference Section: Core Scalping Strategies and Market Logic
- 5. Utilize Range-bound Scalping Techniques**
Identify price channels and trade near support and resistance levels while avoiding trades in the middle of the channel.
Reference Section: Core Scalping Strategies and Market Logic
- 6. Employ Breakout Strategies Wisely**
Look for tight price constrictions and confirm breakouts with real volume or momentum before entering a trade.
Reference Section: Core Scalping Strategies and Market Logic
- 7. Practice Risk Management**
Set stop-loss orders to manage risk, especially considering ESMA's leverage cap of 30:1 for retail traders on major currency pairs.
Reference Section: Risk Management for High-Frequency Decision Making
- 8. Analyze Market Conditions**
Constantly assess if the market is trending, ranging, or breaking to adapt scalping strategies accordingly.
Reference Section: Core Scalping Strategies and Market Logic

9. Review Order Execution Quality

Evaluate the effectiveness of your trades based on fill quality and costs, as execution can greatly impact scalping success.

Reference Section: Execution Factors That Make or Break Scalping

10. Avoid Common Scalping Mistakes

Be aware of common pitfalls such as trading too frequently or ignoring market signals which can derail your strategy.

Reference Section: Common Scalping Mistakes and How Experienced Traders Avoid Them