SIGNAL PILOT EDUCATION

Trading Pace Worksheet

Signal Pilot Education — companion to Lesson 76: The Pace You Actually Trade At.

Lesson 65 turned a trade count into a wait by assuming forty trades a month, and said in the same breath that the forty was stated rather than derived. This worksheet derives yours. Everything downstream — how long a verdict takes, what a month earns, what a year of costs comes to — is that one number multiplied by something.

> **Educational only.** Trading involves substantial risk of loss. Not financial advice. Past performance does not guarantee future results. Every number in this worksheet is one you measure on your own record; the figures in the right-hand column are what the lesson measured on its own grid, and they are there to be disagreed with rather than copied.

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1. Count orders, not opinions

Take a stretch of **at least twenty-eight moves** of the rule you actually run and count position changes, not trade ideas. An entry is one, an exit is one.

	Your number
Moves in the stretch	
Position changes in it	
Changes per move	

A completed trade is two position changes, so halve the last row before you call it a trade count.

2. Put it on a month

	Your number
Trading days in your stretch	
Position changes per trading day	
× 21 trading days	
÷ 2	
Completed trades a month	

3. Set it against what you assumed

	Your number	Lesson 65's assumption
Trades a month		40
Ratio		

If the ratio is well under one, every wait you have ever quoted yourself is short by that factor, and the correction is a division you can do in ten seconds.

4. Spend the number

	Your number
Round-trip cost per trade, in your currency	
Cost a month = cost × trades a month	
Cost a year	
Sample a verdict needs, from lesson 19	
Months to that verdict = sample ÷ trades a month	

What you are holding when this is filled in

One pace and one wait. The pace is measured on your own orders rather than assumed; the wait is what your record actually costs in months before it can settle anything. Every other figure in the professional tier is one of these two multiplied by something.

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