

TRADE BY CHECKLIST. LIVE BY CHOICE.

YOUR CRYPTO TRADING BUSINESS PLAN



YOUR FIRST-WEEK ACTION
PLAN TO SET UP YOUR
CRYPTO TRADING BUSINESS

By Craig Cobb, Veteran Trader & Founder @thegrowmeco ©2025

— TRADE BY CHECKLIST. LIVE BY CHOICE.

WHY THIS MATTERS

START RIGHT OR START OVER

Most traders dive in without a plan.

They open an account. They buy a coin.

They hope it goes up.

That is gambling, not trading.

This checklist gives you the structure to set up your trading business properly from day one.

Follow these steps before you risk a single dollar.

Your first week sets the foundation for everything that follows.



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1

SETUP YOUR **WORKSPACE**

WHAT TO DO:

Choose one device for trading only.

Desktop or laptop works best.

Set up a dedicated trading folder on your computer with these subfolders:

- Trade journal
- Chart screenshots
- Education notes
- Exchange records for accountant

Bookmark your exchange, TradingView, and any other tools you will use.

WHY IT MATTERS:

Trading scattered across devices creates mistakes. One workspace keeps you organised and disciplined.

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OPEN YOUR EXCHANGE ACCOUNT

WHAT TO DO:

Look for low fees, good security and fast support.

[Click here to open your Bybit trading account](#)

- Enable two-factor authentication immediately.

[Click here to open your Tradingview account](#)

- Download Bybit USDT futures pairs and add to Tradingview.

[Click here to setup your Bybit Futures trading charts.](#)

WHY IT MATTERS:

Security first. Your exchange holds your capital. Protect it like you protect your bank account.



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FUND YOUR ACCOUNT WITH RISK CAPITAL ONLY

WHAT TO DO:

Deposit only money you can afford to lose completely.

Start small. \$500 to \$2000 is enough to learn without risking your livelihood.

Never deposit rent money, bill money, or savings you need for emergencies.

WHY IT MATTERS:

Trading with scared money leads to emotional decisions. Risk capital keeps you calm and rational.

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SET YOUR RISK RULES BEFORE YOU TRADE

WHAT TO DO:

Write down these three rules and stick them on your monitor:

RULE 1: Never risk more than 1% to 2% of your account on one trade.

RULE 2: Set a stop loss on every single trade before you enter.

RULE 3: If you lose 3% of your account in one day, stop trading and review what went wrong.

WHY IT MATTERS:

Rules protect you from yourself.
Emotion kills accounts.

Structure keeps you alive.

A background image showing a hand holding a pen, writing on a notebook. The image is dark and moody, with the hand and pen being the primary light sources. The notebook has some faint, illegible handwriting on it.

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BUILD YOUR TRADING JOURNAL TEMPLATE

WHAT TO DO:

Create a simple spreadsheet with these columns:

- Date and time
- Coin traded
- Entry price
- Stop-loss level
- Exit price
- Profit or loss (dollars and percent)
- Notes on why you entered

Log every trade. No exceptions.

WHY IT MATTERS:

You cannot improve what you do not track. Your journal shows patterns, mistakes, and wins over time.



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LEARN ONE SIMPLE CHART SETUP

WHAT TO DO:

Pick one strategy to master first. Craig teaches two main setups in the full course: Cradle & Breakout.

For now, focus on understanding trend and its relationship to the 10 & 20 period EMAs on a clean chart.

Watch price action.

Learn to read the trend before you trade.

WHY IT MATTERS:

Complexity kills beginners. Master one setup before adding more. Simple works.



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TINY TRADE FOR ONE WEEK MINIMUM

WHAT TO DO:

Do not use a full 1% yet, risk only 0.1% per trade.

Open your exchange account. Practice calculating risk, placing trades, setting stop-losses, and sticking to your rules.

Log these trades in your journal as if they were a full 1% per trade.

At the end of each week, do an analysis of the trades you took and measure it against your checklist. See where you need to improve and make those improvements.

WHY IT MATTERS:

Tiny trading is still trading for real, but it is with far less capital and therefore emotion. When the money means nothing, the execution becomes the focus.



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MISTAKES TO AVOID

DON'T DO THIS:

MISTAKE 1:

Trading without a stop loss Hope is not a strategy. Set your stop before you enter.

MISTAKE 2:

Risking too much on one trade. Blowing up your account ends your trading career fast. Stick to 1% to 2% risk per trade.

MISTAKE 3:

Chasing coins you heard about online Hype kills accounts. Trade your plan, not Twitter noise.

MISTAKE 4:

Revenge trading after a loss. One bad trade does not need a second. Step away. Review your journal. Come back calm.

MISTAKE 5:

Skipping your journal If you do not log it, you do not learn from it. Every trade goes in the journal.

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THE NEXT STEP

WHAT HAPPENS AFTER WEEK 1?

If you followed this checklist, you now have:

- A secure exchange account
- Risk capital ready to trade
- Clear risk rules written down
- A trading journal set up
- One chart setup to practice
- Tiny trading experience under your belt

You are now ahead of 90% of beginners.

Now you need the full trading system.



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THE GMC CRYPTO TRADING COURSE

INSIDE THIS COURSE YOU WILL LEARN:

- The two core setups (with checklists) Craig uses
- Position sizing and risk management in depth
- How to read market structure and trends
- Trade execution checklists step by step
- Live analysis and community support
- What to do when things go incredibly well
- How to ensure things don't go bad – A simple plan

This checklist got you started.

The course teaches you to trade for real.

Want my access to my full trading method
and the GMC community ?

[SEE INSIDE THE TRADING COURSE](#)

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FROM CRAIG

"Most people want to get rich tomorrow.

That is why most people lose money.

Trading is a business.

You would not open a cafe without a plan, a budget, and a process.

Treat your trading the same way.

Follow this checklist. Build your foundation. Learn one setup at a time.

The traders who last are the ones who start right."