PRE-TRADE CHECKLIST

Vajgrt Labs - Education - run it before any SPY options trade - Updated Oct 21, 2026

[ ] Breakeven line drawn on the chart (strike + premium) - and price can plausibly reach it in time.

[ ] Delta between 0.50 and 0.65 - or a written reason why not.

[ ] Expiration matches the plan: day trade, swing, or thesis (45+ DTE for swings).

[ ] IV checked against its own recent range - no buying blind into a big event.

[ ] Theta rent for the holding period is acceptable - weekends included.

[ ] Gamma risk understood near expiry - size set for the flip, not the hope.

[ ] Limit order set from the midpoint - never a market order into a wide spread.

[ ] Exit rule written down BEFORE entry.

Education only - not financial advice. Options involve substantial risk of loss. Examples use real SPY chain data from Oct 9, 2026. Vajgrt Labs - Education.