DIVIDEND CAPTURE PRO - STOCK & ETF SELECTION CHECKLIST

v1 — 2026-07-06

Not every dividend is a setup. The goal is not the biggest payout - it is the cleanest setup.

☐ 1. UNDERSTAND WHAT IT IS - common stock, ETF, closed-end fund, BDC, REIT, option-income fund?

If you do not understand the vehicle, do not trade it.

☐ 2. CHECK THE YIELD - explainable beats extreme. Yield is a signal, not a thesis. A high yield is a question, not a prize.

☐ 3. CHECK EX-DATE AND PAY DATE - verified from the issuer or two public sources, not from memory.

☐ 4. CHECK RECENT PRICE BEHAVIOR - stable or rising trends usually make cleaner setups than falling charts.

☐ 5. CHECK RECOVERY HISTORY - how did the price behave after past ex-dates? Studied, not assumed.

Recovery behavior can matter more than payout size.

☐ 6. CHECK LIQUIDITY - volume and spread must support clean entry and exit.

☐ 7. CHECK POSITION SIZE - set by your sizing rule, never by excitement or available cash.

☐ 8. CHECK ACCOUNT FIT - IRA-first; the taxable lane adds complexity (see Chapter 13 and a tax professional).

☐ 9. DECIDE THE EXIT BEFORE ENTRY - target, give-up point, time stop. In writing.

☐ 10. DOCUMENT THE DECISION - why this trade was accepted or rejected. Rejections are evidence the checklist is working.

> DECISION: ☐ Reject ☐ Watch ☐ Candidate -> written pre-trade plan

Passing this checklist grants admission to a written plan. It is not a guarantee, and recovery is never owed.
