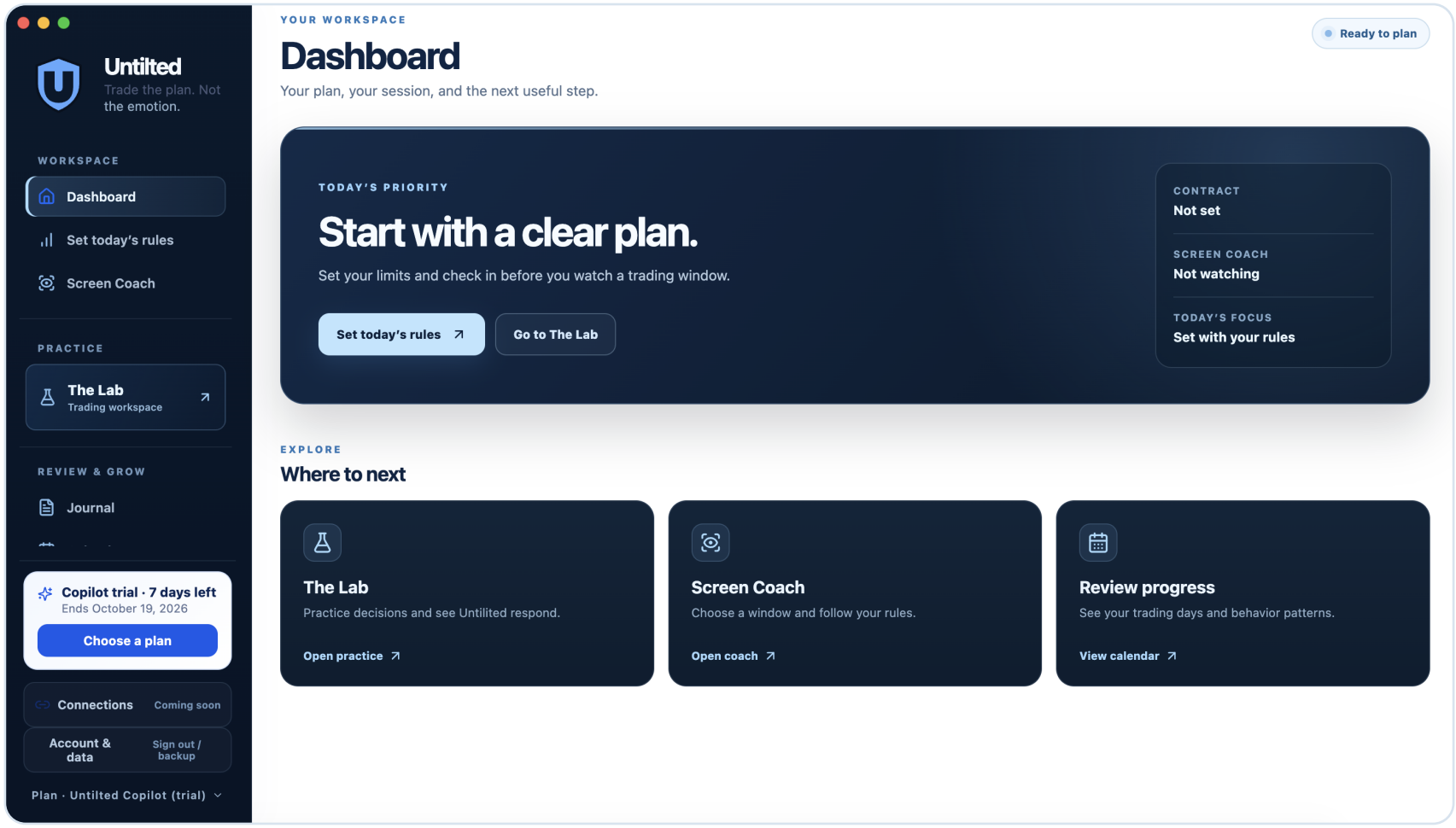
What is Untilted?

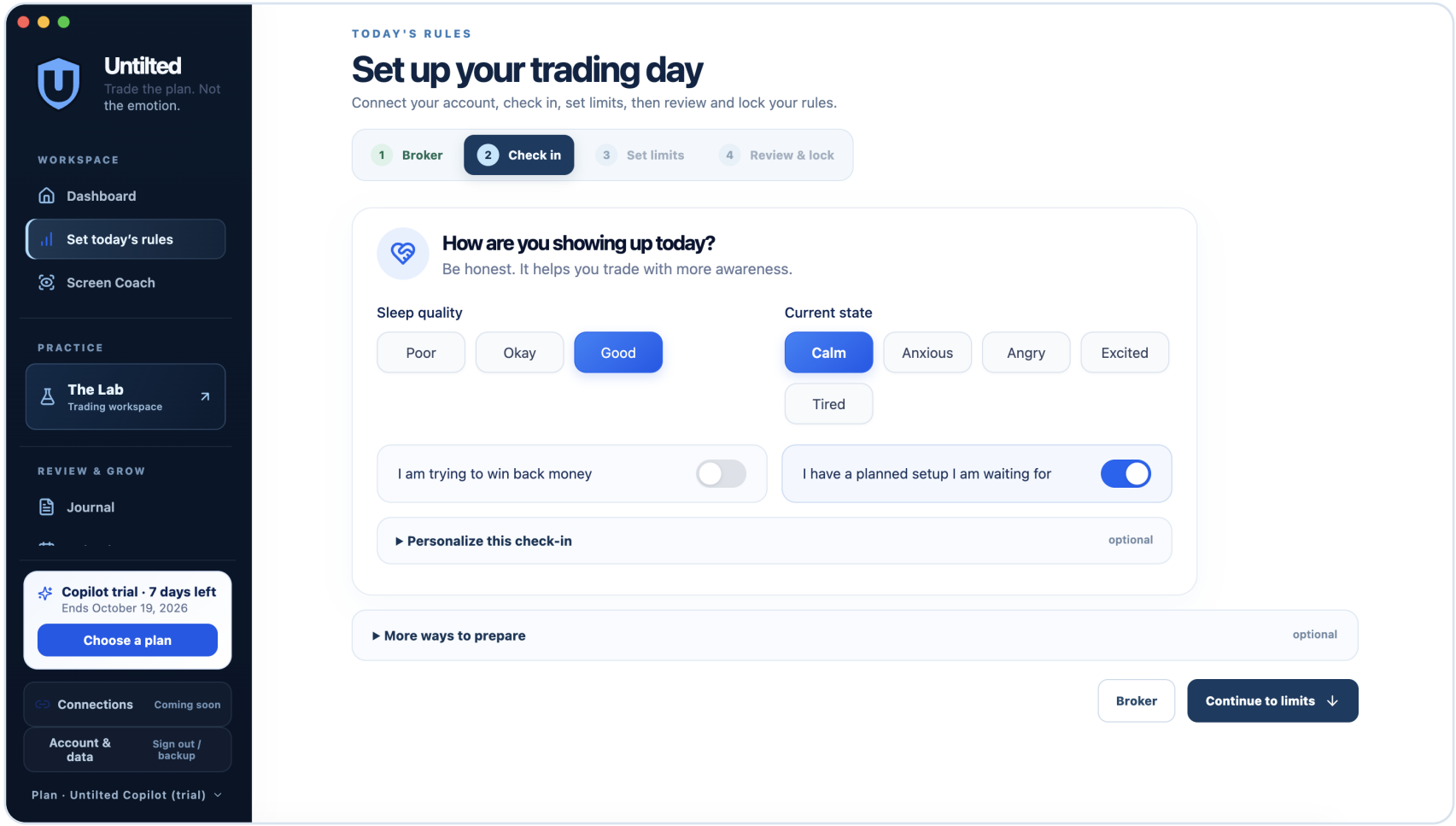
Untilted helps you set trading limits before a session, follow them with advisory screen alerts, and review your progress.



Start on Dashboard. Choose Set today's rules before trading. Use Journal, Calendar, Analytics and Learn to review later.

1. Set today's rules

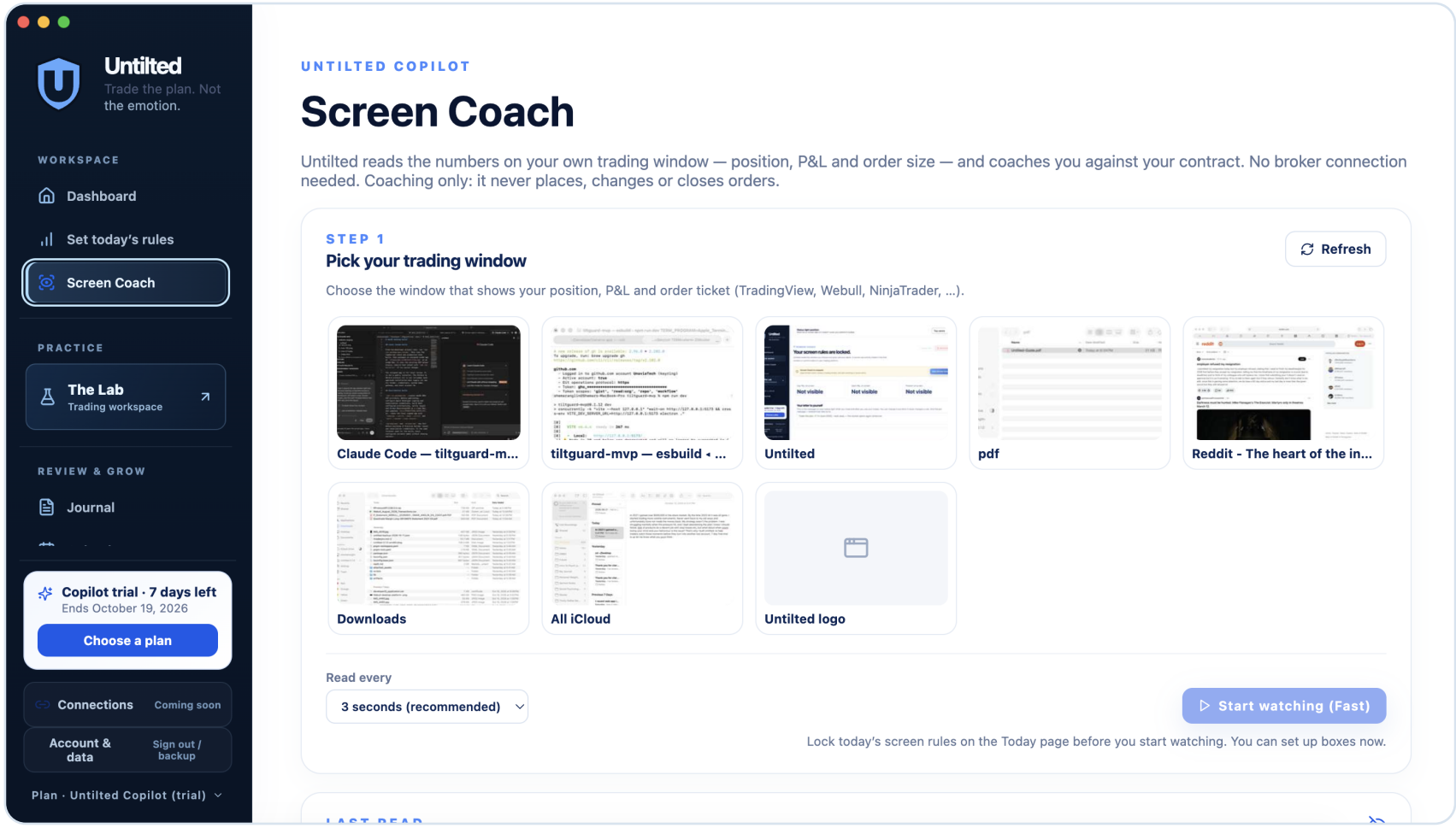
Check in honestly, set your limits, then review and lock your contract. Real rules can only get stricter after locking.



The progress bar takes you through check-in, limits and Review & lock. Do this before starting Screen Coach.

2. Start Screen Coach

Choose the window that shows your position and P&L, then start watching. Allow screen capture if your system asks.



Screen Coach reads only the window you choose. Its alerts are advisory; you manage every order in your trading platform.

Screen Coach: the details

Choose a reading mode that fits your setup. You can stop watching whenever you want.

Fast mode on Mac

Mark the boxes containing your numbers once. Untilted reads those boxes on this computer every few seconds, with occasional AI checks.

AI mode

No boxes are needed. Each read sends an image of the chosen window to Untilted and Anthropic to extract the visible numbers.

Screen access on Mac

If asked, allow Screen Recording for Untilted in System Settings. Restart the app after granting permission.

Screen access on Windows

Open your trading window, press Refresh and select it. Allow screen capture if prompted. Use AI mode; Fast mode is unavailable here.

While watching

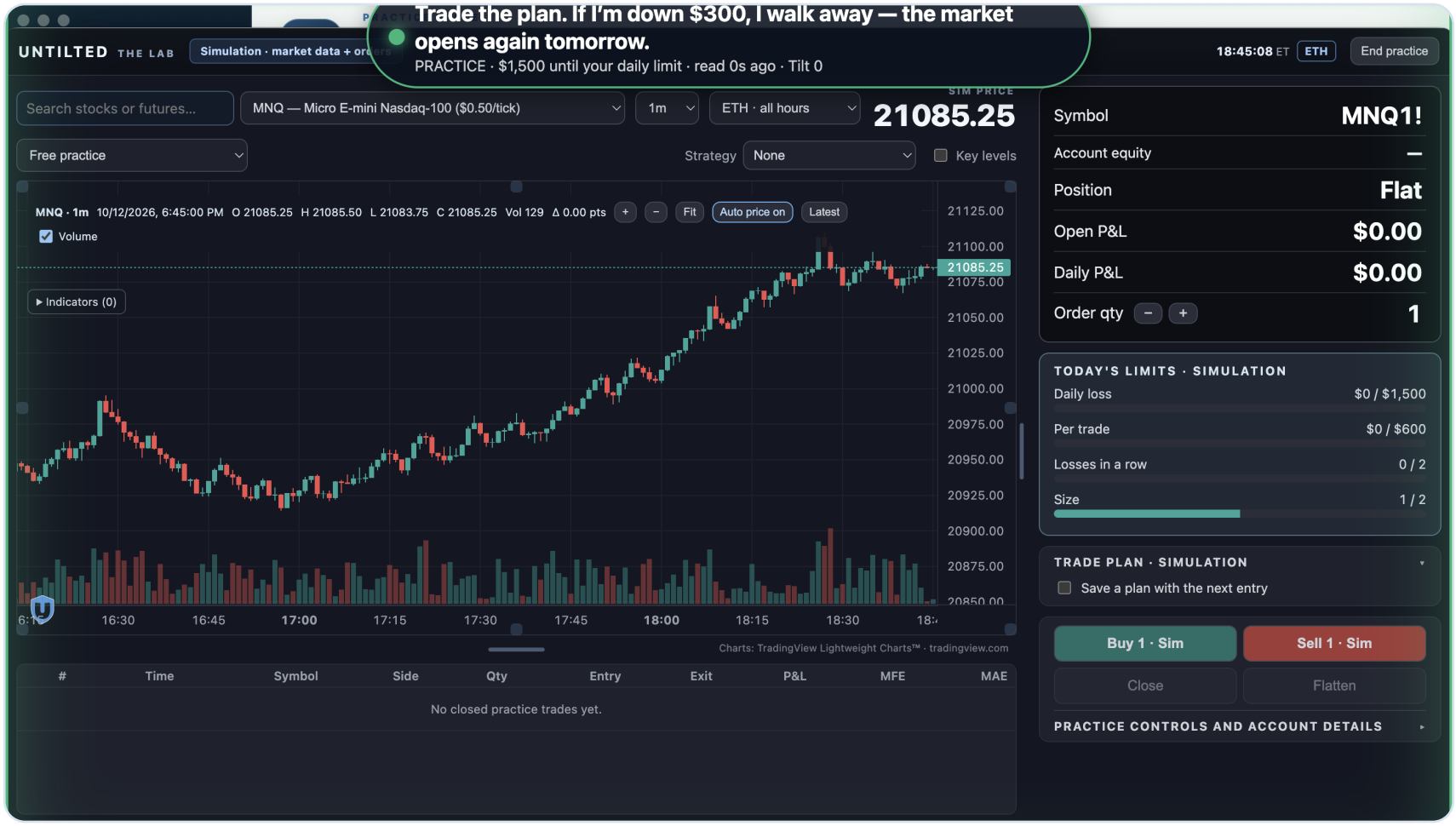
The Screen Coach page shows the latest read, status and alerts. Use Stop watching on that page or the sidebar control to stop.

What alerts mean

Warnings depend on fresh, readable numbers in the selected window. Check any position, P&L and order size in your trading platform.

3. Practice in The Lab

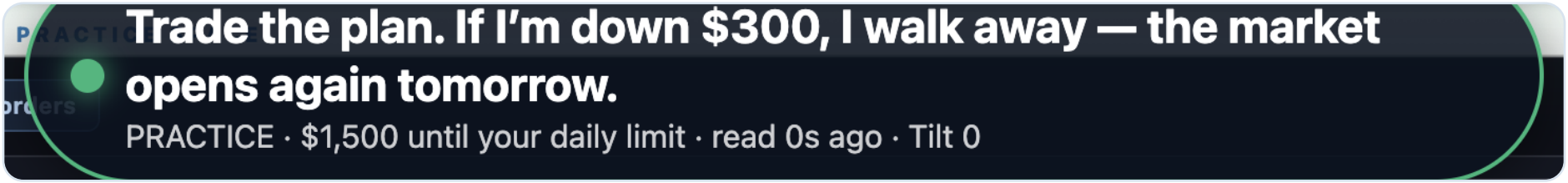
The Lab uses simulated trades and separate practice settings. It does not change your real contract, journal or analytics.



The message above the chart repeats your plan during practice. You can reset the day or rules and skip a practice cooldown or exit.

See your practice message

The Lab shows your own plan above the simulated chart, so you can read it while making a decision.



What you are seeing

The large sentence is the practice plan reminder. The smaller line underneath shows the session is PRACTICE, the simulated daily limit, when the message was read and the tilt score.

Keep practice separate

This message and the Lab trade controls belong to the simulated session. Reset or replay the day as often as needed; real trading rules and attempts stay separate.

Practice as many times as you want

A standard Lab run is simulation. You do not have to wait for the next day to try again.

Start a run

Open The Lab. Adjust Practice settings if you want, then launch. Your real contract is set aside and returns when you end practice.

Try decisions

Use the simulated Buy, Sell, Close and Flatten controls. Free practice and scenarios let you try different conditions.

Reset a day

Choose Reset practice day to start over immediately. You can do this after a scenario, even if a simulated position is open.

Skip an exit

Skip exit discards an open simulated position without recording a trade exit or its P&L.

Skip or reset

The practice session lets you skip a practice cooldown or reset practice rules. Neither action changes your real trading contract.

End practice

Choose End practice to return to your real session. Developer-only Rithmic TEST mirroring has extra safeguards and may disable reset or skip controls.

Review and keep learning

Use these pages after a session. Practice activity stays out of your real trading review.

Journal

Read session events and write a daily reflection. The journal helps you remember the decisions behind the numbers.

Calendar

Open a trading day to see its activity, focus and reflections. Lab practice is kept separate.

Analytics

See basic activity on every plan. Untilted Pro adds behavioral patterns, scores and more detailed reports.

Learn

Browse short lessons and quizzes about trading behavior. These are educational, not trade signals.

Import history

Bring in supported past trade CSV files for review. Imported trades do not become live activity in today's protection.

Focus and Recovery

Use the optional Focus room before trading or the Recovery room during a real cooldown. Audio is off unless you enable it.

Limits and quick fixes

Untilted is a guide for your behavior. Always confirm account risk in the trading platform.

No window listed?

Open the trading platform you want to watch, return to Screen Coach, and press Refresh.

Start button disabled?

Lock today's rules, choose a window, grant permission if needed, and set up boxes when using Fast mode.

Numbers look wrong?

Check the Last read panel. In Fast mode, edit the boxes if the platform layout moved. Confirm values in your platform.

A real cooldown starts?

Follow your locked real rules. You can skip waits only inside a standard Lab practice run.

Broker connections

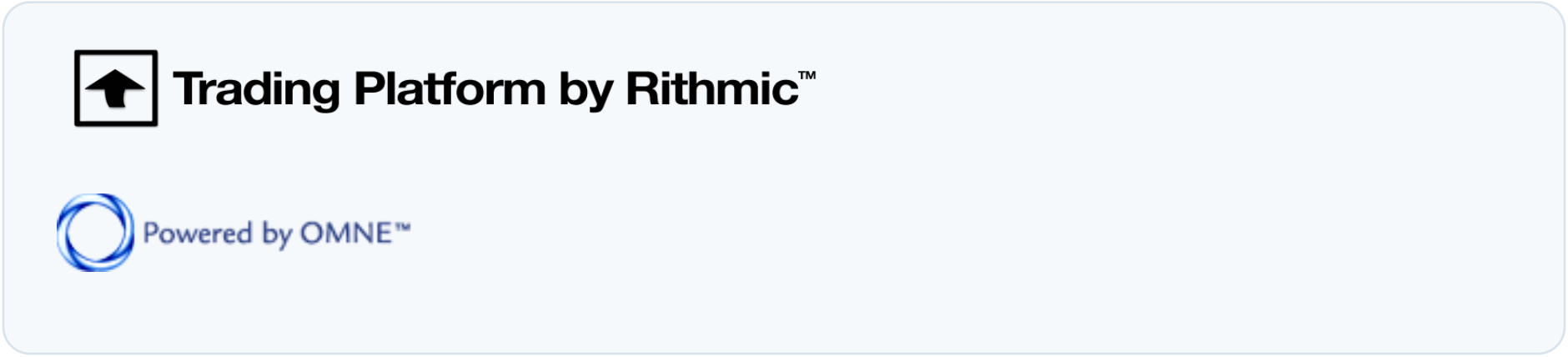
Direct connections to brokers are coming soon. Today, Screen Coach reads your selected window and gives advisory coaching only.

Which plan includes it?

Screen Coach and AI coaching are part of Untilted Copilot. Other review features vary by plan and account access.

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