

AUDACITY

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TRADING PLAN

Monday

Instrument name	GBP/USD				
Market trend direction					
Market trending	☐				
Market ranging					
Trading point					
Price at H-L/L-H level	☐				
Price at support/resistance level					
Price at ... Fibonacci level	DNF				
Price at bottom/top of a bullish/bearish rally	☐				
Price above/below 30 & 50 EMA lines					
Price broke the rangebound/breakout pattern					
Trade entry					
Buy-strong bullish reversal candlestick pattern					
Sell- strong bearish reversal candlestick pattern	☐				
Buy/Sell breakout trade					
Risk vs Reward					
Stop loss set	☐				
Take profit at ... Fibonacci level					
Take profit at least 2x the stop loss					
Summary					
Trade entry price					
Stop loss price					
Take profit price					
Outcome(Profit/Loss/Breakeven)					

Notes

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TRADING PLAN

Tuesday

Instrument name	GBP/USD				
Market trend direction					
Market trending	☐				
Market ranging					
Trading point					
Price at H-L/L-H level	☐				
Price at support/resistance level					
Price at ... Fibonacci level	DNF				
Price at bottom/top of a bullish/bearish rally	☐				
Price above/below 30 & 50 EMA lines					
Price broke the rangebound/breakout pattern					
Trade entry					
Buy-strong bullish reversal candlestick pattern					
Sell- strong bearish reversal candlestick pattern	☐				
Buy/Sell breakout trade					
Risk vs Reward					
Stop loss set	☐				
Take profit at ... Fibonacci level					
Take profit at least 2x the stop loss					
Summary					
Trade entry price					
Stop loss price					
Take profit price					
Outcome(Profit/Loss/Breakeven)					

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TRADING PLAN

Wednesday

Instrument name	GBP/USD				
Market trend direction					
Market trending	☐				
Market ranging					
Trading point					
Price at H-L/L-H level	☐				
Price at support/resistance level					
Price at ... Fibonacci level	DNF				
Price at bottom/top of a bullish/bearish rally	☐				
Price above/below 30 & 50 EMA lines					
Price broke the rangebound/breakout pattern					
Trade entry					
Buy-strong bullish reversal candlestick pattern					
Sell- strong bearish reversal candlestick pattern	☐				
Buy/Sell breakout trade					
Risk vs Reward					
Stop loss set	☐				
Take profit at ... Fibonacci level					
Take profit at least 2x the stop loss					
Summary					
Trade entry price					
Stop loss price					
Take profit price					
Outcome(Profit/Loss/Breakeven)					

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Thursday

Instrument name	GBP/USD				
Market trend direction					
Market trending	☐				
Market ranging					
Trading point					
Price at H-L/L-H level	☐				
Price at support/resistance level					
Price at ... Fibonacci level	DNF				
Price at bottom/top of a bullish/bearish rally	☐				
Price above/below 30 & 50 EMA lines					
Price broke the rangebound/breakout pattern					
Trade entry					
Buy-strong bullish reversal candlestick pattern					
Sell- strong bearish reversal candlestick pattern	☐				
Buy/Sell breakout trade					
Risk vs Reward					
Stop loss set	☐				
Take profit at ... Fibonacci level					
Take profit at least 2x the stop loss					
Summary					
Trade entry price					
Stop loss price					
Take profit price					
Outcome(Profit/Loss/Breakeven)					

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TRADING PLAN

Friday

Instrument name	GBP/USD				
Market trend direction					
Market trending	☐				
Market ranging					
Trading point					
Price at H-L/L-H level	☐				
Price at support/resistance level					
Price at ... Fibonacci level	DNF				
Price at bottom/top of a bullish/bearish rally	☐				
Price above/below 30 & 50 EMA lines					
Price broke the rangebound/breakout pattern					
Trade entry					
Buy-strong bullish reversal candlestick pattern					
Sell- strong bearish reversal candlestick pattern	☐				
Buy/Sell breakout trade					
Risk vs Reward					
Stop loss set	☐				
Take profit at ... Fibonacci level					
Take profit at least 2x the stop loss					
Summary					
Trade entry price					
Stop loss price					
Take profit price					
Outcome(Profit/Loss/Breakeven)					

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TRADING PLAN

Weekly Review

What was great about this week?

How can I do better?
What do I need to stop?
What was challenging this week? How can I use that to grow?

What was this week biggest achievement?

What was the best market opportunity taken?
What new mindset do I need to develop?
What did I do to detache from the market?

What negative attitudes are holding me back ?
How can I overcome those?

What new habits am I committed to adopt?
What could I have handled differently this week?
What is stopping from improving ?

Did I follow my strategy with discipline?
Do I need to revisit it?

How did I control my stress levels during trades?
Did I respect my money management rules?
How strict I was on the risk parameters set?
Did I leave positions open during major news events?
Was I emotionally and physically balanced while trading?
How well have I accepted losses without being affected by them?
Did I exit a losing trade before the stop was hit?
Did I close a winning trade before the target was reached?
What did I do to reset and reload this week?
Am I overall satisfied with this last week? If not, what can I change?
What did this week teach me?

n. of trades	
Winning ratio	
Avg. Risk/reward ratio per	
trade	
Weekly achievement (pips)	

What to focus on for next week:

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90 Day Review

1 . What did I achieve this quarter?

2 . What is working in my trading plan and why?

3 . What hasn't worked and how can I fix it?

4 . Am I satisfied with my strategy? Do I need to revisit something?

5 . Where do I need to improve on? How am I planning to do that?

6 . What do I need to learn to increase my knolwdge and experience?

7 . What changes did I make that have led to positive results in my performance?

8 . What new habits should I develop?

9 . What negative attitudes do I need to eliminate?

10 . What challenged me the most? How did I turned that into an advantage?

11 . Week by week did I make original mistakes to learn from?

12 . What will I focus on next quarter?

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TRADING PLAN

Trading action plan

Why do I want to be a trader? What is my main goal?
How long am I planning to take to achieve this goal?
How will I achieve this goal?
What kind of trader am I?
What are my strenghts and weaknesses?
How will I maximize my strenghts and overcome my weaknesses?
Am I in the right mindset to trade?
What is my daily trading routine?
What is my attitude towards risk?
What is my money management approach?
How disciplined am I in trading?
How do I deal with losing and winning trades? To what extent do my actions affect me?
Do I trade during news events? Do I handle it?

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MY TRADING PLAN

DISCIPLINE

What is your main trading goal?
Enter your main trading goal

How long do you plan to take to achieve this goal?
Goals work best when you have a date to aim for.
Set a date for you to achieve you goal.

How will you achieve this goal?
Write a short plan for achieving this goal.

What is your biggest weakness as a trader?
Write down your biggest weakness.

How will you overcome your weaknesses?
Write down a short plan on how to overcome this weakness.

What is your daily trading routine?
A routine will help you get in the right mindset to trade and
it will ensure you have taken all the steps you need.
Here is my routine as an example.

- Check the Forex-Factory Calendar / City falcon for any major news.
- Do my chart analysis and look for potential setups.
- Set alarms for potential trades and pending orders for imminent trades.

TRADING

What will you do before, during and after each trade?
Write out the steps you take for each trade. Here is what I do as an example.

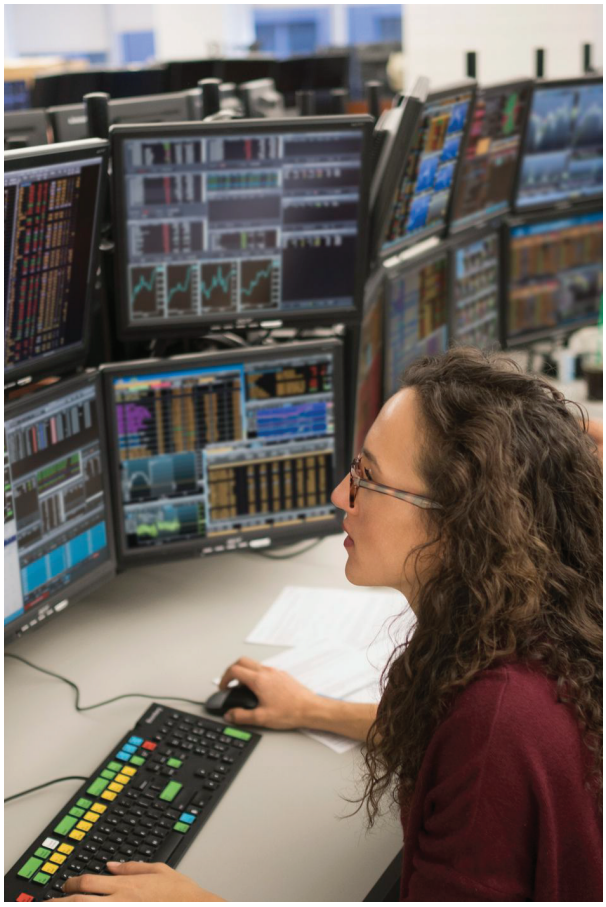
Before
- Double and triple check my entry, target and stop.
- Start filling in my trading journal.

During
- Continue to fill in my trading journal.

After
- Complete my trading journal

When will I refrain from trading?
List times that you should not trade.
Here is what I put in my own journal as an example:

1. When major speeches or interest rate announcements are due.
2. If I have taken a few losses in a row and I am feeling angry.



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MY TRADING PLAN

RISK

What is your total trading capital?

The total amount of money you will be trading with.

What is your max risk per trade as a percentage?

The general rule of thumb is to risk no more than 2% per trade. Decide what you want your risk to be and add it in here

Will you have more than one trade open at a time?

What is your maximum risk exposure?

This is the maximum amount of risk you will be exposed to at any one time. For example if you have ten trades open at 1% risk per trade then your current risk exposure is 10%.

If a major unexpected event happens and all your trades hit your stops then you have lost 10% at once. For this reason you set a maximum exposure as a percentage.

If you're maximum exposure is 5% that means you can have 5 trades open with 1% of risk each. Or you could have 10 trades open with 0.5% of risk each.
My maximum exposure is 5%.

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MY TRADING PLAN

STRATEGY

Which pairs will you trade?

If you are limiting yourself to only a few pairs then list them here otherwise you can put what I have in this section which is “All pairs”.

What time frames will you trade?

List the time frames you will be trading.

What are your entry requirements?

Write your entry requirements.

What are my exit requirements?

Write your exit requirements

You can add much more to the strategy section if you wish!

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MY TRADING PLAN

TRADERS ACTION PLAN

Vision and purpose
Why do you want to trade and what are your Goals in pursuing a trading career.
Your future projections in 1, 3, or 10 years?

Mission and Values
How will you achieve your vision? What are your values and what principles do you stand for?

Objectives & Goals
What will you achieve though you're trading journey? What are your realistic targets and what are you going to be great at?

Strategy & Operations
How do you plan to achieve your goals and deliver the goals you set out to achieve? What is your strategy for executing your Action Plan?

Quarterly Business Goal Planner
My Action steps to achieve my trading goals
Action step 1 - Month 1 to 4
Action step 2 –Month 5 to 8
Action Step 3 Month 9 to 12

All action steps over three 1/4's of the year.
|Completion will allow me to be, doing or have more happiness, free-time etc.
|How will I achieve this goal and measure my performance.

|Weekly accountability, four major goals for the week.
|Who are the key influencers in my business line, who do I need to connect with, when and how will I connect with them?
|What was great about this week?
|What did I learn?
|How can I improve and am better?

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MY TRADING PLAN

TRADERS ACTION PLAN

What Areas of My trading Performance Do I Need to Improve on?

Gratitude and Affirmations
What do I love about what I do?

I have a Winning mindset because I'm open to the possibilities of how I can be better.

How can I focus more on improving my trading performance this week?

Mindset to Adopt

|What areas of my trading create 80% of my results and how can I scale up my performance?

|How can I be more positive in my thoughts, words and actions?

|What decisions do I need to make to take my business forward?

|Health and Energy are fundamental to my success, therefore I watch what I eat and exercise more on a regular.

|How am I using my time and what can I do to save more and simplify it?

|What challenged me this week and how can I grow from these challenges?

90 Day Review

|What has been achieved this quarter?

|What is working and why is it working?

|What is not working and what can I do to fix it?

|What can I do this quarter that will bring the biggest results to my trading goal?

| What areas do I need to learn and improve on? Are there any gaps in my knowledge and experience?

|What's the smallest change I have made, that has had the biggest positive results in my performance?

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MY TRADING PLAN

90 Day Review

DATE: .....

MARKET TREND DIRECTION (select one option only)

- ☐ THE MARKET IS TRENDING (UP / DOWN)
- ☐ THE MARKET IS RANGING

TREND POINT (Select at least one option or more . More options ticked means stronger tranding point)

- ☐ PRICE IS AT HIGHER-LOW / LOWER-HIGH LEVEL - OR/&
- ☐ PRICE IS AT SUPPORT / RESISTANCE ZONE - OR/&
- ☐ PRICE IS AT.....FIBONACCI RETRACEMENT LEVEL - OR/&
- ☐ PRICE IS AT THE BOTTOM OR TOP OF A BULLISH/BEARISH RALLY - OR/&
- ☐ PRICE IS ABOVE OR BELOW 30 & 50 EMA LINES -OR/&
- ☐ PRICE BROKE THE RANGEBOUND/ BREAKOUT PATTERN

TREND ENTRY (Select one option only)

- ☐ BUY TRADE - STRONG BULLISH REVERSAL CANDLESTICK PATTERN FORMED
- ☐ SELL TRADE - STRONG BEARISH REVERSAL CANDLESTICK PATTERN FORMED
- ☐ BUY/SELL BREAKOUT TRADE - PRICE BROKE THE RANGE / CONSOLIDATION AREA & THE BREAKOUT CANDLE CLOSED ABOVE / BELOW THE RANGE

RISK VS REWARD (select at lest two options including stop loss)

- ☐ STOP LOSS HAS BEEN PROPERLY SET
- ☐ TAKE PROFIT IS AT ..... FIBONACCI EXPANSION LEVEL
- ☐ TAKE PROFIT IS AT LEAST 2X THE STOP LOSS/RISK SIZE

SUMMARY (OPTIONAL) (WRITE DOWN THE VALUES: EX :INSTRUMENT NAME : EURUSD OR AAPL)

- ☐ INSTRUMENT NAME..... TRADE ENTRY PRICE .....
- ☐ STOP LOSS PRICE .....TAKE PROFIT PRICE .....

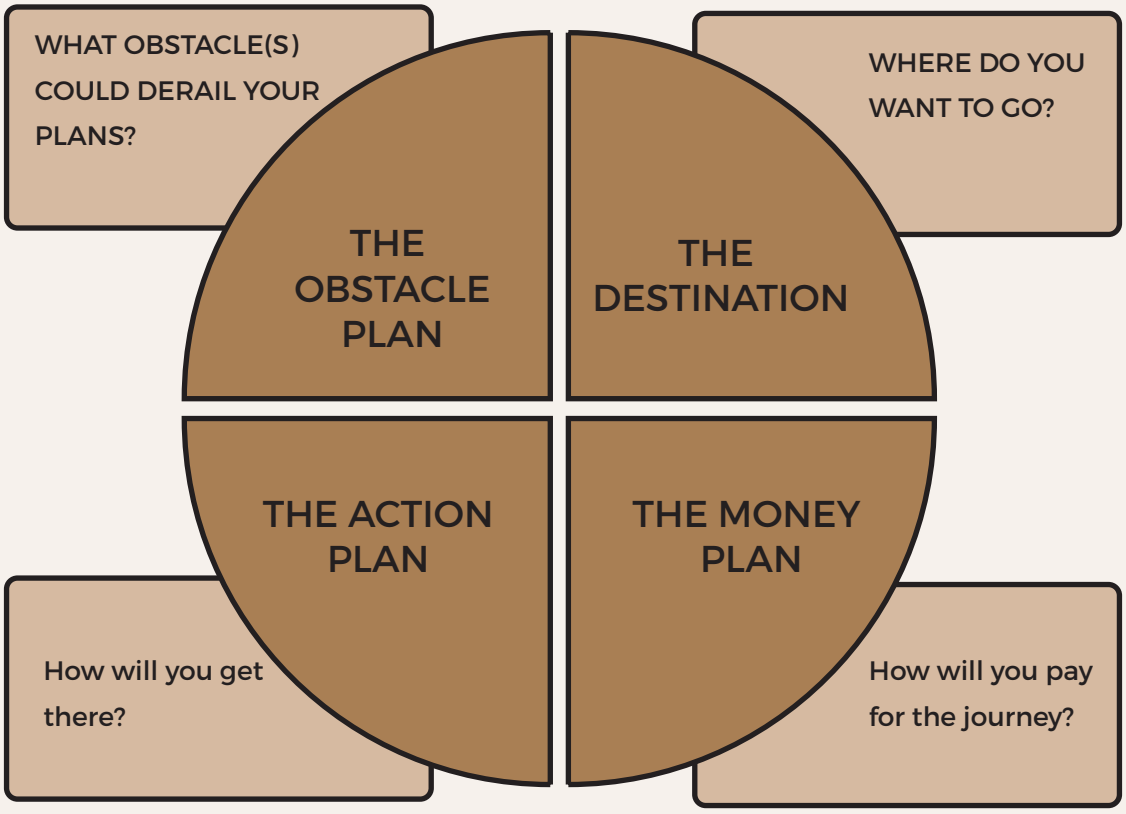
AFTER TRADE CLOSED (Select One Option Only)

TRADE WAS : ☐ **PROFITABLE** ☐ **LOSS-MAKING** ☐ **BREAKEVEN**

MY OBSERVATION .....

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MINDING YOUR MONEY SECCESS FORMULA = D +MP +AP +OP



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MY TRADING PLAN

TRADE CHECKLIST MANUAL

Step 1. Identifying market trend direction

MARKET TREND DIRECTION (select one option only)

- ☐ THE MARKET IS TRENDING (UP / DOWN)
- ☐ THE MARKET IS RANGING

This step has only two fields next to their empty checkboxes. These two fildes will Confirm if you have identified the nature of the market trend , and is at the right market Direction. Remember , you should never trade against the trend. It's important!

The first field will ask if the market is trending up or trending down. And the 2nd field will Ask if the market is not trending rather is ranging in a certain price area.

So, if in your desired trading timeframe, the market is trending , either in the upward Direction or downward direction, then tick the first field. And if the market is not trending And only randing in a certain price range, then tick the 2nd field.

This step is very important . By selecting one of the field, you will always get a self-alert if You are trading against the trend or trading along with the market trend direction.

step 2. trading point detection:

TREND POINT (Select at least one option or more . More options ticked means stronger tranding point)

- ☐ PRICE IS AT HIGHER-LOW / LOWER-HIGH LEVEL - OR/&
- ☐ PRICE IS AT SUPPORT / RESISTANCE ZONE - OR/&
- ☐ PRICE IS AT.....FIBONACCI RETRACEMENT LEVEL - OR/&
- ☐ PRICE IS AT THE BOTTOM OR TOP OF A BULLISH/BEARISH RALLY - OR/&
- ☐ PRICE IS ABOVE OR BELOW 30 & 50 EMA LINES -OR/&
- ☐ PRICE BROKE THE RANGEBOUND/ BREAKOUT PATTERN

This step has 6 individual fields to ask you if you have identified a strong trading point or price recersal area to look for trade entry signal and make a winning trade postion.

You can select (tick makr) as many options as you want from this step. More options ticked means the trading point is mor strong to look for a trade enty.

TRADE CHECKLIST MANUAL

For example, if the market is trending up, the price is at a previous support area, and that Support is alos at 38.2 fibonacci retracement level, and the price is currently above both The 30&30 moving average lines, then that would make a strong higher low level on that Uptrend.

So in that case you should tick mark the first 3 fields from this 2nd step. This setup would make a very strong trading point.

Tick the 6th field if the price did not retraced enough, or is ranging at the retracenment level, or at any price level. You can tick multiple fields along with the 6th field from this step as becasuse price can stay in a range bound pattern while it is on fibonacci level, as well as at a support/ resistance zone.

Step 3. Trade entry point:

TREND ENTRY (Select one option only)

- ☐ BUY TRADE - STRONG BULLISH REVERSAL CANDLESTICK PATTERN FORMED
- ☐ SELL TRADE - STRONG BEARISH REVERSAL CANDLESTICK PATTERN FORMED
- ☐ BUY/SELL BREAKOUT TRADE - PRICE BROKE THE RANGE / CONSOLIDATION AREA & THE BREAKOUT CANDLE CLOSED ABOVE / BELOW THE RANGE

the 3rd step will confrim if you can place a trade position at the direction of the trend. this is the step where you search and find a soild trade entry signal with a reversal of strong bullish/bearish candlestick pattern.

Tick mark only one option from here based on the nature of your trading order.

so, to place a buy trade order, make sure that a strong bullish (reversal)candlestic pattern has forem at the trading point (HL/support / Fibonacci retracement level/ bottom /above 30-50 ema fines).

and to place sell trade order , marke sure that a strong bearish (reversal) candlestick pattern has has forem at the trading point (HL/support / Fibonacci retracement level/ bottom /above 30-50 ema fines).

if you are trading at a range breakout pattern (triangle pattern / box pattern, etc) then make sure that a strong candle has completely broke the range and closed by staying out of that range to make sure that the breakout is vaild and not a fake breakout setup.

TRADE CHECKLIST MANUAL

Step 4. Risk vs reward targeting:

RISK VS REWARD (select at lest two options including stop loss)

- ☐ STOP LOSS HAS BEEN PROPERLY SET
- ☐ TAKE PROFIT IS AT ..... FIBONACCI EXPANSION LEVEL
- ☐ TAKE PROFIT IS AT LEAST 2X THE STOP LOSS/RISK SIZE

By tick marking the fields in this step, you will make sure that you set a proper stop loss for that trafe in case the trade goes against you trading direction, hence prevent having huge losses.

This step is very important. Don't risk more then 5% of your total capital in a single trade, and never forget to set a specific preice to place the stop loss order.

Likewise the stop loss, it is alos important that yhou predefine or pre-target probable price level to set the take profit order, in order to get out of the market by taking maximum profit from the trafe before the market reverse to the opposite direction of the trade.

Step 5. Summary of your trade:

SUMMARY (OPTIONAL) (WRITE DOWN THE VALUES: EX :INSTRUMENT NAME : EURUSD OR AAPL)

INSTRUMENT NAME..... TRADE ENTRY PRICE .....

STOP LOSS PRICE .....TAKE PROFIT PRICE .....

This is the step where you come after you placed your trade order.

Here yo can write down the name of the traded security (eurusd, aapl, amzn,etc). Trade entry price , stop loss price, and the price where you target to take your profit.

This portion of the checklist will confrim if you have placed the entry, stop, loss, take profit orders at the exact price points and will make sre if the trade placement is correctly done based on your trading plan.

TRADE CHECKLIST MANUAL

STEP 6&7. AFTER THE TRADE CLOSED:

AFTER TRADE CLOSED (Select One Option Only)

TRADE WAS : ☐ **PROFITABLE** ☐ **LOSS-MAKING** **BREAKEVEN**

MY OBSERVATION .....

.....

This is the step where you come back after closing the trade. Here you can mark if the trade was profitable, losing , or the trafe was break- even (closed at the trade entry price, so no loss or profit).

And then on the next field, you can write down your own observation or after trade analysis for self-study purposes for the future trades. You can also write down the profit or loss amount in this field. And what you have learned from this trade.



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MY TRADING PLAN

TRADE CHECKLIST MANUAL

EXAMPLE -1



MARKET TREND DIRECTION (select one option only)

- [x] THE MARKET IS TRENDING (UP / DOWN)
- [ ] THE MARKET IS RANGING

TREND POINT (Select at least one option or more . More options ticked means stronger tranding point)

- [x] PRICE IS AT HIGHER-LOW / LOWER-HIGH LEVEL - OR/&
- [x] PRICE IS AT SUPPORT / RESISTANCE ZONE - OR/&
- [x] PRICE IS AT.....38.2.....FIBONACCI RETRACEMENT LEVEL - OR/&
- [x] PRICE IS AT THE BOTTOM OR TOP OF A BULLISH/BEARISH RALLY - OR/&
- [x] PRICE IS ABOVE OR BELOW 30 & 50 EMA LINES -8R/&
- [ ] PRICE BROKE THE RANGEBOUND/ BREAKOUT PATTERN

TREND ENTRY (Select one option only)

- [x] BUY TRADE - STRONG BULLISH REVERSAL CANDLESTICK PATTERN FORMED
- [ ] SELL TRADE - STRONG BEARISH REVERSAL CANDLESTICK PATTERN FORMED
- [ ] BUY/SELL BREAKOUT TRADE - PRICE BROKE THE RANGE / CONSOLIDATION AREA & THE BREAKOUT CANDLE CLOSED ABOVE / BELOW THE RANGE

RISK VS REWARD (select at lest two options including stop loss)

- [x] STOP LOSS HAS BEEN PROPERLY SET
- [x] TAKE PROFIT IS AT ....61.8.... FIBONACCI EXPANSION LEVEL
- [x] TAKE PROFIT IS AT LEAST 2X THE STOP LOSS/RISK SIZE

SUMMARY (OPTIONAL) (WRITE DOWN THE VALUES: EX :INSTRUMENT NAME : EURUSD OR AAPL)

INSTRUMENT NAME.....EURUSD..... TRADE ENTRY PRICE .....1.20297.....

STOP LOSS PRICE .....1.19105.....TAKE PROFIT PRICE .....1.22811.....

AFTER TRADE CLOSED (Select One Option Only)

TRADE WAS : [x] **PROFITABLE** [ ] **LOSS-MAKING** [ ] **BREAKEVEN**

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MY TRADING PLAN

TRADE CHECKLIST MANUAL

EXAMPLE -2



MARKET TREND DIRECTION (select one option only)

- ☐ THE MARKET IS TRENDING (UP / DOWN)
- ☑ THE MARKET IS RANGING

TREND POINT (Select at least one option or more . More options ticked means stronger tranding point)

- ☐ PRICE IS AT HIGHER-LOW / LOWER-HIGH LEVEL - OR/&
- ☑ PRICE IS AT SUPPORT / RESISTANCE ZONE - OR/&
- ☐ PRICE IS AT.....FIBONACCI RETRACEMENT LEVEL - OR/&
- ☑ PRICE IS AT THE BOTTOM OR TOP OF A BULLISH/BEARISH RALLY - OR/&
- ☑ PRICE IS ABOVE OR BELOW 30 & 50 EMA LINES -8R/&
- ☐ PRICE BROKE THE RANGEBOUND/ BREAKOUT PATTERN

TREND ENTRY (Select one option only)

- ☐ BUY TRADE - STRONG BULLISH REVERSAL CANDLESTICK PATTERN FORMED
- ☐ SELL TRADE - STRONG BEARISH REVERSAL CANDLESTICK PATTERN FORMED
- ☑ BUY/SELL BREAKOUT TRADE - PRICE BROKE THE RANGE / CONSOLIDATION AREA & THE BREAKOUT CANDLE CLOSED ABOVE / BELOW THE RANGE

RISK VS REWARD (select at lest two options including stop loss)

- ☑ STOP LOSS HAS BEEN PROPERLY SET
- ☐ TAKE PROFIT IS AT ..... FIBONACCI EXPANSION LEVEL
- ☑ TAKE PROFIT IS AT LEAST 2X THE STOP LOSS/RISK SIZE

SUMMARY (OPTIONAL) (WRITE DOWN THE VALUES: EX :INSTRUMENT NAME : EURUSD OR AAPL)

INSTRUMENT NAME..... XAUUSD / GOLD ..... TRADE ENTRY PRICE ..... 1343.56 .....

STOP LOSS PRICE ..... 1275.31 .....TAKE PROFIT PRICE ..... 1302.81 .....

AFTER TRADE CLOSED (Select One Option Only)

TRADE WAS : ☑ **PROFITABLE** ☐ **LOSS-MAKING** ☐ **BREAKEVEN**



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