



## 3 Micro Trading Phases

# *The 3 Micro Trading Phases of the Day*

- 1) Phase 1 - 9:30 to 11:15 (Trade BO/ Reversals)*
- 2) Phase 2 - 11:15 to 2:15 (Mid-day Doldrums)*
- 3) Phase 3 - 2:15 to 4:00 (Trade B/O Reversals)*