

How Does Your Trading Day Look?

Your trading is a reflection of your life, if you are hungry, tired, unorganized, angry or stressed. This will be passed over to your trading day and will potentially effect your results.

This is how my Day is structured...

To Do List

- 1) Alarm set for 6.30am (GMT)
- 2) Hydration & Nutrition.
- 3) PC on – check for news events that may effect the market.
- 4) Look for overnight movement across all traded pairs.
- 5) Mark up areas of interest.
- 6) Participate in morning trading session (Frankie/London.)
- 7) Document trades by screen shot and “Demon Finder”
- 8) Go out fresh air/exercise.
- 9) Lunch.
- 10) Afternoon trades?
- 11) Chill/socialise.

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Cont'd

12) Dinner.

13) Other business activities/socializing.

14) Zzzzzzz.

That is pretty much how I plan my day. Of course I want to trade, but sitting in front of a screen for 10hrs, with out some food or a break is just asking for issues.

Can you imagine your health after a few years of doing that everyday. Being in the market for 10hrs a Day does not guarantee you more profits!

“Sometimes less is more”

Lets go into more detail on each point.

1) **Alarm set for 6.30am (GMT)** – I want to be sitting at my PC for 7.30am, fully prepared for the day.



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2) **Hydration & Nutrition** – Most important meal of the Day...Breakfast! Without food and drink you can not concentrate, the data you are processing by looking at your charts takes up all your concentration.

As the morning progresses, you may not realise it, but you will begin to flag.



Come on hands up, who has done 10hrs straight without a break or food?

This area of preparation is very much overlooked. Try it for a couple of weeks and see if you notice a difference in concentration levels.

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3) PC on – check for news events that may effect the market.

Tomorrow: Feb 20						Up Next		Filter
Date	8:41pm	Currency	Impact	Detail	Actual	Forecast	Previous	Graph
Mon Feb 20	12:01am	GBP	📈	Rightmove HPI m/m			0.4%	📊
	7:00am	EUR	📈	German PPI m/m		0.3%	0.4%	📊
	11:00am	EUR	📈	German Buba Monthly Report				
		GBP	📈	CBI Industrial Order Expectations		5	5	📊
	All Day	USD	📉	Bank Holiday				
	1:30pm	CAD	📈	Wholesale Sales m/m		0.4%	0.2%	📊
	3:00pm	EUR	📈	Consumer Confidence		-5	-5	📊
More								

News effects have an impact on Forex pairs, whether it is a lead or base currency in the pair you are trading.

Be prepared for news, sudden movements will catch you unaware. These cause many WTF moments in forums around the internet. Don't get caught out!

Choose any one of the following links. Print , download or screenshot.

[Forex Factory](#)

[Daily Fx](#)

[Forex Live](#)

Personally I use Forex Factory for news.

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4) **Look for overnight movement across all traded pairs.** A sideways channel could offer a breakout or overnight move could play into an area of interest.

It is a must to scan your charts premarket session to be fully prepared. Let the market play into your hands when it opens, not become a happy clicker with no trade plan.



The market kills the unprepared, start off with a plan!

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5) **Mark up areas of interest** – Mark up the Forex pairs you plan to trade. As point 4) let the market play into your hands do not go chasing.

Your “areas of interest” are predetermined points that align with your strategy. Usually historic highs or lows.



Marking up charts before the trading session starts, helps take the emotion out of trading every up or down move. Clearer when you look at it like this, isn't it?

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6) **Participate in morning trading session (Frankie/London.)** You will have your own strategy. Are there any tools you use to help you monitor trades, document or do you follow a plan of any kind?



Here are some tools I use...

Print this out and keep it handy. Replace the example Demons with errors that you frequently make. Kill the Demons before they kill your account.

DEMON FINDER										
DEMON #	1	2	3	4	5	6	7	8	9	STOP TRADING
POOR RISK/REWARD TRADE										
ENTERED TOO SOON										
ENTERED TOO LATE										
EXITED TOO SOON										
EXITED TOO LATE										
TRADE NOT IN TRADING PLAN										
INCORRECT STOP PLACEMENT										
WRONG POSITION SIZE										
DIDN'T TAKE PLANNED TRADE										

DEMONS WILL DESTROY YOUR EDGE.
LEARN FROM YOUR ERRORS. IT IS THE ONLY WAY TO ACHIEVE SUCCESS.
YOUR FUTURE PROFITABILITY DEPENDS ON YOUR KILLING THE DEMONS!

RULES:

- Place a check-mark in the corresponding box each time you commit the error.
- Determine which Demon is outpacing the rest and kill that Demon as quickly as possible.
- Once you have killed the worst Demon then move onto the next.
- If you suffer the same Demon 10 times in a row, you may have some serious psychological issues that are blocking your progress. You should seriously consider whether trading is appropriate for you.

Week	Start	Risk 1%	Lot Size 10 Point Stop Loss	Points	End
1	£500.00	£5.00	£0.50	100	£550.00
2	£550.00	£5.50	£0.55	100	£605.00
3	£605.00	£6.05	£0.61	100	£665.50
4	£665.50	£6.66	£0.67	100	£733.05
5	£733.05	£7.32	£0.73	100	£805.26
6	£805.26	£8.05	£0.81	100	£885.78
7	£885.78	£8.86	£0.89	100	£974.56
8	£974.56	£9.74	£0.97	100	£1,073.79
9	£1,073.79	£10.73	£1.07	100	£1,184.57
10	£1,184.57	£11.84	£1.18	100	£1,296.67
11	£1,296.67	£12.97	£1.30	100	£1,420.56
12	£1,420.56	£14.21	£1.42	100	£1,566.21
13	£1,566.21	£15.66	£1.57	100	£1,724.14
14	£1,724.14	£17.24	£1.73	100	£1,894.75
15	£1,894.75	£18.95	£1.90	100	£2,078.42
16	£2,078.42	£20.78	£2.08	100	£2,275.49
17	£2,275.49	£22.75	£2.30	100	£2,485.24
18	£2,485.24	£24.85	£2.49	100	£2,707.96
19	£2,707.96	£27.08	£2.71	100	£2,953.55
20	£2,953.55	£29.54	£2.96	100	£3,232.75
21	£3,232.75	£32.33	£3.24	100	£3,545.74
22	£3,545.74	£35.46	£3.55	100	£3,891.74
23	£3,891.74	£38.92	£3.89	100	£4,271.15
24	£4,271.15	£42.71	£4.28	100	£4,694.47
25	£4,694.47	£46.94	£4.69	100	£5,161.95
26	£5,161.95	£51.62	£5.16	100	£5,673.69
27	£5,673.69	£56.74	£5.68	100	£6,229.50
28	£6,229.50	£62.29	£6.23	100	£6,831.79
29	£6,831.79	£68.32	£6.83	100	£7,479.54

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7) Document trades by screen shot and “Demon Finder”

I can not express the importance of documenting your trades!

I am going to throw this question out there; Can you remember any details about you last 10 trades? How about last 5?

Your trades, win , lose or draw hold key information. It is strange how we forget and just move on. Your past trades will have patterns of weakness and strength. If you could use this information to stamp out the Demons wouldn't that be vital information.

I thought so!

Week	Start	Risk 1%	Lot Size 10 Point Stop Loss	Points	End
1	\$500.00	\$5.00	\$0.50	100	\$550.00
2	\$550.00	\$5.50	\$0.55	100	\$605.00
3	\$605.00	\$6.05	\$0.61	100	\$665.50
4	\$665.50	\$6.66	\$0.67	100	\$732.05
5	\$732.05	\$7.32	\$0.73	100	\$805.36
6	\$805.36	\$8.05	\$0.81	100	\$885.76
7	\$885.76	\$8.86	\$0.89	100	\$974.36
8	\$974.36	\$9.74	\$0.97	100	\$1,071.79
9	\$1,071.79	\$10.72	\$1.07	100	\$1,178.97
10	\$1,178.97	\$11.79	\$1.18	100	\$1,296.87
11	\$1,296.87	\$12.97	\$1.30	100	\$1,426.56
12	\$1,426.56	\$14.27	\$1.43	100	\$1,569.23
13	\$1,569.23	\$15.69	\$1.57	100	\$1,726.34
14	\$1,726.34	\$17.26	\$1.73	100	\$1,898.35
15	\$1,898.35	\$18.99	\$1.90	100	\$2,086.62
16	\$2,086.62	\$20.89	\$2.09	100	\$2,297.89
17	\$2,297.89	\$22.97	\$2.30	100	\$2,527.24
18	\$2,527.24	\$25.27	\$2.53	100	\$2,779.96
19	\$2,779.96	\$27.80	\$2.78	100	\$3,057.95
20	\$3,057.95	\$30.58	\$3.06	100	\$3,363.75
21	\$3,363.75	\$33.64	\$3.36	100	\$3,700.12
22	\$3,700.12	\$37.00	\$3.70	100	\$4,070.14
23	\$4,070.14	\$40.70	\$4.07	100	\$4,477.15
24	\$4,477.15	\$44.77	\$4.48	100	\$4,924.87
25	\$4,924.87	\$49.25	\$4.92	100	\$5,417.35
26	\$5,417.35	\$54.17	\$5.42	100	\$5,959.09
27	\$5,959.09	\$59.59	\$5.96	100	\$6,555.80
28	\$6,555.80	\$65.55	\$6.55	100	\$7,210.30
29	\$7,210.30	\$72.10	\$7.21	100	\$7,931.71

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8) **Go out, fresh air/exercise** – It will do you the power of good to get away from the PC screen, have a stretch, get some fresh air in your lungs.



It might even leave you feeling like Superman!



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10) Afternoon trades? – That is up to you, if you had a good morning why worry. There is something that shows strength of character to say;

NAH, I HAD A GOOD DAY ALREADY!

Or you may decide to kick it a nickel



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I could go on and cover the other points in detail, but you really don't need me to do you.

I hope you have enjoyed this, I tried to make it fun as possible. As always there is an important message.

So I'm just going to *fast forward* to point;

14) ZZZzzzz

Warren Holland

<https://themarketmakerslearninghub.com>