

| <u>A Trader's Day</u> | | | | | |
|---|------------|------------|------------|--------------|------------|
| <u>8am to 930am</u> | <u>Mon</u> | <u>Tue</u> | <u>Wed</u> | <u>Thurs</u> | <u>Fri</u> |
| Get a good night's sleep | | | | | |
| Eat a nourishing breakfast | | | | | |
| Writedown a goal for the day in your trading journal | | | | | |
| Think, how do I make money today | | | | | |
| Check limit / stop orders on any positions carried overnight | | | | | |
| Check Econoday Economic Calendar | | | | | |
| Check how the overall markets are trading | | | | | |
| Research the top 10 major stories influencing the market | | | | | |
| Look at Top Gainers and Losers | | | | | |
| Think about which stocks are best for you TODAY | | | | | |
| Check where the stock(s) are trading pre-market | | | | | |
| Rehearse your trading plan | | | | | |
| Consider how the stocks may trade | | | | | |
| Set alerts for other ideas | | | | | |
| Talk with your trading partners | | | | | |
| Read your cue cards | | | | | |
| Mentally and Physically prepare, Breath. | | | | | |
| Watch the SPY pre-market trade before open and get ready | | | | | |
| 9:30 - Run scanner to find Stocks in Play | | | | | |
| 9.30 to 11.30 - Complete focus on trading the Open | | | | | |
| | | | | | |
| <u>12pm to 130pm</u> | | | | | |
| Review important trades from the a.m. | | | | | |
| Write in trading journal | | | | | |
| Talk with other traders who traded same stocks/trading ideas | | | | | |
| Go to lunch | | | | | |
| Clear mind / Walk / Exercise / Meditate | | | | | |
| Post post it notes on screen for any ideas that may have bubbled up | | | | | |

130-330pm

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|---|--|--|--|--|--|
| 1:30 - Focus on trading afternoon session | | | | | |
| 3:30 - Begin to look to close down intraday positions | | | | | |

4pm -

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|---|--|--|--|--|--|
| Log Trades | | | | | |
| Journal what went well / what do I want more of | | | | | |
| Practice gratitude - What 3 things were great today, and why? | | | | | |
| Read Briefing.com and review Stocktwits before bed | | | | | |