

Day: \_\_\_\_\_

### Daily Trading Plan

Date: \_\_\_\_\_

**Yesterday / Overnight**

\_\_\_\_\_  
/\_\_\_\_\_  
High \_\_\_\_\_  
Close

**MARKET DIRECTION**

\_\_\_\_\_  
Daily \_\_\_\_\_

\_\_\_\_\_  
Hourly \_\_\_\_\_

\_\_\_\_\_  
Expectation \_\_\_\_\_

\_\_\_\_\_  
/\_\_\_\_\_  
Low \_\_\_\_\_  
S&R

**Yesterday / Overnight**

\_\_\_\_\_  
/\_\_\_\_\_  
High \_\_\_\_\_  
Close

**MARKET DIRECTION**

\_\_\_\_\_  
Daily \_\_\_\_\_

\_\_\_\_\_  
Hourly \_\_\_\_\_

\_\_\_\_\_  
Expectation \_\_\_\_\_

\_\_\_\_\_  
/\_\_\_\_\_  
Low \_\_\_\_\_  
S&R

**Yesterday / Overnight**

\_\_\_\_\_  
/\_\_\_\_\_  
High \_\_\_\_\_  
Close

**MARKET DIRECTION**

\_\_\_\_\_  
Daily \_\_\_\_\_

\_\_\_\_\_  
Hourly \_\_\_\_\_

\_\_\_\_\_  
Expectation \_\_\_\_\_

\_\_\_\_\_  
/\_\_\_\_\_  
Low \_\_\_\_\_  
S&R

**ECONOMIC ANNOUNCEMENTS**

(Time, Announcement, Expected, Actual, Anticipated Effect)

Time	Announcement	Expected	Actual	Anticipated Effect	Effect
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

**SCHEDULE**

Morning Session

Lunch

Afternoon Session

Notes

**TRADING PLAN / STRATEGIES**

(Markets to trade, setups to use, goals)

**RISK MANAGEMENT**

**KEY PERSONAL FOCUS FOR TODAY**