ZOOD

Trading Plan

A plan replaces in-the-moment decisions with rules written down in advance. Fill in the blanks for your own account, then follow it without exception.

1 Before the session

- [ ] Session: Asia / London / NY
- [ ] Hours in front of the screen: 1–3
- [ ] Assets: GER40 / XAUUSD / NQ / GBP / EUR / JPY
- [ ] Bias timeframe: D / 4H / 1H
- [ ] Area / setup timeframe: 15M / 5m
- [ ] Entry timeframe: 1m / 5m

2 Analysis

- [ ] Top-down analysis
- [ ] HTF / LTF bias
- [ ] Recent swing high / low
- [ ] Support and resistance / OB
- [ ] Liquidity
- [ ] Premium and discount

3 Trade management

- [ ] Decide your TP and SL before entry
- [ ] Breakeven / partials
- [ ] Do not move your TP and SL
- [ ] Levels, VP, OB

4 My setups (playbook)

SETUP	MARKET / TF	ENTRY RULE	STOP / TARGET	RISK
FVG Tap	Futures, 1–5m	Price taps a fair value gap	Beyond FVG / nearest level	0.5%
_____	_____	_____	_____	_____

Only these setups are valid. A trade that doesn't match a row is not taken. A setup earns its row only after it's been backtested, and gets revised or dropped if the numbers don't hold up.

5 Risk management

RULE	SETTING
Risk per trade	0.5% of account balance
Max trades per day	3
Daily loss limit	_____
Weekly loss limit	_____ (rule of thumb: ~2× your daily limit)
Max open risk at once	_____

6 Entries & exits

Entry
Only a confirmed setup from the playbook. No discretionary entries, even when a trade "looks obvious."

Stop-loss
Set at entry per the setup's stop rule. Once set, it only ever moves to reduce risk. It never moves further away.

Gaps / fast moves
If price gaps past your stop, close at the next available price. Don't average in or wait for it to come back.

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Stop-Trading Rules

The plan above gets you into good trades. These rules are what keep you from giving it back. Once one of these happens, you are done trading for the session. No exceptions, no "one more trade."

1 win → Stop	1 loss, 1 win → Stop	2 losses → Stop

- After a loss: pause for _____ minutes before the next trade, and re-check it against the setup checklist.
- After hitting the daily loss limit: no more trades today, no exceptions, no "one more to win it back."
- If you catch yourself moving a stop or oversizing: log it as a mistake and bring it to the weekly review. Don't just fix it quietly.
- If you're trading to prove something or get even: stop. That's emotion talking, not the plan.

7 Trade management rules

Take-profit
Full position off at target, or scale out. Decide before entry: _____

Moving to breakeven
_____ (e.g. "after price reaches 1R in my favour")

High-impact news
_____ (e.g. "no new entries 15 min before or after a high-impact release")

8 Schedule & check-in

- [ ] Sessions I trade: _____
- [ ] Before the first trade: note bias, mood and energy
- [ ] Low mood or energy: reduce size or sit out, don't trade it away

9 Record-keeping & review

- [ ] Log every trade the same day, with why you took it
- [ ] A trade that isn't logged didn't happen, as far as your numbers go
- [ ] Weekly (~20 min): review numbers, rule breaks, pick one thing to change
- [ ] Monthly: win rate, average R and profit factor per setup. Revise or retire what isn't holding up

10 Quick reference

Risk per trade	0.5%
Max trades per day	3
Daily loss limit	_____
Setups in use	FVG Tap
Stop rule	Never widen, only tighten
Review	Weekly numbers, monthly playbook check

This plan is a living document. Update it after a review, not mid-trade.