

Trading Plan Template

Forex and CFD. Fill it in when you are calm, then trade it without renegotiating.

Trader:	Plan version:	Date:
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1. Goals and constraints

Write goals you control. "Follow the plan on 95% of trades" is a process goal; "make 5% a month" is not. Example: A\$10,000 account, 6 hours a week, stop and review if the account falls 10% from its high.

Why I trade and what I want from the next 12 months	
Process goal (something I control)	
Account size (A\$) and hours per week available	
Drawdown that forces a full stop and review	

2. Markets and sessions (Sydney time)

Trade two to four markets you know well. Example: EUR/USD 5pm to 2am (London open through the New York overlap), AUD/USD 9am to 5pm and on RBA days, XAU/USD 10pm to 2am. Note the news you will not hold through.

Market	Why this market	Session (AEST/AEDT)	News I avoid

3. Strategy and setup rules

Each setup must be specific enough that someone else could spot it on a chart. Example: 4-hour trend pullback. Price above the 50 EMA on the daily, pullback to a prior support level, bullish close back above it as the trigger.

Setup name	Conditions that must all be true	Entry trigger	Invalidation

Chart timeframe(s) and indicators I use	
Setups I will not trade (my known weak spots)	

4. Pre-trade checklist

Every box ticked or no trade. If you catch yourself editing this list mid-trade, stop trading for the day.

- ☐ The setup matches a written rule in section 3
- ☐ Higher timeframe trend agrees with the trade direction
- ☐ No high-impact news for this market in the next 30 minutes
- ☐ Stop is at the level where the setup is wrong, not where the size looks nice
- ☐ Position sized with a calculator so the loss at the stop is no more than my risk per trade
- ☐ Reward-to-risk to the first target is at least 1:2
- ☐ Open positions are below my maximum and not all in the same currency
- ☐ I am inside my daily and weekly loss limits
- ☐ I have not had two consecutive losses today
- ☐ I would still take this trade if my last three trades had lost

5. Risk per trade and position sizing

Numbers, not ranges. Example: 1% (A\$100 on A\$10,000), max 3 open positions, max 3% total open risk, size with the SatoshiMacro position size calculator.

Rule	My number
Risk per trade (% and A\$)	
Maximum open positions	
Maximum total open risk (%)	
Maximum positions sharing one currency	
Sizing method (calculator, spreadsheet)	
Leverage cap I respect (ASIC retail: 30:1 major FX, 20:1 minor FX and gold)	

6. Stops, targets and trade management

Decide these before entry. Example: stop beyond the swing low plus the spread, first target at 2R, move stop to break-even at +1R, close any trade still open after 5 days.

Stop placement rule	
Target rule	
When I move the stop (break-even, trailing)	
Partial profits rule	
Time stop (close if nothing happens within)	

7. Loss limits

Limits are circuit breakers. Example: daily 3% (A\$300), weekly 6% (A\$600), stop for the day after two consecutive losses.

Limit	Level (% and A\$)	What I do when it is hit
Daily loss limit		
Weekly loss limit		
Consecutive losses		
Drawdown from account high		

8. Routine

Example: 4:30pm check the calendar and mark levels; 5pm to 11pm trade only checklist setups; after the session log every trade in the journal the same night.

Pre-market (calendar, levels, watchlist)	
During the session (what I do and do not do)	
Post-market (journal, screenshots, close platform)	

9. Review cadence and log

Weekly: read the journal, count rule breaks, pick one change. Monthly: judge the strategy on at least 20 trades, measured in R. Change the plan only at a review, never mid-trade.

Week ending	Trades	Net R	Rules broken	One change for next week
Signed (I will follow this plan)				
Date and plan version				