

A blurred background image of a person's hands writing on a lined notebook with a pen, positioned behind the central text area.

vickymvp.com

FREE DOWNLOAD CHECKLIST & SCHEDULE

A free checklist and schedule template before
you begin your trading day.

Example Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Rested	✓				
Clear Mind	✓				
Market Session	UK	UK	Azia UK	UK	Azia UK
News and events	US 2:30PM 3PM		UK: 8AM US 15:45PM	US 2:30PM 3PM	
PN Updates	✓				
Trading Plan	✓	✓	✓	✓	✓
Trading schedule	8:30AM - 11 AM 1PM- 4PM	6AM - 9:30 AM 2PM - 4:30PM	6AM - 9:30 AM 2PM - 6PM	8:30AM - 11 AM 1PM- 4PM	6AM - 9:30AM 2PM - 6PM
Workout	6AM - 6:45AM	11AM	11AM	6AM - 6:45AM	12PM
Analyse	8AM 1PM,	5:30AM	5:30AM	8AM 1PM,	5:30AM
Reflect on trades	4PM	4:30PM	6PM	4PM	6PM
Meditate	12PM	12:45PM	1:45PM	12:45PM	1:45PM
Research	7:30PM 12:15PM	5AM	5:15AM	7:30PM 12:15PM	5:15AM

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Research	✓				

Checklist

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