

Premarket Gameplan

Theme of the market:

- News:
- What's the market price action showing, bullish/bearish?
- What's the next DOL? If clear

Technical levels of the market:

In session - Day Recap

Morning pre-session update:

6:45 am Update:

7:00 am Update:

7:30 am Update:

8:00 am Update:

Overall Recap After market close

Mistakes I made:

What I did great and did I stick to all my rules:

RED or GREEN? (Not pnl but my trade management, discipline and sticking to my rules.)