News-day trading plan (PDF)

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Fill in the evening before a major release.

The release

Release and time (your time zone) _____

Consensus forecast and previous value _____

Pairs I trade that react most _____

Before the release

- [ ] Open positions reviewed; size cut or closed if needed
- [ ] Stops placed where slippage stays within my risk limit
- [ ] Broker / prop firm news rules checked

After the release

Minutes I will wait before any new trade _____

My setup (entry trigger, stop, target) _____

Maximum trades and maximum loss for the session _____

Review

What happened vs. plan _____

Slippage experienced (pips) _____

Sources: US Bureau of Labor Statistics: Employment Situation news release; BLS: Release calendar; FRED: All employees, total nonfarm (PAYEMS); CFTC: Foreign currency (forex) fraud advisory. Full explanation and links: https://uxs.nz/forex/how-to-trade-forex-around-news-like-nfp/

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