

Evening Routine

This should be completed in the evening before the trading session.

- Do Higher Time Frame Markups (S&D,FVG) for GU on your 'clean' chart and intraday chart. Include monthly and yearly pivot points
- Do Higher Time Frame Markups for DXY (S&D,FVG) on your 'clean' chart and intraday chart
- Have a think about the day. Write down a possible bull and bear scenario. Range/Trend?
- Study the weekly Volume Market Profile. Mark up VAH/VAL and POC for previous weeks, and prior weeks if needed
- Mark up structure levels visually on H1/H4 on GU & DXY. Trend lines and horizontal SnR, does volume corroborate?
- Set Alarms, turn of devices, get to bed early