

WHEN TO TRADE: Day of the Month

Average range in pips for the four majors:

Day	EUR/USD	USD/CHF	GBP/USD	USD/JPY
1	70	83	107	67
2	89	108	128	82
3	91	103	140	73
4	78	78	112	76
5	95	109	136	96
6	96	112	148	90
7	77	93	109	84
8	84	105	119	75
9	81	113	117	86
10	76	87	117	79
11	68	85	126	69
12	76	78	110	66
13	82	97	128	83
14	66	100	107	80
15	80	95	123	81
16	86	97	121	78
17	88	111	129	86
18	83	103	118	78
19	86	105	133	97
20	85	111	124	87
21	76	108	115	86
22	86	97	129	79
23	87	103	130	84
24	89	105	140	78
25	65	85	107	61
26	77	101	134	81
27	73	90	123	76
28	72	89	110	68
29	80	92	111	80
30	75	91	124	85
31	80	90	125	79

WHEN TO TRADE: Day of the Week

Average range in pips for the four majors:

Day of Week	EUR/USD	USD/CHF	GBP/USD	USD/JPY
Sunday	24	31	36	25
Monday	92	110	141	95
Tuesday	102	128	162	104
Wednesday	101	123	158	106
Thursday	83	98	121	77
Friday	80	96	117	72

WHEN TO TRADE: Hours of the Day

Average range in pips for the four majors, Eastern Time:

Hour	EUR/USD	USD/CHF	GBP/USD	USD/JPY
12 AM	10	11	15	14
1 AM	13	15	20	15
2 AM	21	25	30	20
3 AM	23	29	34	21
4 AM	20	27	29	20
5 AM	17	25	26	18
6 AM	17	24	26	18
7 AM	18	24	27	19
8 AM	26	31	39	25
9 AM	24	29	36	23
10 AM	30	34	45	26
11 AM	24	29	36	22
12 PM	20	25	31	19
1 PM	16	19	25	15
2 PM	16	18	24	15
3 PM	12	15	19	12
4 PM	9	11	14	10
5 PM	9	9	12	9
6 PM	8	9	12	11
7 PM	10	11	15	15
8 PM	11	11	16	17
9 PM	10	10	14	15
10 PM	10	12	16	13
11 PM	8	9	11	11

WHEN TO TRADE: Trading Session

Average range in pips for the four majors:

Session	EUR/USD	USD/CHF	GBP/USD	USD/JPY
Australia	65	77	99	66
Japan	66	79	100	66
UK - London	80	99	121	74
USA - New York	67	78	101	60