

# Daily Checklist

## David Warner



### 1. **Forex Factory**

- a. Check Calendar for news events
- b. Check scanner – look for trends, who has the most momentum?
- c. What session are we in? London, US, etc. Is it the beginning or end of a session. Be cautious 20 minutes after opening and 20 minutes before closing.

### 2. **Check Scotiafx.com**

- a. Monthly Report – what are trends
- b. Daily Report – what is trend today? Themes? What are technicals? What areas do they focus on? Where are support/resistance areas?

### 3. **Check Forexlive.com and Bloomberg push notifications (all day)**

- a. Any headlines that catch my eye?
- b. Check here when I don't know why something happened.
- c. Check after central bankers speak.

### 4. **Google news about central banks after policy statement speeches.**

### 5. **Come up with daily list of pairs to buy/sell.**

- a. Which pair has best opportunity? Does that match long term trend? Think multiplier. Which pair will allow me to stay in longer and add-on?

### 6. **Look at price quotes (dealing desk). What pair is at 20-30 or 70-80? These are sweet spots for market orders.**

- a. Where are you relative to big picture numbers? Where are those pause areas?
- b. Don't trade blind!
- c. What is my leverage multiplier (effective leverage) going to be?
- d. One trade - and no second trade until I'm profitable or it closes!

### 7. **Two stops to consider.**

- a. What is my "Oh crap"/line in the sand stop (price should not get here)?
- b. What is my mental stop (hidden from brokers and banks). Close below what?

### 8. **Where will I add to my position? Can't micro manage if I have big stops (major levels, major Q's, minor levels)**

### 9. **Only when trade is in profit look for new pairs and/or add on. Never place trades on conflicting pairs.**

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