ZRBFX

FREE TEMPLATE

MY GOLD TRADING PLAN

Fill this in when you're calm, not during a trade. Change it only at your weekly review, after at least 20–30 trades of evidence.

Name _____ Plan version / date _____

1 Why and what

Write a process goal (e.g. "follow my plan on 90% of trades"), not a money goal.

My goal for the next 3 months _____

Why it matters to me _____

Market(s) I trade _____

Account type (demo / live / funded) _____

2 When I trade

Pick one session window. See ZRBFX guide: best time to trade gold (UK time).

Session window (UK time) _____

Days I trade _____

Times I never trade _____

3 Risk rules

These protect the account. They never change in the middle of a session.

Risk per trade (%) _____

Daily loss limit _____

Weekly loss limit _____

Max trades per day _____

Max drawdown before I stop and review _____

4 My setups

Write each setup as a checklist. If a box can't be ticked, there's no trade. Attach a screenshot example of each.

Setup A name: _____

Trend condition (timeframe) _____

Location (zone / level) _____

Confirmation trigger _____

Stop loss placement _____

Target(s) _____

Do NOT take it when... _____

Example screenshot / notes

Setup B name: _____

Trend condition (timeframe) _____

Location (zone / level) _____

Confirmation trigger _____

Stop loss placement _____

Target(s) _____

Do NOT take it when... _____

Example screenshot / notes

5 Trade management

Decide it now so you don't improvise in the trade.

At +1R I will... _____

Partial profits? (yes/no, where) _____

I exit early only if... _____

6 News rules

High-impact US data (NFP, CPI, PCE, FOMC) can move gold $10–$30 in seconds.

Events I avoid _____

No new trades from ... minutes before _____

Open trades before news: I will... _____

7 Daily routine

Pre-session checklist: tick every box before your first trade.

- [ ] Checked the economic calendar and noted high-impact times
- [ ] Marked daily and 4-hour zones, yesterday's high and low
- [ ] Noted the dollar index and yields: helping or fighting gold?
- [ ] Decided my bias and which setups I'm looking for
- [ ] I'm rested, focused and not trading to "win back" anything

After the session I will... _____

8 Review

Every weekend, review your journal. Score discipline as well as profit.

Day and time of weekly review _____

I track (win rate, avg R, rule breaks...) _____

I will change the plan only when... _____

Lot size reminder (XAUUSD, 1 lot = 100 oz)

Lots = Risk in $ ÷ (Stop distance in $ × 100), rounded down. Example: $100 risk, $5 stop → 100 ÷ 500 = 0.20 lots.

My commitment

I will follow this plan on every trade. I accept that losses are part of trading. I will keep my risk small, respect my limits and judge myself on discipline, not on any single result.

Signed _____ Date _____

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