

John's Daily Routine

7:00 Set up S5 Trader
check DOM
Contract Size
Brackets - Limits/Stops

7:05 Set up TOS - 2 Charts

7:10 Review Monthly Support, Resistance, and Patterns
Review Weekly Support, Resistance, and Patterns
Review 60 minute Support, Resistance, and Patterns
Review Globex last 3 sessions Support, Resistance, and Patterns
Review Globex last session Support, Resistance, and Patterns
Review 5 min. chart of last 3 days for Support, Resistance, and Patterns

8:00 Watch TraderBites

8:20 Set up S5 Chat Rooms

8:30 Get paper out to track bars

8:50 - 11:00 First opportunity to put on risk

11:00 Last entry for opportunity prior to end time

11:20 Exit all risk

Review immediately and designate at least one lesson per trade

Exchange Hours

NYSE	8:30am - 4:00pm
TSE	7:00pm - 1:00am
HKE	8:00pm - 3:00am
LSE	2:00am - 10:30am