



You're 90 day Trading Plan

Phase 1: Days 1-30 – The Planning & Preparation Phase

Focus: Setup, Strategy Development, and Learning the Fundamentals

Days 1-10: Initial Setup & Foundations

1. Brokerage and Platform Setup:

- a. Select a trusted broker and set up your live or demo account.
- b. Trading Platform: I've used [Ninjatrader](#) (sponsored link) for 5+ years to trade they provide everything you need.
- c. If you want to do a funded account I suggest [Apex](#) but I highly recommend demo trading on [Ninjatrader](#) (sponsored link) first to avoid costly fees from making mistakes that funded accounts have. Then once you are consistent trading try out funded accounts. But I've always preferred not using funded accounts.

2. Learn Basic Charting:

- a. Begin studying support and resistance, trend lines, and price action.
- b. Get familiar with basic chart patterns and understand how trading strategies work.

*Days for each step aren't crucial some could take longer and that's okay.



Days 11-20: Studying and Strategy Development

1. Study and Choose Your Strategy:

- a. Research different strategies and select one that suits your personality and lifestyle (e.g., reversal trading, scalping, or swing trading).
- b. Focus on simple, rule-based strategies that are easy to follow and repeat.
- c. Don't set specific targets like "\$10k/month in 6 months"—this only adds pressure to your trading results.

2. Risk Management & Position Sizing:

- a. Study risk management principles.
- b. Learn how to calculate position sizes based on your account size and risk tolerance.
- c. Create rules for stop loss placement, take profit targets, and position sizing for every trade.

3. Create Your Trading Plan:

- a. Define your trading goals and risk tolerance.
- b. Outline the type of trading you will focus on (e.g., day trading, swing trading, futures).
- c. Set a risk/reward ratio (start with 1:2 or 1:3).
- d. Plan for how much time per day you can dedicate to trading.



Days 21-30: Building Confidence and Practicing with Demo Trading

1. Start Demo Trading:

- a. Open a demo account with your broker to practice executing trades with paper money.
- b. Follow your trading plan strictly—don't chase profits or enter trades based on FOMO (Fear of Missing Out).
- c. Focus on process over profit during this period.

2. Journal Every Trade:

- a. Keep a detailed journal of each trade, including the reasoning behind the trade, the strategy applied, the entry/exit points, and your emotions.
- b. Use trading [journal software](#) to track metrics such as win rate, risk/reward ratio, and entry patterns.

3. Emotional Awareness:

- a. Begin tracking the emotions you feel when entering and exiting trades (e.g., excitement, fear, greed).
- b. Identify triggers that cause emotional decisions and note them down to address later.



Phase 2: Days 31-60 – The Practice Phase

Focus: Building Discipline, Refining Strategy, and Analyzing Trades

Days 31-40: Focusing on Strategy and Consistency

1. Continue Demo Trading:

- a. Maintain your demo trading and stick strictly to your plan.
- b. Begin tracking performance metrics: Identify winning setups and refine them.
- c. Aim for consistent execution, not quick profits. The goal is to get comfortable with your strategy.

2. Develop a Trade Entry Checklist:

- a. Create a checklist for entering trades. For example, check if the market is in a trend, if support or resistance levels are aligned, and if other indicators confirm your strategy.
- b. Reduce the number of criteria to make sure you can quickly evaluate a setup without overcomplicating things.

3. Refine Your Strategy:

- a. After completing 20-30 demo trades, analyze your performance.
- b. Tweak your strategy based on real data. If certain trade types (e.g., reversals) are working well, focus more on those.
- c. If you're struggling with certain aspects, focus on improving them—this could be trade execution, timing, or discipline.



Days 41-50: Risk Management & Mental Mastery

1. Strengthen Risk Management:

- a. Revisit your risk management plan. Does it make sense for how you want to trade?
- b. Make sure you are consistent with the amount of risk you are taking per trade. Never increase your risk once you are in a trade by moving your stoploss farther away.
- c. Keep a close eye on your emotional responses to trades, especially when you hit stop losses or take profits.

2. Focus on the Psychology of Trading:

- a. Understand mental triggers that cause emotional responses (e.g., fear of missing out, fear of losing money).
- b. Start recording your emotions to deepen your understanding of how they affect your trading.
- c. Start creating habits that improve mental resilience, like taking breaks, meditating, or reflecting after losses.



Days 51-60: Transitioning to More Realistic Trading

1. Start to Scaling Appropriately on Demo Account:

- a. Gradually change your position size within your demo account to simulate what you will trade with real money.
- b. Ensure you're still following the same risk management rules.
- c. Treat demo trading like it's real trading so when you switch it's as similar as possible.

2. Evaluate Your Progress:

- a. Review your journal regularly to evaluate which setups have been successful.
- b. Focus on long-term consistency and refining your strategy, not trying to make big profits.
- c. If you're consistent for 20-30 trades or two to three months, your next step is to transition to real money trading in the next phase.



Phase 3: Days 61-90 – The Mastery Phase

Focus: Real Money Trading, Scaling, and Fine-Tuning Strategy

Days 61-70: Transition to Live Trading (Start Small)

1. Start Trading with Real Money:

- a. Start with a small amount of real capital, even as low as \$100-\$500, to test your strategy in the real market. You can always increase your position size once you've mastered the basics.
- b. Expect an emotional shift when transitioning to real money. The pressure of losing real money can impact your decision-making.

2. Adapt to Emotional Pressure:

- a. Keep your position sizes small and focus on sticking to your plan without letting emotions dictate your trades.
- b. Keep journaling every trade, and track not just the outcomes but how you felt when entering/exiting trades.



Days 71-80: Mastering Strategy Execution with Real Money

1. Focus on Correct Execution:

- a. Work to consistently execute your strategy even when your emotions don't want you to.
- b. Focus on being patient for the market to fit your strategy.

2. Track and Improve:

- a. Continue to track all trades and review them regularly.
- b. Look for patterns in your losses to identify areas of improvement (e.g., timing, entry, or exit points).
- c. Stay patient, and be open to tweaking your approach when necessary.



Days 81-90: Scaling and Final Adjustments

1. Scaling Up Slowly:

- a. As you get more comfortable, you can start scaling up slowly. This could be increasing position sizes or adding more capital to your trading account.
- b. Avoid overconfidence—still follow your plan even when you're seeing consistent success.

2. Fine-Tuning Your Strategy:

- a. By this time, your strategy should be solid. Continue to adjust it based on ongoing trade analysis and feedback from your journal.
- b. Stay consistent and refine your rules, but don't overhaul everything after a few losses.

3. Focus on Consistency, Not Perfection:

- a. Your goal should be consistency over perfection.
- b. Aim for small but steady gains that compound over time. Avoid the pressure to "make it big" quickly.



Ongoing Focus Beyond 90 Days:

- **Maintain Your Trading Journal:**
 - Consistently journaling will give you the insights to adjust and grow as a trader.
 - **Mental Mastery:**
 - Keep working on your mental game—trading psychology is as important as technical skills.
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Want More From Me?

Here are a few of my most-used tools, resources, and offers to help take your trading further.

Still need a trading platform?

I've been using NinjaTrader for over 5 years — it's fast, customizable, and made for traders like us.

👉 [Start Analyzing Charts with NinjaTrader](#) (sponsored link)

Join 2,000+ traders following my real-time setups and ideas

Get instant access to my private chat room and trade plan each morning:

👉 [Access My Trading Chat Room](#) (Free Trial)

Already Using NinjaTrader?

These 5 indicators completely changed the way I trade — especially the risk/reward tool.

👉 [Get My NinjaTrader Indicators](#) (Free Trial)