

Best Trading Days by Asset Class

Currencies (Forex)

Monday: ** - Slower start. Good for planning or 'Monday Fade' strategies (reversals).
Tuesday: **** - Market picks up - high volume, trends begin. Excellent for technical setups.
Wednesday: **** - Volatility peaks. Great for breakouts and midweek reversals.
Thursday: **** - Continuation of trends. Often the most profitable day in backtests.
Friday: *** - Strong in the morning. Lower liquidity in the afternoon.
Best Days: Tuesday to Thursday. Avoid overtrading Mondays and late Fridays.

Indices

Monday: ** - Indecisive, especially pre-market. Wait for NY open.
Tuesday: **** - NY session volatility kicks in. Strong intraday swings.
Wednesday: **** - Fed or macro news often drops here. High volatility.
Thursday: ***** - Institutional volume. Ideal for swing or momentum trades.
Friday: ** - Can be whippy. Avoid holding positions into weekend gaps.
Best Days: Tuesday-Thursday. Especially powerful at NY Open (14:30 UTC).

Commodities

Monday: ** - Choppy. Market digesting weekend news. Wait for direction.
Tuesday: *** - Good for early-week setups. Less fake-outs.
Wednesday: **** - Crude Oil Inventory Report (EIA) - 14:30 UTC. Major moves.
Thursday: **** - Builds on inventory report. High volume.
Friday: *** - Good early but closes fast. Especially volatile for Gold.
Best Days: Wednesday & Thursday. Be cautious on Monday and Friday afternoons.

Summary Cheat Sheet

Asset Class	Best Days	Caution Days
Forex	Tuesday-Thursday	Monday & Friday late
Indices	Tuesday-Thursday	Monday & Friday
Commodities	Wednesday-Thursday	Monday & Friday PM