



Gold (XAUUSD) Day Trading Map

Page 1 – Core Principles / Intro

Goal

Provide a clear, structured map for day trading Gold (XAUUSD) — focusing on intraday levels, volatility patterns, and session timing.

Key Concept

- Gold is highly volatile, best traded during London & New York overlap.
- Key levels (previous day high/low, round numbers, pivots) guide most intraday moves.
- Risk management = tighter stops, wider targets.

Risk / Boundaries

- Gold often spikes around US news (CPI, NFP, FOMC).
- Overtrading small moves leads to stop-outs.
- Risk max 0.5–1% per trade (gold volatility is higher than forex).

Tip

Gold reacts strongly to the **US Dollar Index (DXY)** — always check dollar strength before trading XAUUSD.

Page 2 – Practical Steps / Playbook

Step 1: Mark key levels

- Yesterday's high/low, daily pivot, round numbers (\$2000, \$2050).

Step 2: Define session bias

- Focus on **London open** (07:00–09:00 GMT) and **NY open** (13:00–15:00 GMT).
- Align with H1 trend.

Step 3: Execute trades

- Example: Account \$1,000 → 1% risk = \$10.
- SL = 20 pips (~\$2).
- Position size = 0.05 lot.
- TP1 = 30 pips (\$3), TP2 = 60 pips (\$6).

Graph Idea

Visual: Gold price bouncing between \$2000 & \$2050 → breakout candle in NY session → arrows to TP levels.

Page 3 – Extra Insights / Rules

Do

- Trade only during main sessions (London/NY).
- Use confluence: round numbers + pivots + trend.
- Secure partial profits at TP1.

Don't

- Trade during red-folder news.
- Place stops tighter than 15 pips → gold needs space.
- Let emotions push you into revenge trading.

Psychology Tip

Gold punishes impatience: wait for confirmation (break & retest) instead of chasing candles.

Bonus Pro Tip

Use **TradingView heatmaps** to spot where liquidity builds near \$2000 or \$2050.

Page 4 – Tools & Resources

Tool / Resource	Use Case	Link
Bybit	Trade Gold CFDs & metals	Bybit Recommended
TradingView	Chart Gold + overlays with DXY	TradingView
MyFXBook Calendar	Track macro news (NFP, CPI)	MyFXBook
Risk Calculator	Position sizing for gold	Free/Excel/Online

Page 5 – Quick Glossary & 2025 Outlook

Glossary

- **Pips (Gold)** → 0.10 = 1 pip on XAUUSD (e.g., \$2000.10 → \$2000.20 = 1 pip).
- **Pivot Point** → Calculated support/resistance for intraday trading.
- **Round Number** → Psychological levels (e.g., \$2000).
- **DXY** → US Dollar Index, inverse correlation with gold.

2025 Outlook

- Gold remains a safe haven with inflation & geopolitical tensions.
- AI-driven volatility scanners improve breakout confirmation.
- Expect continued \$2000–\$2200 ranges, but sharper moves on macro events.

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