

Full Day Schedule – Mind Detox + Study + Trading

■ Morning Routine (6:30 AM – 8:00 AM)

- Wake up, drink water, wash face
- Gratitude (write 3 things you're thankful for)
- Meditation (Label & Let Go) – 10 min
- Light Exercise / Yoga – 20–30 min
- Healthy Breakfast
- Market News Check (ForexFactory, TradingView)

■ Study Block 1 (8:00 AM – 11:00 AM)

- Pomodoro: 50 min study + 10 min break
- Main subject (8:00 – 8:50)
- Secondary subject (9:00 – 9:50)
- Revision / Notes (10:00 – 10:50)

■ Trading Preparation (11:00 AM – 12:30 PM)

- Review previous day charts (5m, 15m, 1h TF)
- Mark potential setups
- Set risk % (1–2%)
- Note Entry/Stoploss/Target

■ Lunch & Relax (12:30 PM – 1:30 PM)

- Light lunch
- 15 min rest
- Avoid phone scrolling

■ Study Block 2 (1:30 PM – 3:30 PM)

- Theory topics + practice questions
- Pomodoro: 50–10

■ Live Trading / Market Time (3:30 PM – 6:00 PM)

- Only take planned trades
- Avoid overtrading
- Update trade log

■ Evening Mind Reset (6:00 PM – 7:00 PM)

- Walk / light sports
- Music / hobby
- Mobile only for productive use

■ Study Block 3 – Light Study / Revision (7:00 PM – 8:00 PM)

- Read summary notes
- Set next day's plan

■ Trading Review (8:00 PM – 8:30 PM)

- Write today's P/L
- Note mistakes
- Save chart screenshots

■ Night Routine (9:00 PM – 10:00 PM)

- Light dinner
- 10 min gratitude journal
- 10 min meditation (deep breathing)
- In bed by 10:00 PM

Extra Rules

- 30–40 min physical activity daily
- Sunday = Review Day (analyze study & trading mistakes)
- Social media limit: Morning 15 min, Night 15 min