

Trading Plan – 5/10 EMA + Stoch + Daily S/R

1. Market Scan (Daily Close)

- ☐ Have I marked today's key support & resistance?
- ☐ Are the 5 EMA & 10 EMA aligned (uptrend / downtrend)?
- ☐ Is the Stochastic Oscillator confirming (crossing up from oversold for buys, down from overbought for sells)?

2. Trade Setup Rules

Buy Setup

- Price above both EMAs
- Retrace into daily support zone or EMAs
- Stoch turning up from oversold
- Entry: next daily open or limit order at support
- SL: below support
- TP: next resistance / 2R

Sell Setup

- Price below both EMAs
- Retrace into daily resistance zone or EMAs
- Stoch turning down from overbought
- Entry: next daily open or limit order at resistance
- SL: above resistance
- TP: next support / 2R

3. Trade Management

- ☐ Risk per trade = max 1–2% of equity
- ☐ Stop loss always beyond structure
- ☐ Exit partial at 1R (optional), let rest run to target
- ☐ No more than X trades open at once

4. Daily Review Routine

- ☐ Mark fresh S/R zones
- ☐ Check EMA trend bias
- ☐ Note which pairs meet setup conditions

☐ Plan next day's watchlist

☐ Log decisions in journal (even if no trades)

Flowchart (Decision Process)

Daily Close ↓ Mark S/R levels ↓ Check EMA alignment (5 vs 10) ↓ Trend clear? ↓ Yes
No → Wait Check Stochastic (OB/OS cross?) ↓ Price near S/R zone? ↓ Yes No → Wait
Setup valid ↓ Plan entry at open + set SL & TP ↓ Log & prep watchlist