Start at **7 a.m**. and look for **Bitcoin** and **Gold**. **Buy** when it is **rising**.

Look for **US tech 100** **going up** at **7:30** then **buy**.

**Buy** **Vix** at about **quarter to 8** when it starts going **up**.

**Buy USD** when it **rises** just before **8**.

**Buy Germany 30** when it **rises** at **7:30**