

- ES:**
1. **Yesterday's day type:** initiative, responsive, neutral, short, long liquidation
  2. **Import #'s** (from daily email)
  3. **Open type:** Open Drive, Open Test Drive, Open Rejection Rev, Open Auction in Range, Open Auction out of Range (OAOR)
  4. **Direction of trade:** Heavy volume?/where are the VAH/VAL's (Key here is understanding the context)
  5. **Next day's trade expectations:**
  6. **Overnight inventory:** is it Long / Short / Balanced
  7. **Review imported #'s:** Gaps? NPOC's & NVPOC's?
  8. **News:** The next day's global news (from Forex Factory link)

<http://www.forexfactory.com/calendar.php?s=4a0e7559b91ce03e3c63ff0e0396ca33>

**6E:** (Euro/USD) or other contracts you trade:

1. **Yesterday's day type:** initiative, responsive, neutral, short, long liquidation
2. **Open type:** Open Drive, Open Test Drive, Open Rejection Rev, Open Auction in Range, Open Auction out of Range (OAOR)
3. **Direction of trade:** what did DX do? Heavy volume?/where are the VAH/VAL's (Key here is understanding the context)
4. **Next day's trade expectations:**
5. **Overnight inventory:** is it Long / Short / Balanced
6. **Review #'s:** other FX pairs movements, Gaps? NPOC's & NVPOC's?

Gap rules apply:

- Go with all gaps that don't fill in the first 30 min (with the FXESTrader caveat that when the gap is larger than double digits use extreme caution). Better to let things shake out before establishing intraday trades on these days.
- Large gaps often will not fill in one day and the larger the gap, the lower the odds that it will fill completely.
- If the gap fills and value cannot get to at least unchanged, odds of a late day selloff increase.

## Trader Daily Checklist

(ALWAYS be answering these questions through the day)

### Top Down:

- What is driving the market?
  - Fundamentals (**yes/no**)
  - Economics (**yes/no**)
  - Stock specific (**yes/no**)
- Market has conviction (**yes/no**)
- Flight to safety? (**yes/no**)
- Other contributing factors:
  - What is the market condition?
    - Trending (**yes/no**)
    - Early-maturing-late
    - Inventory too long? Too short?
- Bracketing? (**yes/no**)
  - Lower center-lower
  - Inventory too long? Too short?

### Bottom Up:

- Intermediate term bracket: High/Low?
- Current price location
  - Lower
  - Center
  - Upper
  - Current price location:
  - Inventory too long? Too short?
- Short term trading ranges within bracket
  - High: Low:
  - High: Low:
  - Inventory too long? Too short?
  - Volume on up days:
  - Volume on down days:
- Yesterday's trade (describe the following)
  - Attempted direction:
  - Value area placement:
  - Volume analysis:
  - Shape:
  - Directional expectations for tomorrow:
  - Ideal trades you would like to execute based on intermediate term