

Preparing for the Week

This document is a template for preparing for the week.

In time, we'd like to see you make this your own. Meaning, perhaps you keep track of these things in an Excel spreadsheet. Or you make your own template in Word. Whatever you'd like to do is fine, as long as you are getting prepared for the week the same way you prepare for each and every trading day.

Thank you,
Jim & Earl

Preparing for the week

- 1) Come in early on Monday.
- 2) Look at charts from previous week
- 3) See if there was a trend
 - a) If there was a Trend, then,
 - i) Which way?
 - (1) Up _____
 - (2) Down _____
- 4) Remember how the mkt closed relative to the range and/or trend
 - a) Did it close in the range?
 - i) Where is the range?
 - (1) Top _____
 - (2) Bottom _____
 - b) Did it close in a trend?
 - i) Next Support _____
 - ii) Next Resistance _____
- 5) Find support and resistance on charts if you haven't already
 - i) Next Support _____

- ii) Next Resistance _____
- 6) Is the market going up or down easier?
 - a) Up easier _____
 - b) Down easier _____
- 7) Look for high volume distribution points if you use Market Profile
 - a) Where are the distributions?
 - i) Price _____
 - ii) Price _____
- 8) If we are trending and the market traded in the opposite direction on Friday, was there high volume?
 - a) High Volume _____
 - b) Low Volume _____
- 9) Look at economic release calendar and expectations
 - i) Does the consensus estimates support the trend or refute the trend
 - (1) Support _____
 - (2) Refute _____
 - ii) Does the consensus estimates suggest a breakout of a range.
 - (1) Breakout _____
 - (2) Range trade _____
- 10) Know what supply is coming to the market -- Treasury, Corporate, or Mortgage Backed.
 - a) Treasury supply _____
 - b) Corporate supply _____
 - c) MBS _____
- 11) Read Market Letters, including Credit Market Column in WSJ.
- 12) Look for influences from other markets such as stocks, bunds, oil, currencies.

a) We are being influenced by _____

b) And _____

c) And _____

13) What is the Fed talk?

a) Is everything as is or are they changing their message?

i) As is _____

ii) They changed their message _____

