

Peace – Here is a PDF of ideas regarding “**What days and times to trade the markets?**”

First Things First – I should say that the Human mind tends to seek “certainty”, and trading markets is about accepting “uncertainty”, and a “Probabilistic Mindset”.

These thoughts about “Days and Times to Trade” are based on “Observational Knowledge” built over time. The intention is to make “Informed Decisions”.

We could also call it “Historically Informed” information based on data (Yeah, no doubt! Certainly how Nations should be Governed, yet that’s another conversation about “the need for Checks and Balances to maintain Civilization” etc...)

Here is the “**Long Story Longer**” on this subject for Peace Purposes, then I will get into the details: (I am working on respecting the WELLNESS TRADING FELLOWSHIP vibes for peaceful trading success)

Trading Days: **Tuesday, Wednesday, Thursday** (Journal and Re-group on Friday)

I know that a lot of us just like to “Tune into Live streams” though, because Trading Fellowship provides a cool “sense of belonging” – I am just trying to get focused. Peace.

Trading Times: **9:30am EST to 12pm EST** (NY lunchtime)

I am working with **MNQ**, because the symbol allows low risk. Good idea for beginners. Evaluation account resets get expensive (maybe in the future I will also work with Gold).

Now the details on WHY these days:

Monday: “Accumulation day” – often consolidation – building ranges – “choppy” –

Tuesday/Wednesday: “Manipulation day” – watch for sweep of Monday’s high or low, or response at “Opening Gap”.

Thursday: “Expansion day” – Risk Management is important to Maximize profit.

Trading plan: Key levels, Opening Ranges (5 min, 15 min and 30 min candle levels)

Previous Daily High/Low, and Previous Session levels (London/Asia)

- 1) **IF** – 5 min candle closes beyond any level
- 2) **THEN** - FVG-123 “Respect” on 1 min or 30 sec charts

The EDGE is PATIENCE – The Process is the Win – If U followed the process – U win -
Peace