

TRADING PLAN

Date _____

The objective of this trading plan is to assist me to become consistent and successful at trading futures at this described level, then to increase my expectations and demands by a reasonable increment with a new trading plan until my ultimate trading goals are met. Each revised plan will be archived for future reference. I will re-read this plan daily until its concepts become habit.

This plan is valid for a minimum period of _____ and may be extended until the next plan is printed and signed. I will follow this trading plan exactly. If I deviate or break the rules established in this plan I will stop live trading for a period of _____ and re-assess my commitment to learning to trade.

If I am unable to maintain the minimum goals of this plan it may be revised to a lower, more attainable level.

ULTIMATE GOALS

My ultimate trading goal is to trade successfully without emotion, to routinely integrate risk/money management while following my plan with discipline, and to become financially independent.

My ultimate trading profit goal is \$ _____ per day.

DAILY & SHORT-TERM GOALS AND LOSS LIMITS

My current daily profit goal is \$ _____. This goal may be adjusted to accommodate my trading development on a weekly basis only if a new trading plan is printed, filled out, and signed.

If I attain or exceed my daily profit goal - I may:

- Sim/paper trade for the remainder of the day.

- continue trading only if my trades retain my profit goal. If my profit drops below this goal I will stop trading and subsequent trades will be Sim/paper only.

Daily Loss Limit – If my daily loss total is negative equal to my daily profit goal I will immediately suspend live trading for the day.

DOCUMENTING TRADES

I will document my trades and evaluate them at the end of each day. The records will include my reasons for entry and exit and my observations before and after the trade. I will record enough information to enable me to determine whether the trade was taken in error,

and if and how the trade could have been improved, even if it was a winner. If I am having trouble keeping a usable journal, I will find ways to facilitate it (tape-recorder, software, etc.)

PREPARATION/STATE OF MIND - Every day before trading:

Evaluate my emotional state of mind and physical condition to determine if I am fit for trading today. If not, either take the day off away from the market, stay flat while watching the market, or paper-trade - until I am confident that my state of mind warrants live trading.

Establish that software and computer are working properly. Restart software daily at a minimum. Review exit strategy in case of connection or system failure.

Enter today's upcoming financial news calendar events in my alarm system.

Check and review longer-term and daily charts for possible setups, support and resistance levels.

I will attain an emotion-free state of mind while trading. I will not enter a trade while my focus on the market is being distracted.

I will remember that trading is a business. I must maintain strict discipline while trading. Without it I am gambling. I will trade valid signals only, using clearly defined trend-following signals with the trend, and using reversal or counter-trend signals only when the pattern is clear and the signal is unmistakable. I will avoid unclear counter-trend trades.

RULES

My trades will be executed when I clearly believe I have an edge based on my trading system. If it is obvious that the edge no longer exists or was misinterpreted, I will exit the trade. When in doubt, get out. I can re-enter the trade if the edge re-appears.

I will exit all positions by the end of every day.

If the market becomes trendless, I will remain flat and not take trades unless it is clear that scalping can succeed. I may scalp if and only if my rules are adhered to and profits are taken quickly. When scalping I will not allow even a small winning trade to become a loser.

I will take responsibility for everything that happens in my trading. I will not let a winning trade turn into a losing trade. I will not chase trades. I will not trade for revenge. I do not have to trade every day. I will not hold my hand on a mouse over a buy or sell trigger unless I intend to take a trade. When I execute a trade using a front-end, I will confirm it on my brokerage platform.

One trade will not make or break me. If I make a bad trade, I will accept it, evaluate whether it was taken in error or a failed signal, and make a note of it in my documentation.

I will do my best to understand and record why a trade worked or failed.

I will master one thing at a time and not try to learn too many signals and too many markets at once.

MY TRADE SIGNALS

1. Multiple (2-4) Linear Regression Line trend confirmation with 144 Lin Reg Channel 15% [1:3] proximity filter. Entry trigger on simulated training stop following pseudo-counter trend trade.

2. Multiple Linear Regression Line trend confirmation with 10% Donchian Channel (34-55 bar) 15% [1-4] proximity filter. Entry trigger on simulated training stop following pseudo-counter trend trade.

3. Sine Wave moving average directional change with VT-TS 1.5 reversal confirmation and Donchian Channel proximity 15% [1-3]

Signed _____