

Forex Weekly Trading Planner

Tailored for Traders to Align Strategy with the Global Forex Clock

Trader Information

- Name: _____
- Trading Style (Select): Scalper / Swing / Position / Hybrid
- Preferred Broker: _____
- Target Session: _____ (e.g., London–New York Overlap)
- Weekly Focus: (e.g., Gold scalps, GBP/USD swings, News trading) _____

Weekly Overview Table

Day	Available Time	Target Session	Key Pairs	Major News Events	Strategy Focus
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					

Daily Trading Plan (To be filled before trading each day)

Date: _____

Planned Trading Window : _____

Pairs to Watch: _____

Economic Events: _____

Technical Zones/Levels: _____

Strategy in Focus: (e.g., London Breakout, NY Reversal) _____

Pre-Session Checklist:

- ☐ News alerts set (Africanpips / Forex Factory / Broker App)
- ☐ Technical zones marked
- ☐ Session indicators active
- ☐ Stop-loss & take-profit pre-calculated
- ☐ Max risk per trade defined

Post-Session Reflection (Complete after trading)

Trades Taken:

Pair	Setup Used	Result (Win/Loss)	Notes on Execution
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Session Summary:

- What went well? _____
- What went wrong or felt forced? _____
- Emotional state during trades: _____
- Lessons or adjustments for tomorrow: _____

Friday Weekly Review Summary

- Total Trades This Week: _____
- Win Rate: _____%
- Net Pips Gained/Lost: _____
- Most Profitable Pair(s)/Session(s): _____
- Least Profitable Time/Strategy: _____
- Key Lessons from the Week:

- Action Plan for Next Week:

Instructions for Use:

- Print 1 full planner sheet per week
- Use 1 daily page for each active trading day
- Archive completed planners in a trading journal binder or digital folder
- Review every Friday to refine your timing and strategy discipline

FOREX WEEKLY PLANNER