XAUUSD Global

FREE DOWNLOAD

The Gold Trading *Starter Kit*

Seven one-page cheat sheets every XAUUSD trader should keep next to the chart: contract math, position sizing, the best hours in your time zone, the news that moves gold, a pre-trade checklist, risk math and a glossary.

01 XAUUSD in one page: lots, ounces and pips

02 Position sizing: the 1% method

03 Best time to trade gold, in your time zone

04 The news that moves gold

05 Pre-trade checklist and journal template

06 Risk math: losing streaks and recovery

07 Gold trading glossary and next steps

Education only. No signals, no promises, no broker recommendations. Trading gold with leverage carries a high risk of loss.

CHEAT SHEET 1

XAUUSD in one page

XAUUSD is the price of one troy ounce of gold in US dollars. If XAUUSD is 4,000.00, one ounce costs $4,000. Most brokers use **100 oz per standard lot**, but always check your broker's contract specification.

LOTS	OUNCES	PIP = $0.01	PIP = $0.10	$1 MOVE	$5 MOVE
0.01	1 oz	$0.01	$0.10	$1.00	$5
0.05	5 oz	$0.05	$0.50	$5.00	$25
0.10	10 oz	$0.10	$1.00	$10.00	$50
0.50	50 oz	$0.50	$5.00	$50.00	$250
1.00	100 oz	$1.00	$10.00	$100.00	$500

The only formula you need

Profit or loss = price move in $ × ounces
Ounces = lots × ounces per lot

Example (hypothetical): buy 0.10 lot at 4,000.00, sell at 4,008.00 → 10 oz × $8 = $80 before costs.

Why "pips" confuse people

Brokers label pips differently: $0.01, $0.10 or $1.00. The dollars never change, only the label. Think in **dollars per ounce**.

Costs to remember

Spread (paid on every trade), commission, overnight swap, and slippage around news and weekend gaps.

Free tools: **xauusdglobal.com/tools/gold-pip-calculator/** and **/tools/gold-margin-calculator/**

CHEAT SHEET 2

Position sizing: the 1% method

Decide **where your idea is wrong** (the stop) and **how much you accept losing**. The lot size follows. Never the other way round.

Lot size = (Balance × Risk %) ÷ (Stop distance in $ × 100 oz)

Lot size at 1% risk (100 oz per lot, rounded down)

BALANCE	1% RISK	$3 STOP	$5 STOP	$10 STOP	$20 STOP
$500	$5	0.01	0.01	<0.01	<0.01
$1,000	$10	0.03	0.02	0.01	<0.01
$5,000	$50	0.16	0.10	0.05	0.02
$10,000	$100	0.33	0.20	0.10	0.05

Rules that protect accounts

- Same risk % on every trade
- Round lots **down**, never up
- Wider stop = smaller lot, same risk
- Never add size to "win it back"

"<0.01" means

Your risk is too small for that stop. Use a smaller stop only if the idea allows it, or skip the trade.

Free tool: **xauusdglobal.com/tools/position-size-calculator/**

CHEAT SHEET 3

Best time to trade gold, in your time zone

Gold trades almost 24 hours on weekdays, but the biggest moves usually come during the **London and New York overlap**, when US data is released (8:30 am New York time).

London–New York overlap and London open, local time

WHERE YOU ARE	OVERLAP (JAN)	OVERLAP (JUL)	LONDON OPEN (JAN / JUL)
UK (London)	13:00–17:00	13:00–17:00	08:00 / 08:00
New York (ET)	08:00–12:00	08:00–12:00	03:00 / 03:00
Toronto (ET)	08:00–12:00	08:00–12:00	03:00 / 03:00
Lagos (WAT)	14:00–18:00	13:00–17:00	09:00 / 08:00
Johannesburg (SAST)	15:00–19:00	14:00–18:00	10:00 / 09:00
Dubai (GST)	17:00–21:00	16:00–20:00	12:00 / 11:00
India (IST)	18:30–22:30	17:30–21:30	13:30 / 12:30
Singapore / KL	21:00–01:00	20:00–00:00	16:00 / 15:00
Sydney (AEST/AEDT)	00:00–04:00	22:00–02:00	19:00 / 17:00

Main sessions in UTC

SESSION	JANUARY	JULY
Asia (Tokyo)	00:00–09:00	00:00–09:00
London	08:00–17:00	07:00–16:00
New York	13:00–22:00	12:00–21:00

Times shift for one or two weeks in March/April and October/November, when the UK, US and Australia change clocks on different dates. Live clock: **xauusdglobal.com/tools/gold-market-hours/**

CHEAT SHEET 4

The news that moves gold

Gold reacts to **real interest rates** and the **US dollar**. Data that changes Fed expectations moves both. The **surprise versus the forecast** matters more than the number.

EVENT	WHEN	WHY GOLD CARES
US CPI (inflation)	Monthly, ~mid-month, 8:30 am ET	Hot = higher yields and dollar, often pressure on gold. Watch core CPI.
US jobs report (NFP)	First Friday, 8:30 am ET	Payrolls, unemployment and wages. Revisions matter too.
FOMC rate decision	8 meetings a year, 2:00 pm ET + press conference	Rate path, dot plot and tone move real yields and the dollar.
PCE inflation	Monthly, 8:30 am ET	The Fed's preferred inflation measure.
US GDP and PMIs	Quarterly / monthly	Growth surprises shift rate expectations.
Weekly jobless claims	Thursdays, 8:30 am ET	Early read on the labor market.
Geopolitics and central-bank buying	Unscheduled	Safe-haven flows; can reverse quickly. Respect weekend gaps.

News-day plan

1. Know the release time in your time zone.
2. Know the forecast.
3. Decide before the release: flat, smaller size, or a planned setup after the first move.
4. Expect wider spreads and slippage for a few minutes.

Calendar in your local time: **xauusdglobal.com/tools/gold-economic-calendar/** · Trackers: **/tools/gold-and-cpi/**, **/tools/gold-and-nfp/**

CHEAT SHEET 5

Pre-trade checklist and journal

Before you click buy or sell

- [ ] What is the higher-timeframe trend or range?
- [ ] Where are the key levels (support, resistance, prior high/low)?
- [ ] What is my setup, in one sentence?
- [ ] Where is my idea wrong? (stop)
- [ ] What is my target, and the reward-to-risk?
- [ ] What size keeps my risk at my fixed %?
- [ ] Is high-impact news due in the next hours?
- [ ] Is the spread normal right now?
- [ ] Am I calm, or chasing / revenge trading?
- [ ] Would I take this trade if I were flat all day?

Journal template (after every trade)

Date / session	
Setup	
Entry / stop / target	
Size and risk %	
Result in R	
Did I follow my plan?	
Emotion before / after	
One lesson	

Judge decisions, not outcomes. A well-reasoned trade can lose, and a bad one can win. Your journal shows which habits make money over many trades.

Guide: **xauusdglobal.com/blog/how-to-keep-a-trading-journal/**

CHEAT SHEET 6

Risk math: losing streaks and recovery

Account left after a losing streak

RISK PER TRADE	3 LOSSES	5 LOSSES	10 LOSSES
0.5%	99%	98%	95%
1%	97%	95%	90%
2%	94%	90%	82%
5%	86%	77%	60%
10%	73%	59%	35%

Gain needed to recover

DRAWDOWN	GAIN TO BREAK EVEN
−10%	+11%
−20%	+25%
−30%	+43%
−50%	+100%
−75%	+300%

Losses compound against you. A 50% drawdown needs a 100% gain just to get back. That is why professionals keep risk per trade small and consistent, so a normal losing streak never ends the game.

Expectancy in one line

Expectancy = (win rate × average win) − (loss rate × average loss). A 40% win rate is profitable if winners are big enough; an 80% win rate loses money if losers are huge.

Lessons: **xauusdglobal.com/strategies/xauusd-risk-management/** and **/strategies/trading-math-expectancy/**

CHEAT SHEET 7

Glossary and your next steps

Ask / bid	Buy price / sell price	**Support / resistance**	Zones where price reacted before
Spread	Gap between bid and ask; a cost	**Market structure**	Highs and lows that define trend
Lot	Trade size; often 100 oz	**BOS / CHoCH**	Break of structure / change of character
Pip / point	Smallest price step; broker-defined	**Liquidity sweep**	Run of stops beyond a prior high or low
Leverage	Position value ÷ margin	**Real yield**	Interest rate after inflation
Margin	Deposit locked while a trade is open	**DXY**	US dollar index
Stop-loss	Order that closes a losing trade at your invalidation	**CPI / NFP / FOMC**	Inflation / jobs / Fed decision
Take-profit	Order that closes a winning trade at target	**Slippage**	Fill worse than the requested price
R	One unit of risk; +2R = twice what you risked	**Swap**	Overnight financing cost or credit
ATR	Average true range; typical move per bar	**Drawdown**	Fall from an account peak

Keep learning, free

- **41-lesson Gold Trading Academy**: xauusdglobal.com/xauusd-trading-strategies/
- **27 free tools**: xauusdglobal.com/tools/
- **Trade gold in your country**: xauusdglobal.com/gold-trading-by-country/
- **Telegram (education only)**: t.me/xauusdglobalcom

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