

FREE TEMPLATE · FILL IN AND KEEP

XAUUSD Trading Plan *Template*

A written plan turns intentions into rules you can follow when gold is moving fast. Fill in every blank, keep it next to your screen, and change it only at a scheduled review, based on your journal. If a trade is not described here, it is not a trade.

Name _____ Start date _____

Plan version _____ Next review date _____

1 Goals and constraints

Why I trade gold (one or two sentences)

Process goals for the next 3 months (for example: follow my plan on 40 demo trades)

Money I could lose in full without it affecting my life

Account balance today

Hours I can trade per day / days per week

Stage

☐ Demo only ☐ Small live account ☐ Live account

2 Market and sessions

Market

XAUUSD (spot gold)

Contract size on my account (oz per lot)

My time zone

Sessions I trade

☐ Asia ☐ London ☐ London–New York overlap ☐ New York

Trading window in my local time

Timeframes: bias / setup / entry

Days or times I never trade (for example: Friday after 12:00 New York, the daily break)

YOUR SETUPS

Write each setup so a stranger could trade it

3 Setup 1: rules

Setup name	<hr/>
Market context (trend, range)	<hr/>
Location (which level)	<hr/>
Trigger (what candle or break)	<hr/>
Entry order type	<hr/>
Stop placement	<hr/>
Target and management	<hr/>
No trade if...	<hr/>
Example screenshot (file or link)	<hr/>

4 Setup 2: rules

Setup name	<hr/>
Market context (trend, range)	<hr/>
Location (which level)	<hr/>
Trigger (what candle or break)	<hr/>
Entry order type	<hr/>
Stop placement	<hr/>
Target and management	<hr/>
No trade if...	<hr/>

PROTECT THE ACCOUNT

Risk rules

5 Risk rules

Lot size = (balance × risk %) ÷ (stop distance in \$ × contract size in oz)

Risk per trade (% and \$)	<input type="text"/>
Maximum trades per day	<input type="text"/>
Daily stop (% or number of losses)	<input type="text"/>
Weekly stop (%)	<input type="text"/>
Maximum open risk at once (%)	<input type="text"/>
Minimum reward-to-risk to take a trade	<input type="text"/>
At a drawdown of __% I halve my size	<input type="text"/>
At a drawdown of __% I go back to demo	<input type="text"/>

✓ Worked sizing example (hypothetical)

Balance \$4,000, risk 1% = \$40, stop \$8 away, 100 oz per lot: $\$40 \div (\$8 \times 100) = 0.05$ lots. If the stop needs to be \$16, the size halves to 0.025, rounded down to 0.02 lots. A wider stop means a smaller position, never a bigger loss.

Check your own account's contract size and minimum lot. Calculator: xauusdglobal.com/tools/position-size-calculator/

PROCESS

News rules and journal routine

6 News rules

High-impact events I plan around

- ☐ US CPI ☐ Jobs report (NFP) ☐ FOMC decision ☐ PCE ☐ GDP ☐ Fed chair speech
☐ Other: _____

No new entries __ minutes before /
__ minutes after _____

Where I check the calendar _____

Open trades before high-impact news

- ☐ Close ☐ Reduce ☐ Hold with the stop in place

Weekend

- ☐ Flat by Friday's close ☐ Hold only with a stop and a reduced size

7 Journal routine

Before the session (levels marked, news times noted, checklist ready)

After every trade I record (date, session, setup, entry, stop, target, size, result in R, screenshot, emotions)

End of day (what I did well, one rule I broke, if any)

IMPROVE WITH EVIDENCE

Review and plan changes

8 Review

Weekly review: day and time _____

Monthly review: day _____

Numbers I check: trades taken, win rate, average win and loss in R, expectancy, profit factor, largest drawdown, rule breaks

Rules about me (for example: stop after two losses in a row; no trading when tired or upset)

Plan change log

DATE	WHAT I CHANGED	WHY (EVIDENCE FROM THE JOURNAL)

Signed _____

Date _____

Guides: How to build a XAUUSD trading plan (xauusdglobal.com/blog/how-to-build-a-xauusd-trading-plan/) · Free trading journal spreadsheet (</downloads/xauusd-trading-journal-spreadsheet/>) · Pre-trade checklist (</downloads/xauusd-pre-trade-checklist/>). Practise with others in the XAUUSD Global community: first month free, then \$19.99 a month.