

# Daily Routine Planner

A structured daily worksheet for helping beginners prepare, focus, review, and learn from market data each day.

## How to use this planner

This worksheet helps students bring structure to their day. A simple routine makes trading more comfortable, more focused, and easier to improve over time.

## Daily trading routine planner

Time of day	Focus area	Planner space
Before the market	Review indexes, watchlist, key levels, trend, and volume.	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
During the market	Follow the best setups, watch price behavior, and stay connected to data.	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
After the market	Review charts, journal lessons, and identify what worked well.	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

## Today's focus

Field	Response area

Top watchlist symbols	<hr/> <hr/> <hr/> <hr/>
Key data to monitor	<hr/> <hr/> <hr/> <hr/>
One habit I want to strengthen today	<hr/> <hr/> <hr/> <hr/>
End-of-day lesson	<hr/> <hr/> <hr/> <hr/>