

Morning Routine & Watchlist Template

Use this to prepare each trading day.

Morning Routine

1. Check overnight futures and global markets.
2. Review economic calendar and scheduled news.
3. Update watchlist with SPY, QQQ, NVDA, TSLA, AAPL, MSFT.
4. Mark key levels (prior day high/low, overnight levels, gaps).
5. Define one-paragraph game plan for the day.

Watchlist Template

Ticker | Direction Bias | Key Levels | ATR | Notes

SPY | Long / Short / Neutral | _____ | _____ | _____

QQQ | Long / Short / Neutral | _____ | _____ | _____

NVDA | Long / Short / Neutral | _____ | _____ | _____

TSLA | Long / Short / Neutral | _____ | _____ | _____

AAPL | Long / Short / Neutral | _____ | _____ | _____

MSFT | Long / Short / Neutral | _____ | _____ | _____