✦ FREE FOR THE AG&HF COMMUNITY

the AGHF 30-day

trader planner

Plan before the open. Follow your order. Review like a pro.
Thirty days of showing up for your trading. 💗

don't rush the process ✦ don't rush the process ✦ don't rush the process ✦ don't ru

📅 30-day Show Up tracker · ☕ daily plan + review · 🔁 weekly review · 📈 futures cheat sheet

A Girl & Her Futures · with Dayli

✦ START HERE

hey, *you made it* 💗

I'm so glad you're here! I made this planner for every trader who knows a lot but freezes when it's time to click. You don't need more concepts. You need an **order**, and a habit of following it.

So for the next 30 days, we're showing up. We plan before the open, we wait for the market to show us, and we review like pros. Some days that means no trade at all, and that's a *good* day.

Let's go! Dayli

HOW TO USE IT

1. Fill in **my trading plan**
   Once, before day 1. It's your rules, in your words.
2. Each morning, **before the open**
   Your bias sentence, your levels, your window and your "done" rule.
3. After the close, **review**
   Did you follow your order? One thing you did well, one thing to do differently.
4. Color in your **Show Up dots**
   Four little dots a day. It's the habit we're building, not the money.
5. Every 5 days, a **weekly review**
   Spot your patterns, then pick one thing to focus on next.

📱 **On an iPad?** Open this in GoodNotes or Notability and write right on it. Tap a day on your tracker to jump to that page, and tap "back to my tracker" at the bottom of any page to come back.

Education only, not financial advice. Trading futures involves substantial risk of loss and isn't right for everyone.

✦ FILL IN ONCE, BEFORE DAY 1

my trading *plan*

Your rules, in your words. When you're unsure in the moment, come back here.

📈 WHAT I TRADE

☐ NQ ☐ MNQ ☐ ES ☐ MES ☐ GC ☐ MGC ☐ other _____

My bias timeframes (the big picture)

My entry timeframe

🎯 THE SETUP I WAIT FOR

What has to happen, in order, before I'm allowed to take a trade?

1. _____
2. _____
3. _____
4. _____

🪟 MY WINDOW

I trade from _____ to _____

I'm done for the day when

🛡️ MY RISK

Max risk per trade $_____

Max loss per day $_____

Max trades per day _____

✋ I DON'T TRADE WHEN…

☐ I didn't plan before the open ☐ I can't finish my bias sentence ☐ I'm angry or rushed

☐ big news is about to drop

☐ _____

My why (why does this matter to you?)

✦ YOUR 30 DAYS

the show up *tracker*

Started on _____

Color in a dot each day you did it. It's not about the money. It's about becoming the trader who shows up. 💗
Tap a day to open its page.

planned before the open **followed my order** **stopped at my done rule** **journaled**

1	2	3	4	5 🔁 + review
6	7	8	9	10 🔁 + review
11	12	13	14	15 🔁 + review
16	17	18	19	20 🔁 + review
21	22	23	24	25 🔁 + review
26	27	28	29	30 you did it 🎉

📋 **My trading plan**

Unsure in the moment? Tap here and reread your rules.

done with 30 days?

Do your 30-day review, then share your tracker in the community with #30DaysOfOrder. We want to celebrate you! 🥳

day 1 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ planned before the open ☐ followed my order ☐ stopped at my done rule ☐ journaled

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

no setup? no trade. that's a good day. 💅

↩ back to my tracker

day 2 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ planned before the open ☐ followed my order ☐ stopped at my done rule ☐ journaled

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

can't finish the sentence? it's a guess. 🎲

↩ back to my tracker

day 3 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ **planned before the open** ☐ **followed my order** ☐ **stopped at my done rule** ☐ **journaled**

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

day 4 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ **planned before the open** ☐ **followed my order** ☐ **stopped at my done rule** ☐ **journaled**

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

wait for the market to show you. 👀

↩ back to my tracker

day 5 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ planned before the open ☐ followed my order ☐ stopped at my done rule ☐ journaled

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

you're not behind. you just needed the order. 💗

↩ back to my tracker

✦ DAYS 1 TO 5

week 1 *review* 🔁

Grab your tracker and your last five daily pages. No judging, just noticing.

🎨 MY SHOW UP DOTS

- days I planned before the open ____ / 5
- days I followed my order ____ / 5
- days I stopped at my done rule ____ / 5
- days I journaled ____ / 5

💪 WHAT'S WORKING

🔧 WHAT TO FIX

👀 A PATTERN I NOTICED

A time of day, a feeling, a setup I keep rushing...

🏆 MY BEST DECISION THIS WEEK

Sitting on your hands counts. So does stopping at your done rule.

next week, I'll focus on just one thing:

one thing at a time. 💗

↩ back to my tracker

day 6 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ planned before the open ☐ followed my order ☐ stopped at my done rule ☐ journaled

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

no setup? no trade. that's a good day. 💅

↩ back to my tracker

day 7 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ **planned before the open** ☐ **followed my order** ☐ **stopped at my done rule** ☐ **journaled**

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

can't finish the sentence? it's a guess. 🎲

↩ back to my tracker

day 8 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ **planned before the open** ☐ **followed my order** ☐ **stopped at my done rule** ☐ **journaled**

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

don't rush the process ✦

↩ back to my tracker

day 9 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ **planned before the open** ☐ **followed my order** ☐ **stopped at my done rule** ☐ **journaled**

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

wait for the market to show you. 👀

↩ back to my tracker

day 10 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ planned before the open ☐ followed my order ☐ stopped at my done rule ☐ journaled

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

you're not behind. you just needed the order. 💗

↩ back to my tracker

✦ DAYS 6 TO 10

week 2 *review* 🔁

Grab your tracker and your last five daily pages. No judging, just noticing.

🎨 MY SHOW UP DOTS

- days I planned before the open ____ / 5
- days I followed my order ____ / 5
- days I stopped at my done rule ____ / 5
- days I journaled ____ / 5

💪 WHAT'S WORKING

🔧 WHAT TO FIX

👀 A PATTERN I NOTICED

A time of day, a feeling, a setup I keep rushing...

🏆 MY BEST DECISION THIS WEEK

Sitting on your hands counts. So does stopping at your done rule.

next week, I'll focus on just one thing:

one thing at a time. 💗

↩ back to my tracker

day 11 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ planned before the open ☐ followed my order ☐ stopped at my done rule ☐ journaled

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

no setup? no trade. that's a good day. 💅

↩ back to my tracker

day 12 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ planned before the open ☐ followed my order ☐ stopped at my done rule ☐ journaled

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

can't finish the sentence? it's a guess. 🎲

↩ back to my tracker

day 13 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ **planned before the open** ☐ **followed my order** ☐ **stopped at my done rule** ☐ **journaled**

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

day 14 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ **planned before the open** ☐ **followed my order** ☐ **stopped at my done rule** ☐ **journaled**

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

wait for the market to show you. 👀

↩ back to my tracker

day 15 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ **planned before the open** ☐ **followed my order** ☐ **stopped at my done rule** ☐ **journaled**

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

you're not behind. you just needed the order. 💗

↩ back to my tracker

✦ DAYS 11 TO 15

week 3 *review* 🔁

Grab your tracker and your last five daily pages. No judging, just noticing.

🎨 MY SHOW UP DOTS

- days I planned before the open ____ / 5
- days I followed my order ____ / 5
- days I stopped at my done rule ____ / 5
- days I journaled ____ / 5

💪 WHAT'S WORKING

🔧 WHAT TO FIX

👀 A PATTERN I NOTICED

A time of day, a feeling, a setup I keep rushing...

🏆 MY BEST DECISION THIS WEEK

Sitting on your hands counts. So does stopping at your done rule.

next week, I'll focus on just one thing:

one thing at a time. 💗

↩ back to my tracker

day 16 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ planned before the open **☐ followed my order** **☐ stopped at my done rule** **☐ journaled**

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

no setup? no trade. that's a good day. 💅

↩ back to my tracker

day 17 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ **planned before the open** ☐ **followed my order** ☐ **stopped at my done rule** ☐ **journaled**

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

can't finish the sentence? it's a guess. 🎲

↩ back to my tracker

day 18 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ **planned before the open** ☐ **followed my order** ☐ **stopped at my done rule** ☐ **journaled**

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

day 19 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ **planned before the open** ☐ **followed my order** ☐ **stopped at my done rule** ☐ **journaled**

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

wait for the market to show you. 👀

↩ back to my tracker

day 20 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ planned before the open ☐ followed my order ☐ stopped at my done rule ☐ journaled

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

you're not behind. you just needed the order. 💗

↩ back to my tracker

✦ DAYS 16 TO 20

week 4 *review* 🔁

Grab your tracker and your last five daily pages. No judging, just noticing.

🎨 MY SHOW UP DOTS

- days I planned before the open ____ / 5
- days I followed my order ____ / 5
- days I stopped at my done rule ____ / 5
- days I journaled ____ / 5

💪 WHAT'S WORKING

🔧 WHAT TO FIX

👀 A PATTERN I NOTICED

A time of day, a feeling, a setup I keep rushing...

🏆 MY BEST DECISION THIS WEEK

Sitting on your hands counts. So does stopping at your done rule.

next week, I'll focus on just one thing:

one thing at a time. 💗

↩ back to my tracker

day 21 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ planned before the open ☐ followed my order ☐ stopped at my done rule ☐ journaled

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

no setup? no trade. that's a good day. 💅

↩ back to my tracker

day 22 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ planned before the open ☐ followed my order ☐ stopped at my done rule ☐ journaled

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

can't finish the sentence? it's a guess. 🎲

↩ back to my tracker

day 23 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ **planned before the open** ☐ **followed my order** ☐ **stopped at my done rule** ☐ **journaled**

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

day 24 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ **planned before the open** ☐ **followed my order** ☐ **stopped at my done rule** ☐ **journaled**

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

wait for the market to show you. 👀

↩ back to my tracker

day 25 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ **planned before the open** ☐ **followed my order** ☐ **stopped at my done rule** ☐ **journaled**

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

you're not behind. you just needed the order. 💗

↩ back to my tracker

✦ DAYS 21 TO 25

week 5 *review* 🔁

Grab your tracker and your last five daily pages. No judging, just noticing.

🎨 MY SHOW UP DOTS

- days I planned before the open ____ / 5
- days I followed my order ____ / 5
- days I stopped at my done rule ____ / 5
- days I journaled ____ / 5

💪 WHAT'S WORKING

🔧 WHAT TO FIX

👀 A PATTERN I NOTICED

A time of day, a feeling, a setup I keep rushing...

🏆 MY BEST DECISION THIS WEEK

Sitting on your hands counts. So does stopping at your done rule.

next week, I'll focus on just one thing:

one thing at a time. 💗

↩ back to my tracker

day 26 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ planned before the open ☐ followed my order ☐ stopped at my done rule ☐ journaled

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

no setup? no trade. that's a good day. 💅

↩ back to my tracker

day 27 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ planned before the open ☐ followed my order ☐ stopped at my done rule ☐ journaled

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

can't finish the sentence? it's a guess. 🎲

↩ back to my tracker

day 28 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ **planned before the open** ☐ **followed my order** ☐ **stopped at my done rule** ☐ **journaled**

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

day 29 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ **planned before the open** ☐ **followed my order** ☐ **stopped at my done rule** ☐ **journaled**

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

wait for the market to show you. 👀

↩ back to my tracker

day 30 *my trading day*

Date _____

☕ BEFORE THE OPEN

"I'm looking for _____ because the higher timeframe shows _____."

Key levels

What has to happen first

What says I'm wrong (or no trade)

News today? ☐ none ☐ yes, at _____

My window _____ to _____

I'm done when _____

How I feel going in: 😌 🙂 😐 😬 😤 (circle one, and sit out if it's 😤)

📝 MY TRADES

#	LONG / SHORT	FOLLOWED MY ORDER?	RESULT (R)	ONE WORD
1	☐ L ☐ S	☐ yes ☐ no		
2	☐ L ☐ S	☐ yes ☐ no		
3	☐ L ☐ S	☐ yes ☐ no		

☐ no trade today, and that was the plan 💅

🌙 AFTER THE CLOSE

What I did well

What I'll do differently

☐ **planned before the open** ☐ **followed my order** ☐ **stopped at my done rule** ☐ **journaled**

Then color in today's dots on your Show Up tracker. 🎨

📈 sketch today's chart, or paste a screenshot (iPad)

you're not behind. you just needed the order. 💗

↩ back to my tracker

✦ YOU DID 30 DAYS

my 30-day *review* 🎉

Look at your tracker. Every colored dot is you keeping a promise to yourself.

🎨 MY TOTALS

planned	followed my order	done rule	journaled
____ / 30	____ / 30	____ / 30	____ / 30

🎯 HOW CONFIDENT AM I WHEN IT'S TIME TO CLICK?

day 1	1	2	3	4	5	6	7	8	9	10
today	1	2	3	4	5	6	7	8	9	10

🌱 WHAT CHANGED

🧠 MY BIGGEST LESSON

➡️ MY NEXT 30 DAYS

ready for the exact rules?
The AG&HF Academy: the whole method in order, lives with me, practice and feedback.

agirlherfutures.com

✦ KEEP THIS BY YOUR SCREEN

futures *cheat sheet*

💲 WHAT ONE MOVE IS WORTH

CONTRACT	1 TICK	TICK VALUE	1 POINT
NQ · Nasdaq-100	0.25	$5.00	$20
MNQ · Micro Nasdaq	0.25	$0.50	$2
ES · S&P 500	0.25	$12.50	$50
MES · Micro S&P	0.25	$1.25	$5
GC · Gold	0.10	$10.00	$100
MGC · Micro Gold	0.10	$1.00	$10

🕘 KEY TIMES (NEW YORK)

6:00 PM Sun · futures open for the week

8:30 AM · when many big reports come out (jobs, inflation)

9:30 AM · New York stock open

4:00 PM · New York stock close

5:00–6:00 PM · daily break, Mon–Thu

5:00 PM Fri · closed for the weekend

Holidays change these. Check your broker's calendar.

🧮 HOW MANY CONTRACTS?

contracts = my risk $ ÷ (stop in points × $ per point)

Example: I'll risk $100. My stop is 20 points on MNQ ($2 a point). 20 × $2 = $40 a contract. $100 ÷ $40 = 2.5, so **2 contracts**. Always round down.

🧭 THE ORDER, EVERY TIME

🧱 **structure** → 🧭 **bias, out loud** → 👀 **indication** → ↩️ **correction** → 🚀 **continuation**

want the exact rules?

Where to enter, where your stop goes, practice reps and feedback: the AG&HF Academy.

agirlherfutures.com

Education only, not financial advice. Contract specs from CME Group; confirm with your broker. Trading futures involves substantial risk of loss.