A PAPERMATES DIGITAL RESOURCE RELEASE.

THE PRE-MARKET CHECK-LIST

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EVERYDAY STOCK MARKET EDUCATION


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Print the planner sheet to create a folder or binder. If you want to keep it digital, use apps like GoodNotes 5 to import your sheet.

How RVOL Works

Relative Volume: is a technical indicator that compares a stock's current trading volume to its average volume over a past period. You can use it to see if an asset has unusual activity that might signal a big price move.

The Formula: RVOL equals your current trading volume divided by your average volume over a set number of days (usually 5 to 50 days).

The Baseline (1.0): A ratio of 1.0 means the stock is trading at its normal, average volume.

High RVOL (>2.0): A score above 2.0 means the stock is trading at double its usual volume. This often means the stock is "in play" due to news, earnings, or a major event.

Low RVOL (<1.0): A score below 1.0 means the stock has less trading activity than normal. This points to market quietness or a lack of trader interest.

PRE-MARKET CHECKLIST

PREP THE PLAN.
THEN TRADE IT.

DATE _____ TIME _____

MARKET PULSE

MARKET	LEVEL	CHG %	BIAS
ES			
NQ			
RTY			
YM			
VIX			
DXY			
10Y			
OIL			
GOLD			
BTC			

ECONOMIC CALENDAR

TIME	EVENT	IMPACT
		H · M · L
		H · M · L
		H · M · L
		H · M · L
		H · M · L
		H · M · L
		H · M · L
		H · M · L
		H · M · L
		H · M · L

EARNINGS & NEWS

BEFORE THE OPEN (BMO)

AFTER THE CLOSE (AMC)

HEADLINES / SECTOR MOVERS

MARKET BIAS

□ Bullish □ Bearish
□ Neutral □ Range-bound

TREND DAILY 4-HOUR 1-HOUR

THESIS

KEY LEVELS

LEVEL + TICKER	1.	2.	3.	4.
Prev Day High				
Prev Day Low				
Prev Day Close				
Pre-Market High				
Pre-Market Low				
VWAP				
Major Resistance				
Major Support				

WATCHLIST & TRADE IDEAS

#	TICKER	PRICE	GAP %	RVOL	RSI	200-DAY EMA	50-DAY EMA	ENTRY	STOP	TARGET	R:R	A+?
1												□
2												□
3												□
4												□
5												□
6												□
7												□

SCENARIO PLAN

BULL CASE
If _____
Then _____

BEAR CASE
If _____
Then _____

CHOP / RANGE
If _____
Then _____

RISK PLAN

Account Size $ _____
Risk per Trade % _____
Risk $ _____
Max Daily Loss $ _____
Max # of Trades _____
Stop After # Losses _____
Size Rule _____

PRE-BELL CHECKLIST

□ Charts marked up
□ Price alerts set
□ Platform & data feed in realtime
□ Overnight News Checked
□ Trading rules listed
□ Event times noted
□ Stops pre-planned
□ All timeframes analyzed

MINDSET CHECK

FEELING □ Calm □ Focused □ Anxious □ FOMO □ Tired

DISTRACTIONS OFF? □ Yes □ No

ONE RULE I WILL FOLLOW TODAY

NOTES

POST-MARKET REVIEW

Followed plan? □ Yes □ No
Net P/L $ _____
Grade A B C D F

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