

ROUTINE

BUILD WINNING HABITS FOR LIFE

WEEKEND / MONDAY

Prepare for the week ahead (30 mins)

I ALWAYS "TRADE WHAT I SEE!" ☐

Week Commencing:

MARKET REVIEW

- Watch OVI Market Review ☐
- Market Timers ☐
- Indices & ETFs ☐
- Trading season (Earnings) ☐
- Check for upcoming news events ☐

EXISTING TRADES

- Review your active trades ☐
- Review your conditional orders ☐

FIND TRADES

- Review & clean watchlists ☐
 - 'Actively Watching' Stocks
- Run TradeFinders ☐
 - 6 'Big Money' Footprints
 - Your favourite filter combos
- Grade opportunities ☐

PLACE / ADJUST TRADES

- Setup/Place trades (where applicable) ☐

HOUSEKEEPING

- Move interesting setups to 'Actively Watching Stocks' or 'Scoring' ☐
- Any other trading business ☐

TRADE PLAN REVIEW

BULLISH

- Broad market trend is up and not overbought
- Market timers broadly bullish
- Dashboard mainly green
- Sector Check
- OVI positive
- Bullish Shrinking Retracements
- Cross above Key Level
- Recent volume acceleration
- Recent price acceleration
- Consolidation
- Oversold reversal
- No upcoming news
- EDGE Trade Plan
- Low implied volatility options

BEARISH

- Broad market trend is down and not oversold
- Market timers broadly bearish
- Dashboard broadly red
- Sector Check
- OVI negative
- Bearish Shrinking Retracements
- Cross below Key Level
- Recent volume acceleration
- Recent price acceleration
- Consolidation
- Overbought reversal
- No upcoming news
- EDGE Trade Plan
- Low implied volatility options

OVI MENTORSHIPS

A proper routine will help you achieve consistency and clarity with your trading. Using the time-tested OVI strategies and automated tools, you will be able to build an efficient and sustainable trading habit in as little as 10 minutes a day. For full guidance on how to use this routine please download the digital file from the 'Cheat Sheets' section within your members area.

OVI Markets Daily

FlagTrader

OptionEasy 4XL

OptionEasy Vol-2-Cash

OptionEasy Income Booster

OVI Events

Mentorships

MONDAY - FRIDAY

Stay in touch with the market (10-20 mins)

MARKET REVIEW

- Major new headlines ☐
- Market Timers ☐
- Indices & ETFs ☐

EXISTING TRADES

- Review your active trades ☐
- Review your conditional orders ☐

FIND TRADES

- Review & clean watchlists ☐
 - 'Actively Watching' Stocks
- Run TradeFinders ☐
 - 6 'Big Money' Footprints
 - Your favourite filter combos
- Grade opportunities ☐

PLACE / ADJUST TRADES

- Setup/Place trades (where applicable) ☐

REINFORCE

- Attend OVI Webinars and Mastermind Classes (or at least watch replays) ☐

If you have time challenges or would like to build a routine tailored around your lifestyle, [please book a call with our OVI Coaches today.](#)

ROUTINE

BUILD WINNING HABITS FOR LIFE

THE SECRET TO CONSISTENT PROFITABLE TRADES INVOLVES THE THREE MASTER KEYS: 
MARKET TIMING, STOCK SELECTION, TRADE PLAN.

OVI MARKET REVIEW

Watch Guy's market review, sent every weekend, to help understand market conditions and take note of promising trade setups.

MARKET TIMERS

If you are a member of OVI Markets Daily you will have access to two vital tools: our Market Timers and the OVI Dashboard. These tools give you the overall market sentiment in different time frames, and can give you an indication on when the markets are smooth sailing and when we need to proceed with caution. If you don't have access to these tools but would like more information, [please book a call with one of our coaches today.](#)

INDICES & ETFS

Keep an eye on the Market Indices and ETFs for an awareness of what's happening with the overall market. Trade with the directional trend of the overall market to increase your trade probabilities.

TRADING SEASON (EARNINGS)

There are two trading seasons you should be aware of: Pre-Earnings and Post-Earnings. In these seasons you can use the pre and post earnings strategies (taught in our WiseTrader programs) to great effect. To find out if we're in either of these seasons, refer to your OVI Earnings Calendar cheatsheet.

NEWS

Take a quick look at any major news stories and upcoming announcements that could affect the stock market. For example, unless you are using a specific earnings strategy, avoid trading that stock until after it's earnings report has been released. Always remember only 'trade what you see'!

TRADEFINDERS

Use the TradeFinders to filter for setups with just a couple of clicks. You can use Guy's fast filters or build your own custom filters.

YOUR WATCHLISTS

Use the watchlist tool to create lists of your favourite stocks and stocks you want to monitor. You can add to them directly from the TradeFinders or keep a static watchlist of stocks that you regularly like to trade. Alternatively you also have access to Guy's watchlists.

GRADE OPPORTUNITIES

There will often be occasions where the number of good setups will exceed the number of trades you can take according to your trade plan. By grading these setups you will quickly be able to prioritise the highest quality setups. Refer to the 'AAA Checklist' here and the 'Stocks Strategy Matrix' cheat sheet.

CONDITIONAL ORDERS

Conditional orders allow you to manage your trades without being glued to your screen during market hours. But just like your active live trade positions, it's important to review them every day.

REVIEWING YOUR TRADES

Review your active trades every day. This is so important for proper trade management!

REINFORCE / OTHER

Extra time in your schedule? Why not review your trading journal, play with the TradeFinder filters, or learn a new strategy. Maybe you're ready to start learning how we trade options. For additional guidance on any of these next steps, [you can book a call with one of our trading coaches.](#)