

# Trade Plans - Active Swing Trader

#### **Power of Quitting**

These trade plans are swing trade strategies and in most cases have holding times of more than 24 hours. We don't have the need for a POQ rule in the trade plan as we aren't taking multiple trades in a session. There are times where we won't take trades which we will cover in the training. For these trade plans we are just taking the trades as they come. Some plans will have multiple setups per week while others might only have a few setups per month.



## Trade Plan Template

#### **Description**

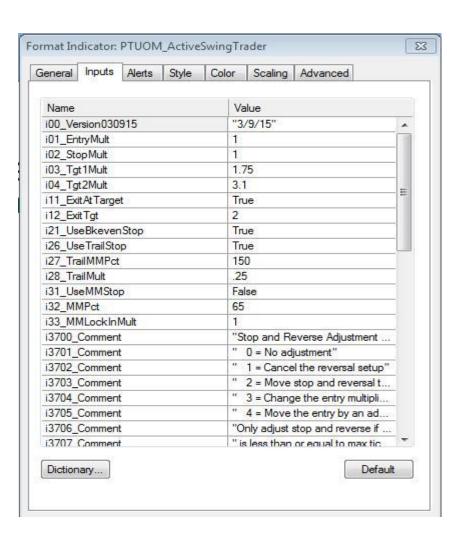
- XYZ Stock
- We will look to trade the monthly or weekly options depending on the timing of the setup. You
  can also just trade the shares of stock.

#### **Strategy**

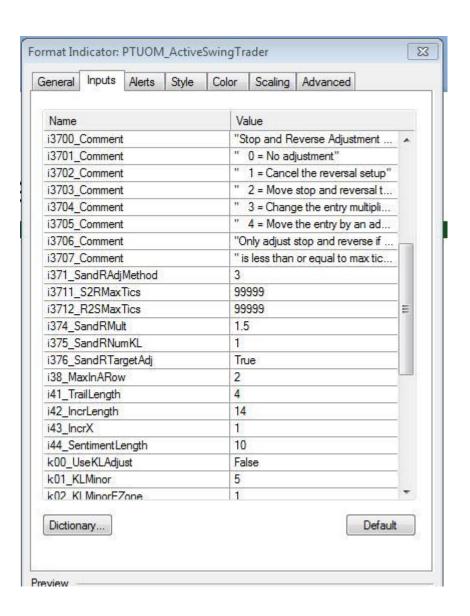
**Active Swing Trader** 

Interval Calculation: Monthly Chart/0.10/round to the nearest tick (.01)
Tradestation = Momentum Bars NinjaTrader = Range Bars Thinkorswim = Range

#### **Calc Settings Pt 1:**



## **Calc Settings Pt 2:**



Start Time: 9:30 am EST (New York Time) End Time: 4:00 pm EST

#### **Money Management:**

Target 1/Target 2: Single contract suggestion is Target 2. Once target 1 is reached move stop to breakeven. Once we get halfway between target 1 and target 2 we will trail the signal line by .25x the value of the range setting being used that month (this is programmed in the calc so you don't have to worry about making this calculation). We will exit the full position at target 2. You have the option to scale out of part of the trade at target 1 just realize this will have an effect on your reward to risk ratio over time. You will have full losses while only getting partial profits on the winners.

#### **News/Events/Holidays:**

- Try to avoid entering new positions on FOMC days
- Don't initiate new trades in front of earning releases. Use 3 day cut off for initiating new trades
- Expiration weeks can be choppy. Expiration days tend to favor the long side

**Key Levels:** Adjust around swing levels and .00 and .50 levels (540.00, 540.50)

**Get In Synch:** We are updating the range each month. If you are in a trade at the end of the month wait to update the range until current trade is completed. If a trade gaps you can get in synch as long as target 1 has not been hit. If target 1 has been hit let the trade go and wait for the next setup.

**Miscellaneous:** Typical holding time is 1-7 days. Keep this in mind when choosing the options that you are going to trade.

### **Expiration:**

- Options expiration is the third Friday of each month for the monthly options. Look to roll your positions out to the next month if you are still in the trade 3 days before expiration.
- Weekly expirations expire every Friday. Make sure you roll out your position if you are still in the trade on Thursday.