

Brandon's Pre-Trading Routine:



This strategy can be applied to any timeframe. There are no guarantees implied with this strategy and losses can and may occur. This strategy is presented for educational purposes only. Wealth Builders HQ, its affiliates and Brandon Wendell cannot be held liable for any losses that you may have while employing this strategy in any markets.

1. Check for important economic announcements as well as news headlines on your favorite website

- a. www.finance.yahoo.com for news
- b. www.forexfactory.com for economic data releases

2. Determine the Timeframe on which you will enter and exit your positions. The other time frames to be used will be related to that by a factor of four, five, or six. You want to use connected time frames.

- a. This is your **Zone Time Frame (ETF)**
- b. The **Trend Time Frame (TTF)** is the ZTF x 4, 5, or 6
- c. The **Perspective Time Frame (PTF)** is the TTF x 4, 5, or 6
- d. You do not need to use the same multiple for each time frame, (i.e., you can use ZTF x 4 for TTF and TTF x 6 for PTF)

3. Start with the **Zone Time Frame (ZTF)** to make sure Zones are nearby. If there are no opportunities nearby, move on to another security.

- a. Trend isn't important on this time frame
- b. You want to trade in the direction of the Trend Time Frame trend during corrections
- c. Mark the **Buy Zones (BZ)** and **Sell Zones (SZ)** for Trade Entries and Exits
 - i. **Buy Zones (BZ):** Drop-Base-Rallies or Rally-Base-Rallies
 - a. Mark the lowest price of the basing or leg in candles for the Low line
 - b. Mark the top of the body of the basing candle(s) before the bullish breakout for the High line
 - ii. **Sell Zones (SZ):** Rally-Base-Drop or Drop-Base-Drops
 - a. Mark the highest price of the basing or leg in candles for the high line
 - b. Use the bottom of the lowest body of the basing candles before the bearish breakout for the low line

4. Look at your security in the **Trend Time Frame**



a. Identify the current trend

- i. Check the color of the candles
- ii. Look back at least 200 candles for trend
- iii. Draw out trend lines if possible and needed
- iv. Use Moving Averages to help determine trend

b. The trend will determine the best direction to trade in.

c. Counter trend trades can be taken but hold higher risk and lower profit potential

5. Look at your security in the **Perspective Time Frame**

a. Identify quality **Buy Zones** and **Sell Zones**

- i. These are the levels that will halt and reverse the trends from the Trend Time Frame
- ii. These levels can be used as secondary targets
- iii. These levels are also to determine the Curve

b. Mark the Buy and Sell zones in the same manner as you did on the Zone Time Frame

6. Plan your trade

a. Longs:

- i. Buy at Buy Zones (pullbacks in trend) – Preferred entry
- ii. Buy breakouts of Sell Zones

b. Shorts:

- i. Short at Sell Zones (rallies in price) - Preferred entry
- ii. Short breakdowns of Buy Zones

c. S.E.T. your position

- i. Identify your Entry Price
- ii. Identify your Stop price
- iii. Identify your Target(s)

- a) Target 1 will be the first opposing Sell Zone or Buy Zone on the **Zone Time Frame**.



b) Target 2 can be the first opposing Sell Zone or Buy Zone on the **Perspective Time Frame**

7. Execute the Trade

a. Use an **Refining Time Frame** for #2 entries if necessary

i. **Refining Time Frame** = **Zone Time Frame** divided by 4, 5, or 6

ii. This allows you to see the trend change sooner inside of the Buy Zone or Sell Zone

iii. Manage the trade on the **Zone Time Frame** where you found your original zones or on the **Trend Time Frame** according to your rules.

Time Frame Examples:

Zone	Trend	Perspective
1 min	5 min	30 min
2 min	10 min	60 min
5 min	30 min	150/180 min
10/15 min	60 min	240 min
30 min	150/180 min	600/900 min
60 min	240 min	Daily
240 min	Daily	Weekly
Daily	Weekly	Monthly
Weekly	Monthly	Monthly