

3x30 TRADE PLAN

Simple. Repeatable. Boring Wins.



MISSION

Extract 30 clean pips
3 days per week
Inside the Prime Window



FOCUS

EURUSD only
Prime Window
Only



RISK

Max 5% risk
Per Trade
Protect Capital



GOAL

30 pips
Then I'm done.
No more.



THE DAILY ROUTINE

1

PREP PHASE (Before Prime Window)

Answer 3 questions:

- Where could price react?
- What direction has pressure?
- Has the trap formed?

If you can't answer all three clearly → NO TRADE

2

MARK THE CHART (Top to Bottom)

- ☐ Higher Timeframe Popout Levels
- ☐ Previous Day High / Low (extend)
- ☐ Asia High / Low
- ☐ Prime High / Low

Stacked levels = opportunity. No stack = stand down.

3

DEFINE BIAS

- ☐ 200 EMA direction
- ☐ 50 EMA slope
- ☐ TDI 50 line position
- ☐ Current Trap → Move → Anchor phase

THEN TRIANGULATE

- 1. EURUSD • 2. GBPUSD • 3. DXY

Alignment Rules: EU & GU same direction
DXY opposite direction

If misaligned → NO TRADE

ENTRY REQUIREMENTS

ALL MUST BE TRUE

- ✓ Reaction zone stacked
- ✓ Trap phase complete
- ✓ 10–30 pip stretch occurred
- ✓ Bias aligned (EMA + TMA)
- ✓ Triangulation aligned
- ✓ TDI popout at edge
- ✓ Green/Red cross (GRX) after popout
- ✓ Emotional state neutral



IF ONE IS MISSING →
NO TRADE

PRIME WINDOW RULES

- Trap should already be formed
- Price stretched 10–30 pips from Asia open
- Price at or approaching a stacked reaction zone

If not → SKIP DAY



THE TRADE



RISK: 5% MAX

No exceptions.



STOP LOSS

12–15 pips
Never widen.



TARGET

30 pips
2:1 Reward:risk minimum
No moving the target.



DRAWDOWN FEEDBACK

3–8 pips heat = normal
Under 12 = acceptable
15+ immediately = likely early
Do not widen stop.
Accept outcome.



EXIT RULES

Exit at 30 pips or stop hit.
No partials.
No manual panic exits.
After TP → platform closed.



WEEKLY LIMITS

Maximum 3 trades per week.
Win early? Still max 3.
Loss first trade? Still max 3.

We train consistency,
not ego.



LOSS PROTOCOL

1. Log it.
2. Rule break or clean loss?
3. Reset.
4. Next day = clean slate.

No revenge.
No doubling risk.
No extra trades.



WIN PROTOCOL

1. Log it.
2. Close platform.
3. Do not re-enter.
4. Do not look for second setup.

One clean trade
per session.



EMOTIONAL FILTER

- 😞 Anxious? → Skip
- 😡 Angry? → Log off
- 😞 Confused? → No trade
- 😞 Desperate? → Stop
- 😊 Neutral? → Proceed

Neutral is required.



IDENTITY RULE

I take one clean setup
and I'm done.
I do not chase.
I do not overtrade.
I do not widen stops.
I follow structure.

The model runs.
I execute.



TRADE TRIBE HQ

PREP → WAIT → CONFIRM → EXECUTE → LOG → LEAVE

Boring behavior builds wealth.



30 PIPS.
THEN I'M
DONE.