# The Quantum Plan

**The rules-based blueprint that turns your trading from an expensive hobby into a business that pays you**

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## Read this first

Let me save you years, brother.

If your results swing from green weeks to blown accounts, you do not have a strategy problem. You have a plan problem. I know that because I lived it, and because I have watched hundreds of traders swear the issue was their entries when the real issue was that they were making it up as they went along.

Here is the uncomfortable truth. The market does not pay you for being smart. It does not pay you for calling the top or catching the bottom. It pays you for doing the same correct thing, over and over, when every cell in your body wants to do something else. That is the whole game. That is it.

Think about how a Navy SEAL operates under fire. They do not improvise. They run a checklist they drilled a thousand times when everything was calm, so that when the pressure hits, the body already knows what to do. The decision was made long before the moment arrived. That is exactly how a professional trades. The amateur decides in the heat of the candle. The professional decided last Sunday, on paper, with a clear head.

Here is the misconception that keeps this whole industry stuck, and it is the single most important thing I can tell you. Most people treat their trading like a hobby. Like a game. Like something fun they do on the side. They do not give it the time, they do not review their performance, they do not run it like a business, and so it never becomes one.

> If you continue to treat your trading like a hobby, like a game, like something fun you do on the side, then that is all it will ever be. If you start to treat it like a full time business, and give it the time, attention, and focus it deserves, then over time it becomes exactly that. A business.

That is the whole thing right there. If you want to change it, you have to stop messing around with your trading and start treating it like the business it is. You audit your performance. You review your results. You refine, tweak, add, and subtract, exactly like you would run any real business. Do that, and it stops being an expensive hobby and starts being a business that pays you.

Most people never do it, though. They take a setup because it "looks good", size it off a feeling, move the stop when it goes against them, and then call the winners skill and the losers bad luck. Then they wonder why they cannot get consistent. You cannot be consistent when your rules change every single trade. There is nothing to be consistent about.

Consistency is boring. But boring is the point. Boring is a system running without your emotions in the driver's seat. This plan is how you build that system, and it is the first step in turning the hobby into the business.

**One line to burn into your brain before we start:** amateurs rely on discipline, professionals rely on rules. Discipline is a muscle and it gets tired. A rule does not get tired. Our whole job here is to move the willpower out of the live market, where you have none, and into a written plan, where you have all the time in the world to think clearly.

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## How to use this

This is a fill-in template. Do not just read it. Work through it top to bottom and write your answers straight into the blanks. Give it about forty five minutes of honest focus. When you reach the end you will be holding a one page operating manual for your own trading business, built around you.

Every rule you write should be clear enough that a computer could follow it. If you cannot write a rule specific enough that a computer could execute it, it is not a rule yet, it is a vibe. We are here to turn your vibes into rules.

> **Note on money:** wherever you see a target, track it as a percentage, not a dollar amount, and I do that on purpose. More on why at the end. Where a dollar figure does appear, it is USD, but the template is kept general so it works whether you trade forex, indices, crypto, commodities, or stocks.

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## Your plan, section by section

Work through these in order. This is the exact structure I use myself.

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### 1. Header

Put your name on it. This is your business now, so treat it like one.

**Fill in:** `{ Insert your name here }`

## 2. Trader Profile

You cannot build a plan that fits you until you are honest about who you are. The best strategy on earth is useless if it does not fit your life, your capital, and your temperament. A patient, analytical person suits a slow, high quality, low frequency approach. An impatient person who forces that same style will blow it up out of boredom. So get honest here.

- **Trading style:** day trader, swing trader, scalper, or hybrid? Pick based on how much screen time you genuinely have, not the lifestyle you wish you had.
- **Risk profile:** conservative, moderate, or aggressive? Be truthful. Most people overestimate this until they live through a real losing streak.
- **Ratio of precision vs discretion:** ________ % precision / ________ % discretion. Precision is "the rules are the rules". Discretion is "I am allowed to read the room". At the start, lean heavy on precision. You earn the right to discretion once you have the data to back your gut.
- **Average trades per month:** ________

**Fill in:** write your profile in one line. "I am a ________ trader with a ________ risk profile, running ________ % precision and ________ % discretion, taking roughly ________ trades a month."

## 3. Objectives

Get clear on what you are actually trading for. This is where I lose half the room, and it matters more than any entry.

- **Monthly return target:** ________ %. Be realistic. A steady, boring, repeatable number beats a hero number you hit once and never again.
- **Time horizon:** ________ months. How long are you giving yourself to get consistent? These things take as long as they take. You cannot click your fingers and fix this in a fortnight.
- **Compounding or withdrawal plan:** what actually happens to your returns? Do they compound, or do you draw them? Describe it.

**Fill in:** your monthly target, your time horizon, and how your returns get used.

## 4. Investment Plan

Now the capital side. Be specific here, because vague money plans blow up.

- **Account size:** ________
- **Funding source:** personal capital, investors, a loan, a funded account?

- **Markets to be traded:** FX, commodities, indices, crypto, equities?
- **Growth plan:** how and when do you increase your risk size? Tie it to specific metrics you must hit first, not to how confident you feel. Be specific. We come back to the exact criteria in Evolution and Scaling below.

**Fill in:** your account size, funding source, the markets you will trade, and your growth plan in one sentence.

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## 5. Goals

Break your goals down so they are not just a daydream. Write them as if they have already happened.

- **Short-term (6 to 12 months):**
- **Medium-term (1 to 2 years):**
- **Long-term (3+ years):**

**Fill in:** all three, in your own words.

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## 6. Evolution & Scaling

You are not allowed to increase your risk because you feel good. You increase it when the data earns it. Confidence is not a metric. Consistency is. So write the exact criteria that unlock a step up in risk or position size.

- **Consistency:** ________ % monthly returns for ________ months.
- **Strike rate:** ________ %.
- **Average risk to reward ratio:** ________.

Turn it into one rule you cannot argue your way around:

> IF I average ________ % monthly returns for ________ months, AND my strike rate holds above ________ %, AND my average risk to reward stays above ________, THEN I increase my risk or position size.

**Fill in:** your three scaling criteria and the rule above.

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## 7. Trading Timeframes

This is the backbone of your process. The higher timeframe tells you what to hunt, the lower timeframe tells you when to shoot.

- **Higher timeframes (HTF):** monthly, weekly, daily. Define what the HTF is FOR in your plan. Usually it answers: where is price in the bigger picture, and which direction am I hunting?
- **Lower timeframes (LTF):** 4H, 1H, 15m, 5m. This is where you actually pull the trigger. Define your execution style here.

**Fill in:** your HTF (and its purpose) and your LTF (and its execution style).

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## 8. Markets

You do not need to trade everything. In fact, trading everything is how you get good at nothing. The trader who knows one setup on one market cold beats the trader who half knows six.

- **Primary focus:** currencies, commodities, indices, crypto, or equities? Pick your main one. This should line up with the markets you named in your Investment Plan.
- **Management approach:** short-term or long-term? How do you tend to hold and manage in these markets?

**Fill in:** your primary market and your management approach.

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## 9. Risk Profile

Entries are what beginners obsess over. Risk is what keeps professionals alive. This section is non-negotiable, because you can have the best entries in the world and still go broke without it.

- **General approach:** conservative, moderate, or aggressive? This should match the risk profile you were honest about back in section 2.
- **Rules for discretion:** when, if ever, are you allowed to override your conservative rules? Write the conditions down now, with a clear head, so you are not inventing permission in the heat of a trade.

**Fill in:** your general approach and your discretion rules.

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## 10. Trade Management

Define how you manage a position once you are in. I run three modes. Pick what fits your setups and write the trigger for each.

- **Management 1, short-term:** when do you bulletproof the trade? A common rule: IF the trade runs one to one in my favour, THEN move the stop to breakeven so the worst case becomes zero. Trailing stops live here too.
- **Management 2, long-term:** when do you hold for the bigger swing instead of banking the quick profit?
- **Management 3, aggressive:** how do you handle a pullback play or a fast, aggressive move?

**Fill in:** the trigger for each of your three management modes.

## 11. Execution Rules

This is the heart of the plan, and it is where most people overcomplicate everything. Keep it simple at the start. Not too much fluff.

- **Entry methods:** market order, entry or limit order, live break, retest? How do you physically get in?
- **Confirmation required:** what has to be true before you are allowed to enter? Candlestick patterns, EMA rejections, fib levels, a break and retest? Name it exactly.
- **Preferred setups:** the one or two setups you will actually trade. Just one or two to start. Master them before you add more.

**Fill in:** your entry methods, your required confirmation, and your one or two preferred setups.

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## 12. Analysis Process

Now chain it together. This is where your timeframes, your markets, and your execution rules become one repeatable process.

- **HTF analysis:** your tools, your key notes, and exactly what you are looking for. Be specific. Where is price in the bigger picture, and which way are you hunting?
- **LTF execution:** how you confirm the entry. EMA alignment, candlestick rejections, volume, your risk tolerance, and so on.

Written as one if/then chain, it looks like this:

> IF the higher timeframe is [your bias condition], AND price reaches [your key level], AND I get [your exact confirmation on the lower timeframe], THEN I enter with [your entry method].

That single sentence, filled in with your specifics, is worth more than a hundred indicators. If any part of the chain is missing, you do not have a trade. The chart does not owe you a trade. You wait.

**Fill in:** your HTF analysis, your LTF execution, and your full entry chain as one if/then sentence.

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## 13. Review Process

Here is the part almost nobody has the patience for, and it is exactly why almost nobody makes it. Any single trade is close to random. Your edge only shows up over a large sample. So stop judging yourself on whether one trade won or lost, and start judging yourself on one thing: did I follow my rules? A trade that lost money while following every rule is a good trade. A trade that made money by breaking your rules is a bad trade, because it just taught your brain to break rules again.

Build the loop:

- **Daily:** trade journal, screenshots, entry and exit notes.
- **Weekly:** after-session review, log your predictions, tidy your charts.
- **Monthly:** performance review. Number of trades, rule adherence, what is working and what is not.
- **BONUS:** post your trade videos in the community. Explaining your trades out loud exposes the gaps fast.
- **Quarterly:** the deeper metrics. Strike rate, average risk to reward, and whether you are over or undertrading.
- **Yearly:** lessons learned, adjustments to the plan, and backtesting the changes before they go live.

The loop is not admin. The loop is the edge. It is the difference between ten years of experience and one year of experience repeated ten times.

**Fill in:** commit to your daily journaling habit and block the time in your calendar for the weekly and monthly reviews. Put it in writing.

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## 14. Psychology Plan

A mechanical plan takes most of the emotion out of trading, but not all of it. You still have to show up as the person who follows the plan. So we build rules for that too.

- **Morning routine:** what gets you in the right state before you even look at a chart?
- **Pre-trading routine:** your final checklist before the session. Slept well, hydrated, calm, plan open.
- **Evening routine:** how you switch off and review.
- **Lifestyle commitments:** health, exercise, learning. Your P&L and your physical state are more connected than you think. Look after the inputs and the outputs follow.
- **Reflection and mindset practices:** how you reset after a loss, and how you keep your head level after a win.

**Fill in:** all five, even if they start small.

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## 15. Final Thoughts

Now the most important paragraph in your whole plan. Write a personal commitment statement, in your own words:

- Why are you really trading?
- What does consistency mean to you?
- A reminder, in your own handwriting: focus on the percentage returns, not the dollar amount.

Read it at the start of every trading week. This is the anchor that keeps you in the boat when the market tries to throw you out.

**Fill in:** your commitment statement.

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### 16. Appendix & Notes

Leave yourself room to grow. This is where the plan becomes a living document.

- Space for your light bulb moments, market observations, and reminders.
- Technical notes: patterns, EMAs, fibs, news awareness.
- An achievements tracker: your $ per day, per week, per month milestones. Highly recommended. Watching those milestones tick up is how you prove to yourself this is becoming a business.

**Fill in:** start jotting. Come back to this page constantly.

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## Your one-page Quantum Plan

This is the whole thing on one page. Fill every blank and you are holding something ninety five percent of retail traders will never have.

**Header:** { Your name }

**Trader profile:** I am a ________ trader, ________ risk profile, ________% precision / ________% discretion, roughly ________ trades a month.

**Objectives:** ________% per month over a ________ month horizon. Returns get ________ (compounded / withdrawn).

**Investment plan:** Account ________. Funded by ________. Markets ________.

**Goals:** Short ________. Medium ________. Long ________.

**Evolution and scaling:** Increase risk IF ________% monthly for ________ months AND strike rate over ________% AND average risk to reward over ________.

**Trading timeframes:** HTF ________ (for bias). LTF ________ (for execution).

**Markets:** Primary ________. Management approach ________.

**Risk profile:** ________ approach. Discretion allowed only when ________.

**Trade management:** Short-term ________. Long-term ________. Aggressive ________.

**Execution rules:** Entry via ________. Confirmation ________. Setups ________.

**Analysis process:** IF HTF ________ AND price at ________ AND I get ________, THEN I enter.

**Review process:** Daily journal. Weekly review. Monthly performance. Quarterly metrics. Every trade graded rule-followed or rule-violated.

**Psychology plan:** Morning ________. Pre-trade ________. Evening ________. Lifestyle ________. Reflection ________.

**Commitment:** ________

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## Now the honest part

If you filled that in, you have done more than most people who call themselves traders. Congratulations, genuinely. You have a plan. A real one, built around you, made of rules that suit you, your lifestyle, your free time, and your goals. Sit with that for a second, because it is a genuine step towards becoming a profitable trader.

But I am going to be straight with you, because you will find out the hard way otherwise, like I did.

A plan on paper and a plan that actually prints money are two different animals. The gap between them is not more information and more if/then statements. It is execution, and it is review, regular review. It is having people who have traded through every version of the mistakes you are about to make look over your trades, on your charts, and tell you exactly where you are going wrong. A YouTube video cannot watch you back. A PDF cannot catch the rule you are breaking every Tuesday.

That is the whole reason Quantum Traders exists. Here is the ladder, and where you go next is up to you.

- **The Quantum Plan (this document). Free. Do it yourself.** You just did step one. Fill it in, trade it for a month, and feel what it is like to operate on rules instead of guessing.
- **Pro Trader. $250 AUD per month. We do it with you.** You build this out with us in your corner, answering your questions, pressure-testing your plan, and holding you to it as you go. This is the done-with-you rung.
- **The Quantum Trader Program. By application. We do it for you.** We sit down, build your plan around you, audit your performance, and refine it until it is sharp. This is the done-for-you rung, and it is not for everyone, which is why it is by application.

Either way, the plan you just built is the foundation. Everything we do is bolted straight onto it.

You have the blueprint now. Go and fill it in properly, trade it for a month, and see how it feels to run a system of rules instead of a bunch of guessing.

Start treating your trading like a full time business, then come find us when you are ready to go up a level, or two.

**LFG**
**George**
*Quantum Traders*