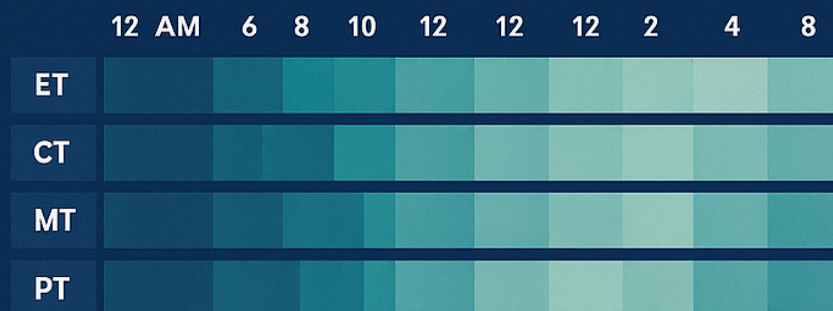


FOREX SESSION HEATMAP & TRADING SCHEDULE TEMPLATE



BONUS RESOURCES & TIPS

Forex Session Heatmap & Trading Schedule Template

A Strategic Guide for U.S.-Based Forex Traders

By

Reeyah_SA

Table of Contents

1. [Introduction](#)
2. [Understanding Forex Sessions](#)
3. [Forex Session Heatmap](#)
4. [Customizable Daily Trading Schedule](#)
5. [Time Zone Adjustments \(ET, CT, MT, PT\)](#)
6. [Planning Your Trading Routine](#)
7. [Tips for Full-Time Workers vs. Full-Time Traders](#)
8. [Final Notes & Best Practices](#)

1. Introduction

Forex is a 24-hour market — but not all hours are equal.

This guide gives you two essential tools:

- A color-coded [Session Heatmap](#) that shows when volatility and liquidity are highest.
- A [Daily Schedule Template](#) to help you plan your trading routine based on your lifestyle and U.S. time zone.

Use this eBook to trade **smarter, not longer**.

2. Understanding Forex Sessions

The forex market operates across four main trading sessions:

- **Sydney:** 5 PM – 2 AM ET
- **Tokyo:** 7 PM – 4 AM ET
- **London:** 3 AM – 12 PM ET
- **New York:** 8 AM – 5 PM ET

The most volatile and liquid periods happen when sessions overlap, especially:

- **London–New York Overlap** (8 AM – 12 PM ET)
- **London–Tokyo Overlap** (3 AM – 4 AM ET)

3. Forex Session Heatmap (ET-Based)

Hour (ET)	Sydne y	Toky o	Londo n	New York	Liquidity/Volatilit y	Best For
--------------	------------	-----------	------------	-------------	--------------------------	----------

12 AM	✓	✓	⚠	✗	Low–Medium	Scalping, Quiet Trends
2 AM	✓	✓	✓	✗	Medium	EUR/JPY, GBP/JPY
4 AM	✗	✓	✓	✗	Medium–High	GBP/USD, Breakouts
6 AM	✗	✗	✓	✗	High	GBP, EUR Crosses
8 AM	✗	✗	✓	✓	🔥 Peak	EUR/USD, USD/JPY, Gold
10 AM	✗	✗	✓	✓	🔥 Peak	Major USD Pairs
12 PM	✗	✗	✗	✓	Medium	Continuation setups
2 PM	✗	✗	✗	✓	Low–Medium	Pullbacks, fading
5 PM	✓	✗	✗	✗	Low	Avoid trading

Legend:

✓ = Active

✗ = Closed

⚠ = Opening/Transition

🔥 = Peak Volume/Volatility

4. Customizable Daily Trading Schedule

Template: (Adjust based on your time zone and availability)

Time Block	Task	Example Action
6:00 AM	Pre-market preparation	Check news, mark key levels
7:30 AM	Technical analysis & setup scan	Identify trade zones
8:30 AM	Active trading window (high-impact)	Execute trades, manage positions
11:30 AM	Risk reduction / trade exits	Close partials or full positions
12:00 PM	Break / Market cool-off	Step away from screen
2:00 PM	Post-lunch session review	Journal entries, notes
4:30 PM	Wrap-up + Tomorrow’s plan	Prepare next day’s bias & levels

5. Time Zone Adjustments

Time Zone	Adjusted Open	London	Adjusted NY Open	Ideal Active Hours
ET	3:00 AM		8:00 AM	8 AM – 12 PM
CT	2:00 AM		7:00 AM	7 AM – 11 AM
MT	1:00 AM		6:00 AM	6 AM – 10 AM

PT

12:00 AM

5:00 AM

5 AM – 9 AM

6. Planning Your Trading Routine

For Full-Time Traders:

- Focus on 2–4 hour daily blocks
- Avoid overtrading; protect mental capital
- Use slower periods for backtesting, journaling

For Full-Time Workers:

- Use early morning or post-work analysis windows
- Place pending orders for structured setups
- Focus on swing trading or key news days

7. Tips for Consistency

- Stick to a core session that fits your sleep & energy levels
- Review your journal weekly – note best & worst time windows
- Avoid random entries during low liquidity hours
- Build discipline through a repeatable routine

8. Final Notes & Best Practices

A well-timed strategy will always outperform a busy one. Use this eBook as your reference tool to structure your trading around quality time, not screen time.

"Smart trading isn't about more trades. It's about better-timed ones."