

# Skyvestments Trading Education

## Weekly Market Prep Sheet

A structured worksheet for top-down market preparation before the trading week begins.

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Built for traders who want structure, discipline, and better preparation before risking capital.

### **Educational Disclaimer**

This resource is for educational purposes only and is not financial, investment, or trading advice. Trading involves risk, and past performance does not guarantee future results.

## Weekly Top-Down Prep

Use this sheet before the trading week begins. The goal is preparation, not prediction. Mark your levels, define possible scenarios, and know where risk increases before the market starts moving.

<b>Week of</b>		<b>Prepared by</b>	
<b>Main markets</b>	<input type="checkbox"/> ES <input type="checkbox"/> NQ <input type="checkbox"/> SPY/QQQ <input type="checkbox"/> Other: _____	<b>Session focus</b>	<input type="checkbox"/> Premarket <input type="checkbox"/> Cash open <input type="checkbox"/> Power hour <input type="checkbox"/> Swing
<b>Market condition</b>	<input type="checkbox"/> Trending <input type="checkbox"/> Range-bound <input type="checkbox"/> Choppy <input type="checkbox"/> News-sensitive	<b>Risk posture</b>	<input type="checkbox"/> Normal <input type="checkbox"/> Reduced size <input type="checkbox"/> Observation only

## Key Levels

Market	Weekly high	Weekly low	Major resistance	Major support
ES				
NQ				
SPY/QQQ				
Other				

## Scenarios to Watch

<b>Bullish scenario</b>	
<b>Bearish scenario</b>	
<b>Range / chop scenario</b>	
<b>Invalidation / danger zone</b>	

## Daily Trading Plan

Day	Main levels	Bias / scenario	Trade plan notes	Review
Mon				
Tue				
Wed				
Thu				
Fri				

## Risk Rules for the Week

<input type="checkbox"/> I know my max daily loss before the session begins.	<input type="checkbox"/> I will reduce size if the market is choppy or unclear.
<input type="checkbox"/> I will not chase after missing a move.	<input type="checkbox"/> I will review trades and mistakes before increasing size.
<input type="checkbox"/> I will stop trading after breaking my rules.	<input type="checkbox"/> I will treat preparation as part of the trade.

Reminder: a weekly plan is not a prediction. It is a map. If price changes, the plan must adapt.