4-Week Forex Reading Plan Template

Use one book or e-book at a time. Turn each reading session into a chart exercise, risk rule, or journal note.

Risk note: Forex and CFD trading involve risk of loss. Educational material can improve understanding, but it cannot guarantee profit, prevent losses, remove leverage risk, or replace personal risk control. Do not risk money needed for living expenses, debt payments, health care, family obligations, or emergency savings.

How to use the plan

Choose one main book for the month. Do not add live risk because a chapter feels convincing. Read, practice the idea safely, write notes, and review whether the lesson made decisions more careful.

Daily routine	Time	Purpose
Read	20-30 minutes	Understand one concept instead of rushing through chapters.
Chart or demo review	10-20 minutes	Look for the concept on completed charts or practice order workflow without real-money pressure.
Notes	5-10 minutes	Write one rule, one warning, and one question before moving on.

Week-by-week plan

Week	Reading focus	Practice task	Completion check
1	Market mechanics: pairs, pips, spread, lots, leverage, margin, order types, sessions, and basic risk words.	Write definitions for 10 terms. Observe two currency pairs. Practice placing and closing demo orders if available.	You can explain the order, cost, margin effect, and maximum planned loss before entry.
2	Chart reading: candles, support, resistance, trends, timeframes, chart patterns, and indicators.	Mark structure on completed charts. Do not force labels. Compare different timeframes before drawing conclusions.	You can explain where a chart idea is invalidated.
3	One strategy idea: setup conditions, invalidation, target logic, risk, and weak market conditions.	Review at least 20 historical examples or demo observations with fixed rules.	You can separate a valid setup from an emotional entry.
4	Psychology, risk, and review: FOMO, revenge trading, overtrading, hesitation, confidence, and daily loss limits.	Build a journal with reason for entry, risk, emotion, exit, result, and lesson.	You can name one repeated mistake and one rule that reduces it.

Weekly review

Question	Week 1	Week 2	Week 3	Week 4
What concept became clearer?				
What still feels unclear?				
What mistake should I avoid?				
What practice task should I repeat?				
What rule should be added to my checklist?				

Monthly reset

Prompt	Your answer
Book or e-book used	
Most useful lesson	
Idea that needs more testing	
Risk rule added	
Behavior to stop	
Next learning focus	

End rule

A useful reading month should make the trader more selective, more aware of risk, and more consistent in review. If reading creates urgency to trade bigger or recover losses faster, pause and return to risk management before adding exposure.