MONEY DOOR GOLD SHELF

Trading Journal & 21-Day Practice Plan

A calm, day-by-day routine for learning gold on a demo account

Free learning guide

Inside: the 21-day plan, a before-trade checklist, a trade log, trade sheets, weekly reviews and a progress tracker.

For complete beginners | Simple English

www.moneydoorfxacademy.com

Education only. Not investment advice. Practise on a demo account.

WELCOME

What is inside

Knowledge becomes skill only through practice. This guide gives you a simple 21-day routine on a demo account, plus printable journal pages to record and review every practice trade. Print the printable pages, or copy their columns into a notebook.

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How to use this guide

Read the ground rules first and follow them every day. The plan is for a demo account only. Its purpose is to build habits, not to make play-money profit. Nothing in this guide is a trade signal or a forecast.

BEFORE YOU BEGIN

How the 21-day plan works

This plan turns everything you have learned into a calm daily routine, on a **demo account only**. The goal is not to make play-money profit. The goal is to build habits: planning before trading, sizing every trade from risk, writing everything down and reviewing honestly.

The ground rules (for all 21 days)

Rule	Why
Demo account only	You are learning a process. Real money adds fear and greed before the habits are ready.
Trade XAUUSD only	One market, one set of behaviours to learn.
Risk 1% of the demo balance per trade	Keeps every loss small and teaches position sizing. Use the formula: ounces = risk / stop distance.
Maximum 2 trades a day (from week 2)	Fewer, better-planned trades. Stops overtrading.
Stop for the day after 2 losses	Practises the professional habit of a daily loss limit.
Every trade has a stop-loss, set before entry	No exceptions, ever.
No new trades 30 minutes before high-impact news	News time is the riskiest time for a learner.
Write the journal the same day	Memory changes the story. The journal keeps it honest.

What you need

- An MT5 demo account with XAUUSD, and its contract specification read once (lot size, hours, swaps).
- A free economic calendar set to India time (GMT+5:30).
- This journal printed, or a notebook with the same columns.
- About 45 to 60 minutes a day, at the same time if possible. The London and New York hours (afternoon and evening IST) are the most active for gold.

How to score yourself

A day on this plan counts as complete when you have **followed the rules and written the journal**, whether the demo trade made or lost play money. Missed a day? Do not double up; just continue the next day.

WEEK 1

Days 1 to 7: learn the tools, no trades yet

This week you only **watch, mark and practise the mechanics**. No demo trades are counted until day 7.

Day	Focus	What to do on demo	Done
1	Platform tour	Open XAUUSD on MT5. Find bid, ask and spread, the one-click trading panel, the order window and the contract specification. Write the lot size and digits in your journal.	☐
2	Clock and sessions	Work out the server time vs IST (winter +3:30, summer +2:30). Note the IST time of the daily candle close. Mark the London and New York opens on your chart.	☐
3	Candles and timeframes	Switch between D1, H4, H1 and M15. For each, write in one line: is price going up, down or sideways?	☐
4	Levels	On H4, mark 2 support zones and 2 resistance zones from clear swing highs and lows. Watch how price reacts near them today.	☐
5	Position sizing	Do 5 paper calculations: account $1,000, risk 1% ($10), stop distances $3, $4, $5, $8, $10. Write the lot size for each, rounded down.	☐
6	Order types	On demo, place and then delete one of each: buy limit, sell limit, buy stop, sell stop. Add a stop-loss and take-profit to each before deleting.	☐
7	First rehearsal trade	Take one tiny demo trade using the full checklist on the 'Before every trade' page. Fill one trade sheet completely. Review it at the end of the day.	☐

End of week 1 check

- ☐ I know where the spread and the contract specification are.
- ☐ I can convert chart time to IST without help.
- ☐ I can size a trade from risk in under one minute.
- ☐ I have marked my levels and watched price react to them.
- ☐ I have placed and removed every order type on demo.

WEEK 2

Days 8 to 14: planned demo trades

Now you take **real-looking demo trades**, at most two a day, each planned in writing before you click.

Day	Focus	What to do on demo	Done
8	Sunday-style prep	Open the economic calendar. List every high-impact US event this week with its IST time. Mark the key H4 levels again.	☐
9	Plan, then trade	Write one trade idea with entry, stop-loss, take-profit and lot size before the session. Take it only if price reaches your area.	☐
10	Patience day	If no setup reaches your levels, take no trade. Write 'no trade, rules followed'. This counts as a good day.	☐
11	Risk-to-reward	Only take a trade where the target is at least as far as the stop. Note the ratio in the journal.	☐
12	News observation	If there is a high-impact event, do not trade around it. Watch gold for 15 minutes after the release and write what happened.	☐
13	Screenshot habit	Save a chart screenshot at entry and at exit for every trade. Mark entry, stop and target on it.	☐
14	Weekly review	Fill the weekly review page. Count how many trades followed every rule.	☐

End of week 2 check

- ☐ Every trade had a written plan before entry.
- ☐ Every trade had a stop-loss and was sized from 1% risk.
- ☐ I never took more than 2 trades in a day.
- ☐ I stopped after 2 losses on any day it happened.
- ☐ I did not open trades in the 30 minutes before high-impact news.

WEEK 3

Days 15 to 21: consistency and review

This week is about doing the **same thing, the same way**, every day, and learning from your own records.

Day	Focus	What to do on demo	Done
15	Same routine	Repeat the full routine: calendar, levels, written plan, at most 2 trades, journal.	☐
16	One setup only	Pick the one type of setup you understand best from week 2. Take only that setup today.	☐
17	Exit practice	For each trade, decide in advance: fixed take-profit, or move the stop to breakeven at a set point. Follow it exactly.	☐
18	Mistake hunt	Re-read all trade sheets so far. Circle every rule you broke. Write the most common mistake in one sentence.	☐
19	Same routine	Trade only your chosen setup, with your rules. Write how you felt before and after each trade.	☐
20	Calm day	Practise doing nothing well: no trade unless everything on the checklist is ticked.	☐
21	21-day review	Fill the final weekly review and the 21-day summary. Decide what to keep, what to drop and what to practise next.	☐

What 'done well' looks like after 21 days

- You can plan, size and journal a trade without looking at notes.
- Most of your trades followed every rule, and you know exactly which rule you break most often.
- Your losses were small and similar in size, because each one was planned.
- You have a written list of what to practise next, on demo.

Be honest with yourself

Twenty-one days build a routine, not mastery. Repeat the plan on demo as many times as you need, and keep journaling every practice trade. Steady habits matter far more than speed.

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Before every trade: the checklist

Tick every box before you place a demo trade. If one box stays empty, there is no trade.

- ☐ I checked the economic calendar. No high-impact news in the next 30 minutes.
- ☐ I know the bigger direction on H4 (up, down or sideways).
- ☐ Price is at a level I marked **before** the session, not one I drew just now.
- ☐ I have a clear reason for this trade, written in one sentence.
- ☐ My stop-loss is where the idea is proven wrong, not just a random distance.
- ☐ My take-profit is at least as far as my stop-loss.
- ☐ Lot size = (1% of balance / stop distance in dollars) / 100, rounded down.
- ☐ This is trade number 1 or 2 today, and I have not had 2 losses today.
- ☐ I feel calm. I am not trying to win back a loss.
- ☐ I will write the journal entry today.

Position size quick table (1% risk on a $1,000 demo balance = $10)

Stop distance	$2	$3	$4	$5	$8	$10	$15	$20
Ounces (10 / distance)	5	3.3	2.5	2	1.25	1	0.67	0.5
Lot size (rounded down)	0.05	0.03	0.02	0.02	0.01	0.01	below 0.01	below 0.01

1.00 lot = 100 oz on most brokers (check yours). When the size is below 0.01 lot, the stop is too wide for the risk: skip the trade or find a tighter, logical stop.

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Trade log

One line per demo trade. Copy this page as many times as you need.

#	Date	Time (IST)	Buy or sell	Entry	SL	TP	Lots	Exit	Result ($)	All rules followed? Y / N

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Trade sheet: one per trade

Date		Time (IST)		Session	
Buy / Sell		Lots		Risk ($)	
Entry		Stop-loss		Take-profit	
Exit price		Result ($)		Risk : reward	

Why I took this trade (one sentence):

What happened, and how I felt:

Did I follow every rule? If not, which one did I break?

Lesson for next time:

Date		Time (IST)		Session	
Buy / Sell		Lots		Risk ($)	
Entry		Stop-loss		Take-profit	
Exit price		Result ($)		Risk : reward	

Why I took this trade (one sentence):

What happened, and how I felt:

Did I follow every rule? If not, which one did I break?

Lesson for next time:

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Weekly review checklist

Week number		Dates	

The numbers

Measure	This week
Days I followed the routine (out of 7)	
Trades taken	
Trades that followed every rule	
Biggest single loss ($) and was it the planned size?	
Days I stopped after 2 losses (if it happened)	
Trades taken near high-impact news (should be 0)	
Net result of the week ($, demo)	

The questions

- ☐ Did I size every trade from 1% risk?
- ☐ Did every trade have a stop-loss before entry?
- ☐ Did I move a stop-loss further away at any time? (If yes, write why.)
- ☐ Did I take any trade I had not planned?
- ☐ Which session did my best-planned trades happen in?
- ☐ Which mistake did I make most often?

One thing I will keep doing:

One thing I will stop doing:

My focus for next week:

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21-day progress tracker

Day	Routine done	Trades	Rules all followed	Journal written	Note
1	☐		☐	☐	
2	☐		☐	☐	
3	☐		☐	☐	
4	☐		☐	☐	
5	☐		☐	☐	
6	☐		☐	☐	
7	☐		☐	☐	
8	☐		☐	☐	
9	☐		☐	☐	
10	☐		☐	☐	
11	☐		☐	☐	
12	☐		☐	☐	
13	☐		☐	☐	
14	☐		☐	☐	
15	☐		☐	☐	
16	☐		☐	☐	
17	☐		☐	☐	
18	☐		☐	☐	
19	☐		☐	☐	
20	☐		☐	☐	
21	☐		☐	☐	

21-day summary

My most useful habit from these 21 days:

My most common mistake, and my plan to fix it:

What I will practise next (on demo):

Next steps

1. Watch the Gold Vault lessons

Our Gold Vault video lessons take you step by step from the basics to reading gold charts, in a clear order.

2. Try your ideas in the Money Door AI Lab

Describe an idea in simple words and test how it would have behaved on past gold charts before you trust it. Learning tool only.

3. Keep practising on a demo account

Use play money, write every practice trade in a journal, and review it every week. Skill comes from repetition, not from rushing.

Questions? Talk to our customer care

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This guide is for education only. It is not investment advice and is not a recommendation to buy or sell anything. Trading gold carries risk. Learn and practise on a demo account. All charts are illustrations.

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