

Weekly Trading Routine

The Sunday Prep — 30 Minutes to Ready for the Trading Week

Complete every Sunday evening after NSE data has updated. Estimated time: 25-35 minutes.

#	CRITERIA	PASS ✓
01	Market health check — Nifty 50 Stage classification Open Kasauti. Check Nifty 50 stage. Stage 2 = active. Stage 3 = reduce exposure. Stage 4 = cash. <i>NSE: Also check Nifty Midcap 100 stage. Midcap stage often leads Nifty by 4-6 weeks.</i>	<input type="checkbox"/>
02	Run Minervini filter — note how many stocks pass If <20 stocks pass = market is narrow, be selective. If >100 = broad strength, more opportunities. <i>NSE: Track this number weekly. Expanding universe = accumulating strength. Contracting = caution.</i>	<input type="checkbox"/>
03	Check sector heatmap — identify which sectors are leading Open Kasauti Heatmap. Which sectors are green? Money rotates — ride the rotation, not the stragglers. <i>NSE: IT, Pharma, FMCG, Auto, Banking — rotation between these is the weekly rhythm of NSE.</i>	<input type="checkbox"/>
04	Review watchlist — remove broken setups, add new candidates Any watchlist stock that has broken below stop or stage has changed = remove immediately. <i>NSE: Your watchlist should never exceed 20-25 stocks. Quality over quantity always.</i>	<input type="checkbox"/>
05	Review open positions — is the thesis still intact? For each open position: is price above key MAs? Is stage still 2? Has volume character changed? <i>NSE: One thesis-breaking change = exit plan, not hope. Define what proves you wrong before open.</i>	<input type="checkbox"/>
06	Set alerts or note entry levels for watchlist candidates Write down exact entry price for each watchlist stock. No ambiguity when market opens Monday. <i>NSE: Breakout entry: resistance + 0.5-1%. Pullback entry: defined MA or support level.</i>	<input type="checkbox"/>
07	Log last week's trades — update journal Record every trade opened or closed. Note entry reason, exit reason, what you learned. <i>NSE: 10 logged trades reveal patterns invisible in 100 unlogged ones. Journal is the compounding asset.</i>	<input type="checkbox"/>

RESULT

7/7 FULLY PREPARED 5-6/7 MOSTLY READY 3 DO AGAIN

Criteria passed: _____ / 7 | Decision: _____

Ticker: _____ Date: _____ Entry ■: _____ RS Rating: _____ Stage: _____ Pivot ■: _____ Stop ■: _____

NOTES

Volume check: up-day vol > down-day vol? ■ Yes ■ No Volume dry-up near pivot? ■ Yes ■ No

DISCLAIMER

The methodologies referenced — Mark Minervini, Nicolas Darvas, Stan Weinstein, Jesse Livermore, Edwards & Magee — are the intellectual contributions of their respective authors. Independent educational reference, not affiliated with, endorsed by, or sponsored by any named author. General TA principles only. Not investment advice.