

Template: Forex News Release Trading Checklist

Generated: 4/24/2026

Based on Article: "How to Leverage News Releases for Forex Trading Success"

Website: <https://thetraderinyou.com>

A practical checklist to leverage news releases for Forex trading success by preparing in advance and managing risks effectively.

Checklist Items:

- 1. Monitor the Economic Calendar**
Check the economic calendar for upcoming Forex news releases, focusing on high-impact events that can affect currency pairs.
Reference Section: What if the next major forex move was already visible in the calendar?
- 2. Identify High-Impact News Releases**
Focus on releases that are likely to change policy paths such as central bank decisions, CPI, NFP, GDP, PMI, and retail sales.
Reference Section: Learn which forex news releases deserve your attention
- 3. Assess Market Expectations**
Evaluate the consensus forecast for each news release to understand potential market reactions, especially the surprise versus expectation dynamic.
Reference Section: Learn which forex news releases deserve your attention
- 4. Create a Pre-Release Trading Plan**
Develop a trading plan that outlines your approach for different scenarios (trade, wait, or no-go) based on expected outcomes from the news release.
Reference Section: Build a pre-release plan before the data hits
- 5. Set Risk Management Parameters**
Establish risk management criteria, including stop losses and position sizes, to protect against volatility and unexpected market movements.
Reference Section: Manage risk when spreads widen and price moves fast
- 6. Choose a Suitable Broker and Platform**
Select a broker and trading platform that can handle quick executions and has a reliable interface for trading around news events.
Reference Section: Choose the right broker and platform for news trading
- 7. Execute Your Plan Market Order**
At the time of the release, execute your trading plan as prepared, watching closely for spreads and liquidity conditions.
Reference Section: Apply trading strategies that fit the news environment
- 8. Review Post-Release Price Action**
After the news release, analyze price movements to understand the reaction in relation to your expectations and improve future strategies.
Reference Section: Review post-release price action to improve future trades

9. Avoid Common Trading Mistakes

Be aware of common pitfalls in news trading, such as chasing spikes and failing to account for potential outcomes, and adjust your strategy accordingly.

Reference Section: Avoid the mistakes that most news traders repeat