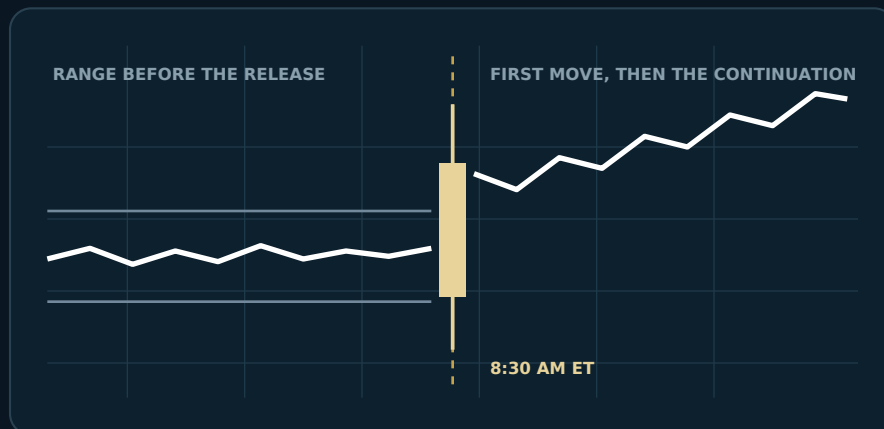


# THE GOLD NEWS DAY PLAYBOOK

A plan for CPI, NFP and FOMC: what to prepare before, what to do while the number hits, what to review after, and when to stay out.



**PREPARE BEFORE. WAIT DURING. REVIEW AFTER.**

Built for XAUUSD traders on the days that move the most.

**ROB MIRLACH**

GOLD TRADER | MARKET EDUCATOR

## THE THREE EVENTS

# The releases that move gold most

Three scheduled events, three different ways gold reads them. Know the time, the forecast and what a surprise means.

### CPI · INFLATION

Monthly, 8:30 AM ET. Measures consumer inflation.

Gold reads it through the Fed. A hot print with hikes on the table means yields up, dollar up, gold down. A cool print brings cuts closer and gold up.

Watch core CPI and the monthly change, not just the headline.

### NFP · JOBS

Usually the first Friday of the month, 8:30 AM ET. Check the calendar: the date moves around holidays and shutdowns.

Strong jobs: yields and the dollar up, gold down. Weak jobs: cut odds up, gold up.

Revisions, the unemployment rate and wage growth can flip the first read.

### FOMC · THE FED

Eight meetings a year. Statement at 2:00 PM ET, press conference at 2:30 PM ET.

What is priced already decides the reaction. A cut everyone expected can do nothing. A hawkish cut can sell gold off. A dovish hold can lift it.

The press conference often moves gold more than the statement.

### THE SURPRISE RULE

**Gold moves on the gap between the number and the forecast, not on the number itself. Write the forecast down before the release.**

### WRITE THESE DOWN BEFORE THE RELEASE

EVENT

PREVIOUS

FORECAST

ACTUAL

SURPRISE (ACTUAL MINUS FORECAST) WHAT IS PRICED IN

REAL YIELD DIRECTION

DXY DIRECTION

# Prepare while the market is quiet

Everything on this page is done before the number is out. Nothing here gets decided in the minute after.

## THE CLOCK

- ☐ Release time written in my own timezone.
- ☐ Broker clock checked, including daylight saving shifts.
- ☐ No new positions in the 30 minutes before.

## THE NUMBERS

- ☐ Previous and forecast written down.
- ☐ Real yield direction, cut or hike odds and DXY noted.
- ☐ Both scenarios written: hot or cool, strong or weak, hawkish or dovish.

## THE LEVELS

- ☐ Range high and low before the release marked.
- ☐ Asia and London highs and lows marked.
- ☐ Daily level above and below marked.
- ☐ My broker's spread and slippage at news known.

## THE HOLDING RULE

**A position open into the release is closed, reduced, or sized so the worst case fits inside my daily limit. Decided before, never during.**

## MY NEWS DAY PLAN

| EVENT                      | TIME (MY ZONE)            | PREVIOUS          | FORECAST           |
|----------------------------|---------------------------|-------------------|--------------------|
| _____                      | _____                     | _____             | _____              |
| RANGE HIGH                 | RANGE LOW                 | LEVEL ABOVE       | LEVEL BELOW        |
| _____                      | _____                     | _____             | _____              |
| IF HOT OR STRONG, I EXPECT | IF COOL OR WEAK, I EXPECT | MY MAX RISK TODAY | OPEN POSITION PLAN |
| _____                      | _____                     | _____             | _____              |

# Let the first move show its hand

The minutes after the number are the most expensive minutes of the month. Spreads widen, quotes jump, stops fill late.

## 0 TO 5 MINUTES

- ☐ Spreads are widest and quotes can jump several dollars in a second.
- ☐ No entries. Watch where the first candle closes against the range before the release.
- ☐ A stop hit in this window can fill far from the level. That is the cost of holding.

## 5 TO 30 MINUTES

- ☐ The first move often keeps going. Do not assume it must reverse.
- ☐ Wait for the spread to come back to normal.
- ☐ Look for a test of a level you marked, with confirmation, in the direction of the surprise.

## 30 MINUTES AND AFTER

- ☐ The news candle now has a high and a low. Structure builds around them.
- ☐ Trade the plan you wrote, at the size you wrote, or do nothing.
- ☐ If the surprise and the macro read disagree, expect chop and trade smaller.

## THE NEWS DAY RULES

**Nothing in the first five minutes. Confirmation before fading a spike. The stop stays where it was placed. Half size or less, or no trade at all.**

## GOLD CONTRACT MATH

1 lot = 100 oz. A \$1 move = \$100 per lot. 1 pip = \$0.10 of price, so a pip is worth \$10 per lot.

## SIZE FOR THE WIDER NEWS DAY STOP: LOTS BY RISK AND STOP DISTANCE

| RISK PER TRADE | \$5 STOP | \$8 STOP | \$10 STOP | \$15 STOP | \$20 STOP |
|----------------|----------|----------|-----------|-----------|-----------|
| \$50           | 0.10     | 0.06     | 0.05      | 0.03      | 0.02      |
| \$100          | 0.20     | 0.12     | 0.10      | 0.06      | 0.05      |
| \$250          | 0.50     | 0.31     | 0.25      | 0.16      | 0.12      |
| \$500          | 1.00     | 0.62     | 0.50      | 0.33      | 0.25      |

Lots = risk in dollars / (stop distance in dollars x 100), rounded down to 0.01. Verify the contract size with your broker.

# Review the release, not just the trade

Every release teaches something about gold, your broker and you. Write it down while it is fresh.

## NEWS DAY LOG

| EVENT | DATE | FORECAST | ACTUAL | FIRST 5 MIN | 30 MIN HIGH / LOW | HELD BY CLOSE? | WHAT I DID |
|-------|------|----------|--------|-------------|-------------------|----------------|------------|
|       |      |          |        |             |                   |                |            |
|       |      |          |        |             |                   |                |            |
|       |      |          |        |             |                   |                |            |
|       |      |          |        |             |                   |                |            |
|       |      |          |        |             |                   |                |            |
|       |      |          |        |             |                   |                |            |
|       |      |          |        |             |                   |                |            |
|       |      |          |        |             |                   |                |            |

### WHAT THE MARKET TAUGHT

- ☐ Did the first move hold, or did it come back?
- ☐ Which level stopped it?
- ☐ How wide did the spread go, and for how long?
- ☐ Did the reaction agree with the macro read?

### WHAT I TAUGHT MYSELF

- ☐ Did I follow the written plan, at the written size?
- ☐ When did urgency show up, if it did?
- ☐ One rule for the next release.

### THE REVIEW RULE

**A release you did not trade still goes in the log. The pattern shows up over ten releases, not one.**

## WHEN TO STAY OUT

# The news day card

Stay out when any line on the left is true. The card on the right is for the days you do trade.

### STAY OUT WHEN

- ☐ I have no written scenario for this release.
- ☐ The surprise contradicts the macro read and price is chopping inside the range.
- ☐ Spreads are still wide on my broker.
- ☐ I am at my daily loss limit, or I feel urgency to make it back.
- ☐ My prop firm restricts trading around this release.
- ☐ The number matched the forecast and there is no move to trade.

### THE NEWS DAY CARD

- ☐ Before: time and forecast written in my own timezone.
- ☐ Before: levels marked, both scenarios written, max risk set.
- ☐ During: nothing in the first five minutes.
- ☐ During: spread normal, level tested, confirmation seen.
- ☐ After: log filled in and the plan graded.
- ☐ After: one rule written for the next release.

### THE STAY OUT RULE

**Sitting out a release costs nothing. Only the releases you trade badly cost money.**

### PRECISION GOLD MENTORSHIP

## Learn to trade gold, step by step

A 16-section gold course, a private Discord and a live Sunday call with replays.

[precisionautomation.tech](https://precisionautomation.tech)

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# The 6 Figure Formula

Hey, I'm Rob.

I lost money for my first 2 years day trading EUR/USD. I blamed the market, my broker, my strategy. I almost quit more times than I can count.

Then I switched to day trading gold. After seeing success, I moved to bigger moves, following the institutions and the fundamentals. That's how you follow the big money players.

**I've made multiple 6 figures trading gold in the past 3 years.**



01 · SPOT

**Spot the banks' moves.**



02 · FOLLOW

**Follow their direction.**



03 · HOLD

**Hold for 400 to 1500 pips. Stop chasing every little move.**

## Trades using The 6 Figure Formula.

MT5 screenshots

|                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                        |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>● XAUUSD PROFITS ● WITHDRAWAL</p> <p>XAUUSD buy 1.25 14 436.25<br/>4567.45 → 4682.94 2026.01.19 01:31:27</p> <p>XAUUSD buy 1.25 13 495.00<br/>4574.98 → 4682.94 2026.01.19 01:31:27</p> <p>Balance WITHDRAWAL -5 000.00<br/>Wdr-CD1 2026.01.19 01:39:19</p> | <p>● XAUUSD PROFITS ● WITHDRAWAL</p> <p>XAUUSD sell 0.75 7 999.50<br/>4662.42 → 4555.76 2026.03.20 17:25:35</p> <p>XAUUSD sell 0.85 4 384.30<br/>4553.13 → 4501.55 2026.03.20 22:14:53</p> <p>XAUUSD sell 0.85 7 680.60<br/>4465.97 → 4375.61 2026.03.23 03:35:23</p> | <p>● XAUUSD PROFITS ● WITHDRAWAL</p> <p>XAUUSD buy 1 6 255.00<br/>4530.71 → 4593.26 2026.01.12 02:47:31</p> <p>XAUUSD buy 1 6 230.00<br/>4530.96 → 4593.26 2026.01.12 02:47:31</p> <p>Balance WITHDRAWAL -2 700.00<br/>Wdr-CD1 2026.01.12 02:53:49</p> |
| <p>● XAUUSD PROFITS ● WITHDRAWAL</p> <p>XAUUSD sell 1 6 804.00<br/>4019.48 → 3951.44 2026.06.30 04:07:20</p> <p>XAUUSD sell 1 5 296.00<br/>4005.08 → 3952.12 2026.06.30 04:07:20</p> <p>Deposit 0.00<br/>Profit 12 100.00</p>                                  | <p>● XAUUSD PROFITS ● WITHDRAWAL</p> <p>XAUUSD buy 0.75 3 258.00<br/>4348.82 → 4392.26 2025.12.22 06:01:32</p> <p>XAUUSD buy 0.75 1 904.25<br/>4366.87 → 4392.26 2025.12.22 06:01:32</p> <p>Balance WITHDRAWAL -4 000.00<br/>Wdr-CD1 2025.12.22 06:08:11</p>          | <p>● XAUUSD PROFITS ● WITHDRAWAL</p> <p>XAUUSD sell 0.75 3 479.25<br/>4261.71 → 4215.32 2026.09.28 05:19:19</p> <p>XAUUSD sell 0.75 1 305.00<br/>4232.82 → 4215.42 2026.09.28 05:19:19</p> <p>Deposit 0.00<br/>Profit 4 784.25</p>                     |

ⓘ Past results. Not typical and not a promise. Trading carries risk.

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**RECOMMENDED BROKER VT Markets: open a trading account**

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