GPSM TRADER ACADEMY

30-Day Stock Market Bootcamp Workbook

Learn the concepts. Study the process. Practice the decisions.

Workbook & Practice Guide

A structured companion for the 30-video email course. Use one section per day to capture notes, complete exercises, and build a repeatable decision process.

EDUCATION BEFORE EXECUTION

Practice before you risk capital.

How to Use This Workbook

This workbook is designed to move with the 30-Day Stock Market Bootcamp email sequence. Each day, watch the assigned video, then complete the matching workbook page before moving forward.

- Write down the concept in your own words. If you cannot explain it simply, review the lesson again.
- Complete the exercise even when the concept feels familiar. The goal is process repetition, not passive consumption.
- Use simulated examples whenever a lesson asks you to plan an entry, exit, position size, or risk decision.
- Score the quality of your decision process separately from the outcome. A good process can still produce a losing result.
- At the end of each level, review your notes and identify the rules you want to carry forward.

Your 30-Day Commitment

I will complete one lesson and one workbook section per day. I will focus on building a clear process before considering real-money execution.

What I Want to Improve

Write the three areas of trading knowledge or decision-making you most want to strengthen during the next 30 days.

Three Levels. One Structured Process.

LEVEL 1 | DAYS 1-10

Understand the Market
Build the foundation: market mechanics, price movement, charts, volume, liquidity, fundamentals, risk/reward, and changing conditions.

LEVEL 2 | DAYS 11-20

Learn How Traders Evaluate Setups
Study technical analysis, support/resistance, chart structure, momentum, entries, exits, risk, position sizing, psychology, and repeatable setup evaluation.

LEVEL 3 | DAYS 21-30

Practice Before You Risk Capital
Use simulated scenarios to practice planning, entries, exits, risk controls, review, decision quality, and discipline.

The Rule

The Bootcamp does not promise trading proficiency, profitability, or any particular financial result. The purpose is to help you build a clearer educational framework and practice decisions in a structured way.

LEVEL 1

Understand the Market

Days 1-10

Level Objective

Build the foundation: market mechanics, price movement, charts, volume, liquidity, fundamentals, risk/reward, and changing conditions.

DAY 1 OF 30

Market Purpose & Participants

Understand what the stock market is designed to do and who participates in it.

KEY CONCEPTS

- Primary vs. secondary markets
- Retail traders, institutions, market makers, and companies
- Why different participants can have different time horizons

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

List three types of market participants. For each one, write what they may be trying to accomplish and how that could influence their behavior.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 2 OF 30

How Prices Move

Understand how supply, demand, and order flow create price movement.

KEY CONCEPTS

- Bid, ask, and spread
- Buyers vs. sellers
- Why price moves when available supply or demand changes

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Choose any liquid stock chart. Mark one area where price advanced and one area where price declined. Describe what the move suggests about buyer/seller pressure.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 3 OF 30

Market Structure & Trading Sessions

Learn how the trading day is organized and why context can change by session.

KEY CONCEPTS

- Premarket, regular session, and after-hours
- Opening and closing volatility
- Why liquidity and spreads can differ by session

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Create a simple session map showing when you would expect the most liquidity and when you would be most cautious.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 4 OF 30

Orders & Execution Basics

Understand common order types and how execution choices affect a trade plan.

KEY CONCEPTS

- Market vs. limit orders
- Day vs. good-til-canceled concepts
- Slippage and execution uncertainty

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Write a hypothetical order ticket for a simulated trade using a limit order. Include ticker, direction, limit price, and the reason for choosing a limit.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 5 OF 30

Volume & Liquidity

Learn why volume and liquidity matter before evaluating a setup.

KEY CONCEPTS

- Average volume vs. unusual volume
- Liquidity and ease of execution
- Spread width and trading friction

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Compare two stocks with different average volumes. Note differences in spread, price behavior, and how comfortable you would be planning a simulated trade.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 6 OF 30

Reading Candlestick Charts

Build a basic visual language for reading price action.

KEY CONCEPTS

- Open, high, low, close
- Candle body and wick
- What candles show and what they do not prove

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Draw or paste three candles: bullish, bearish, and indecision. Label open, high, low, and close on each.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 7 OF 30

Trend, Range & Market Context

Identify whether price is trending, ranging, or transitioning.

KEY CONCEPTS

- Higher highs / higher lows
- Lower highs / lower lows
- Ranges and failed breakouts

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Find one trending chart and one range-bound chart. Write three observations for each without predicting what happens next.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 8 OF 30

Fundamentals & Catalysts

Understand how company information and events can affect attention and volatility.

KEY CONCEPTS

- Earnings and guidance
- Company news and filings
- Industry and macro catalysts

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Choose a recent company catalyst. Summarize what happened, what changed, and what additional information you would want before forming a thesis.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 9 OF 30

Risk, Reward & Trade Outcomes

Learn to define downside before focusing on upside.

KEY CONCEPTS

- Risk per trade
- Planned reward relative to risk
- Why probability and payoff both matter

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Create three hypothetical scenarios with different entry, stop, and target levels. Calculate the risk per share and potential reward per share.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 10 OF 30

Changing Market Conditions

Review Level 1 and connect the foundation to market context.

KEY CONCEPTS

- Bullish, bearish, and mixed conditions
- Volatility expansion and contraction
- Why the same setup can behave differently in different environments

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Write your Level 1 checklist: five things you want to know about the market and the stock before evaluating a setup.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

LEVEL 2

Learn How Traders Evaluate Setups

Days 11-20

Level Objective

Study technical analysis, support/resistance, chart structure, momentum, entries, exits, risk, position sizing, psychology, and repeatable setup evaluation.

DAY 11 OF 30

Technical Analysis Framework

Use technical analysis as a structured observation tool, not a prediction machine.

KEY CONCEPTS

- Price, volume, trend, and context
- Confirmation vs. assumption
- Multiple pieces of evidence

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Take one chart and describe it using only observable facts. Avoid words such as will, guaranteed, or must.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 12 OF 30

Support & Resistance

Learn to identify price areas where buying or selling pressure has previously changed.

KEY CONCEPTS

- Support zones
- Resistance zones
- Why levels are areas, not perfect lines

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Mark two support zones and two resistance zones on a chart. Write what would invalidate each level.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 13 OF 30

Price Patterns & Chart Structure

Recognize recurring chart structures without treating patterns as certainty.

KEY CONCEPTS

- Consolidation
- Breakout / breakdown structure
- Failed moves and traps

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Find one consolidation. Mark the range, breakout level, and the point where the setup would no longer make sense.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 14 OF 30

Momentum & Confirmation

Study whether price and volume support the direction of a setup.

KEY CONCEPTS

- Rate of price change
- Volume confirmation
- Momentum that strengthens or fades

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Compare two price moves. Which one shows stronger confirmation? Explain using price behavior and volume rather than prediction.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 15 OF 30

Entry Planning

Define the conditions that must exist before a simulated entry.

KEY CONCEPTS

- Trigger vs. chase
- Reference price zone
- Invalidation before entry

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Build a simulated entry plan with: setup, trigger, reference entry zone, invalidation level, and one reason to skip the trade.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 16 OF 30

Exit Planning

Plan how you will respond before the trade is underway.

KEY CONCEPTS

- Profit-taking rules
- Thesis invalidation
- Partial exits and planned decision points

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Create two exit plans for the same simulated setup: one for favorable movement and one for thesis failure.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 17 OF 30

Stops & Risk Controls

Use predefined risk controls to keep one decision from becoming an uncontrolled event.

KEY CONCEPTS

- Price-based invalidation
- Time-based exits
- Maximum planned loss

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Write a stop rule in one sentence that can be followed without interpretation during a fast-moving market.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 18 OF 30

Position Sizing

Connect risk limits to the number of shares in a simulated position.

KEY CONCEPTS

- Account risk limit
- Risk per share
- Position size calculation

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Using a hypothetical account, choose a maximum dollar risk and divide it by risk per share to calculate a simulated position size.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 19 OF 30

Trading Psychology

Identify emotional states that can interfere with a written plan.

KEY CONCEPTS

- FOMO
- Revenge trading
- Overconfidence and hesitation

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Describe one emotional trigger that has caused poor decisions in the past. Write a specific rule that interrupts that behavior.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 20 OF 30

Build Your Setup Checklist

Convert Level 2 into a repeatable evaluation process.

KEY CONCEPTS

- Setup quality
- Entry/exit clarity
- Risk and psychological readiness

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Create a 10-point setup checklist. A simulated trade must pass the checklist before you allow yourself to plan an entry.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

LEVEL 3

Practice Before You Risk Capital

Days 21-30

Level Objective

Use simulated scenarios to practice planning, entries, exits, risk controls, review, decision quality, and discipline.

DAY 21 OF 30

Simulator Rules

Set standards for practice before real-money execution.

KEY CONCEPTS

- Use realistic prices
- Record every planned trade
- No rewriting the plan after the outcome

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Write your simulator rules. Include the number of practice trades, maximum risk per scenario, and what information must be recorded.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 22 OF 30

Build a Pre-Trade Plan

Combine market context, setup, entry, exit, and risk into one written plan.

KEY CONCEPTS

- Market condition
- Setup thesis
- Entry, stop, target, size, and skip conditions

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Complete the pre-trade planning template in this workbook for one simulated setup.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 23 OF 30

Simulated Entry Exercise

Practice waiting for your trigger rather than reacting to movement.

KEY CONCEPTS

- Trigger discipline
- No chasing
- Entry quality vs. urgency

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Review a chart bar by bar. Record the exact point your plan allows an entry and one earlier point where entering would have violated your rules.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 24 OF 30

Simulated Exit Exercise

Practice executing an exit plan without changing rules mid-trade.

KEY CONCEPTS

- Planned profit-taking
- Invalidation response
- Avoiding hope-based decisions

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Use a simulated chart. Record what your plan says to do at three different price points: favorable, neutral, and invalidated.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 25 OF 30

Define Risk Before Entry

Make risk a precondition rather than an afterthought.

KEY CONCEPTS

- Maximum loss
- Position size
- Event and liquidity risk

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Before looking at a target, write the maximum amount you are willing to risk in a hypothetical scenario and what price level defines that risk.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 26 OF 30

Review Outcomes vs. Process

Separate whether a trade made money from whether the decision process was sound.

KEY CONCEPTS

- Process quality
- Outcome variance
- Rule adherence

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Score three simulated trades from 1-5 for process quality, regardless of profit or loss. Explain each score.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 27 OF 30

Diagnose Process Mistakes

Turn mistakes into specific process corrections.

KEY CONCEPTS

- Late entries
- Ignored invalidation
- Oversizing
- Unplanned decisions

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Choose one mistake. Write: what happened, which rule was missing or ignored, and the replacement rule you will use next time.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 28 OF 30

Decision Quality Scorecard

Create a repeatable way to evaluate your execution.

KEY CONCEPTS

- Plan quality
- Risk discipline
- Execution discipline
- Post-trade review

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Build a 10-point scorecard and grade one simulated trade. Focus on behaviors you can control.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 29 OF 30

Discipline Under Pressure

Practice following rules when price action becomes fast or emotionally charged.

KEY CONCEPTS

- Pause before action
- Follow written triggers
- Accept missed trades

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Write your three non-negotiable rules for fast markets. Include one rule for when you should do nothing.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

DAY 30 OF 30

Your Repeatable Trading Process

Consolidate the 30 days into a personal educational framework.

KEY CONCEPTS

- Market context
- Setup evaluation
- Entry / exit / risk planning
- Review and continuous improvement

Guided Notes

Write the two or three ideas from today's video that you want to remember.

Practice Exercise

Write your final one-page trading process. It should explain what you evaluate before, during, and after a simulated trade.

Decision Check

What would make you pause, skip, or review this concept again before using it in a simulated trade?

End-of-Day Reflection

In one or two sentences, explain today's lesson as if you were teaching it to another new trader.

Pre-Trade Planning Sheet

Date / Time

Ticker / Asset

Market Condition

Setup Being Evaluated

Why This Setup Has My Attention

Referenced Entry Zone

Invalidation / Stop Level

Potential Exit / Decision Zone

Risk Per Share

Maximum Planned Dollar Risk

Simulated Position Size

Conditions That Make Me Skip the Trade

Post-Trade Review Sheet

Did I follow the written plan?

What happened?

What did I do well?

What rule did I break, bend, or nearly break?

Was the outcome caused by a bad process or normal market uncertainty?

One rule I will carry into the next simulation

Decision Quality Scorecard

Score each category from 1 (poor) to 5 (excellent). Grade the process, not whether the trade made or lost money.

Category	Score 1-5	Notes
Market context was clear		
Setup matched my checklist		
Entry was planned, not chased		
Risk was defined before entry		
Position size matched the risk plan		
Exit plan was written in advance		
I followed the plan under pressure		
I avoided emotional overrides		
I recorded the result accurately		
I completed the post-trade review		

Your 30-Day Trading Process

1. Before the Market

What market conditions, catalysts, and liquidity factors do I review?

2. Before a Setup

What must be true before I spend time planning a trade?

3. Before an Entry

What trigger, entry zone, invalidation level, and risk information must be written down?

4. During a Trade

What rules govern exits, stops, partials, and emotional decisions?

5. After a Trade

How do I review the outcome and score the process?

6. My Non-Negotiables

List the rules that protect your decision process when markets move quickly.

30-Day Reflection

The three concepts I understand better now

The two decision-making habits I most need to improve

The rule that will protect me from my biggest recurring mistake

What I will practice in simulation next

What would tell me I am NOT ready to risk real capital

Important Educational & Risk Disclosure

The 30-Day Stock Market Bootcamp and this workbook are provided for educational and informational purposes only. They are designed to teach market concepts, trading-process development, risk-management principles, and simulated decision-making.

Nothing in this workbook is personalized investment advice, a recommendation to buy or sell any security, or a guarantee of trading proficiency, profitability, or any particular financial result. Examples, price levels, exercises, and scenarios are hypothetical unless specifically identified otherwise.

Trading and investing involve risk, including the possible loss of principal. Completing the Bootcamp does not mean that a participant is ready to trade with real money. Practice in a simulator and evaluate your own financial circumstances, objectives, and risk tolerance before making financial decisions.

GPSM Stock Alerts and GPSM Trader Academy are educational publishing services. Users are responsible for their own financial decisions.

Education Before Execution

Learn the concepts. Study the process. Practice the decisions.