# The 4 Point News Filter Checklist

A clear plan to protect your order execution during major central bank releases.

72 hours free on your own MetaTrader 5 account, installed in a few minutes with a video for each step · Try it free for 72 hours

## 01 Stage 1 Pre News Calendar Audit

- Check high impact economic calendars at the start of your day to identify policy announcements.
- Mark release times clearly to know precisely when institutional order books will thin out.
- Avoid opening fresh manual positions immediately ahead of scheduled releases.

## 02 Stage 2 Position Sizing and Buffer Calibration

- Reduce open exposure so unexpected price gaps do not threaten your capital.
- Widen initial stops to account for normal volatility expansion during the release.
- Accept that resting orders convert to market orders when liquidity drops.

## 03 Stage 3 The Active Event Execution Freeze

- Let systematic filters pause all automated entry triggers before the headline drops.
- Keep resting orders off the market while spreads remain abnormally wide.
- Never attempt to manually chase sudden price spikes in either direction.

## 04 Stage 4 Post Event Normalization

- Monitor live spreads until quotes return to their ordinary baseline levels.
- Allow market depth to rebuild before reactivating systematic trading triggers.
- Review fill quality calmly to verify that execution conditions have stabilized.

## Checklist

- [ ] Identify high impact policy releases on your calendar
- [ ] Reduce trade volume ahead of key announcements
- [ ] Enable systematic spread filters to pause entries
- [ ] Keep trading halted during initial liquidity vacuums
- [ ] Confirm normal spreads before resuming active execution

## Your next step

You can try Gixodia's trading software free for 72 hours on your own MetaTrader 5 account: nothing is charged today, and you can cancel in one click during the 72 hours; after the trial it is $499/year. You install it yourself in a few minutes with a video for each step, and if you have a question first, message our team on WhatsApp with one tap.

**Try it free for 72 hours** | **Chat with our team on WhatsApp**

- Install it yourself in a few minutes, a video for each step
- Runs on your own MetaTrader 5 account, in your name
- No commission, no profit share
- Cancel in one click during the 72 hours

How it works: gixodia.com

https://gixodia.com/en/start

72-hour free trial on the annual license: it starts when you confirm your card, nothing is charged today, and if you cancel during the 72 hours you pay nothing; otherwise the first year, $499, is charged when it ends, renewing yearly at $499 until you cancel. One free trial per person. Lifetime license: $5,780 one time, no trial. Gixodia is software only. Trading involves risk and you can lose money. Not financial advice.