

F&O Expiry Week Tracker

Free templates for Indian traders — NSE / BSE

Expiry week rules

- Half size on expiry Thursday unless A+ setup
- No new positions after 2:30 p.m. on expiry day
- Tag every trade: expiry-week-nifty or expiry-week-banknifty
- Log roll decisions as new trades

Weekly log

- Week ending: _____
- Normal week net P&L (Rs.): _____
- Expiry week net P&L (Rs.): _____
- Rule breaks this expiry: _____
- One change for next expiry: _____