April 21, 2026 (-$32.50) | Following Rules (First Ever Review In Grand Turk)

By natemadden1994 · April 22, 2026

TL;DR

On April 21, 2026, the author experienced a trading loss of $32.50 while reviewing their first trades in Grand Turk. Despite not performing well, they adhered to their 'Two Loss and Done' rule, which helped limit further losses. The key takeaway emphasizes the importance of patience and waiting for price action to confirm market readiness before executing trades.

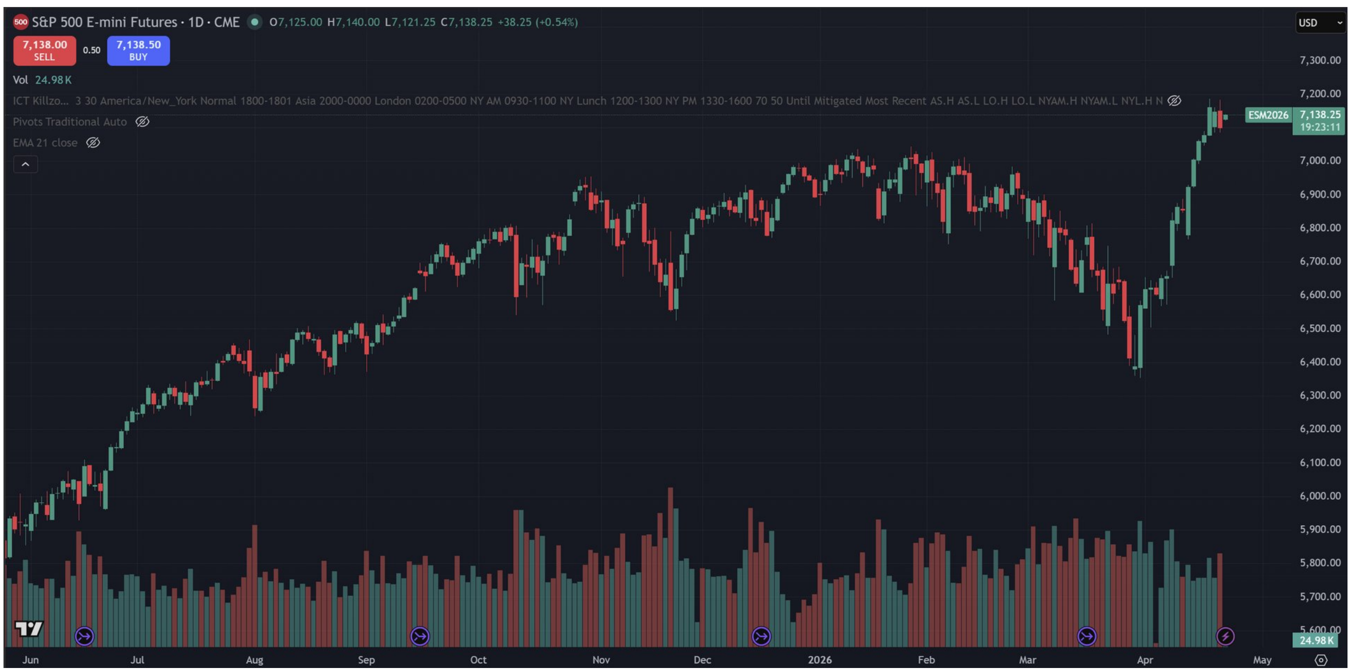
April 21, 2026 (2 Trades) (-$32.50)

Total Winnings (Fees Included)	$0.00	Symbols Traded*	1
Total Losses (Fees Included)	$-34.50	Max Consecutive Winning	-
Net P&L (Fees Included)	$-34.50	Max Consecutive Losing	2
Profit Margin	0.00%	Avg Position Amount*	1.00
Commissions	$2.00	Avg Position Cost*	$7,160.88
Reg Fees	$0.00	Largest Win	$0.00 | 0.00%
Total Fees	$2.00	Largest Loss	$-19.75 | -0.05%
Gross Profit (Fees NOT Included)	$-32.50	Avg Win	$0.00 | 0.00%
Avg Daily P&L	$-34.50	Avg Loss	$-17.25 | -0.05%
Total | Closed | Open*	2 | 2 | 0	Avg Trade Duration	3 Mins 45 Secs
Total Winners	0 | 0.00%	Avg Win Duration	-
Total Losers	2 | 100.00%	Avg Loss Duration	3 Mins 45 Secs
Total Scratches	0 | 0.00%	Avg Scratch Duration	-

Apr 21, 2026	Future	MESM26	TradeStation	Futures	Order Flow Trap, Revenge Trading, +1	Short	1	$7,167	-0.04%	$-15
Apr 21, 2026	Future	MESM26	TradeStation	Futures	21 EMA Trap, Fighting Price Action, +1	Short	1	$7,155	-0.05%	$-20

Day Summary: I'm not 100% sure, but I think this is my first ever trade review written in Grand Turk. Kinda sad to say that but it is a crazy lifestyle here haha. Anyways, in terms of how trading went today, I did not perform my best but I managed to follow my two loss and done rule which helped me limit the damage for the day. That is a super important takeaway from today. There are always more days to take advantage of opportunities. Today I was not on the same page with the market, but following my rules allowed me to live to fight another day where there will be an opportunitiy I am more in-tune with and can make up the small losses from today. Trade 1 today was my setup but it was subpar due to me ignoring price action; thankfully I stopped out where I was supposed to. Trade 2 I kinda forced, but I did have the right idea overall in mind, I just wasn't patient enough to wait for the market to show me it was ready to make the move. Especially going for a short in this bullish market, I really needed to see price action correlating with the move, not just using order flow alone, which is how I got baited in to my second trade today before it was actually ready to go.

DAILY - ES

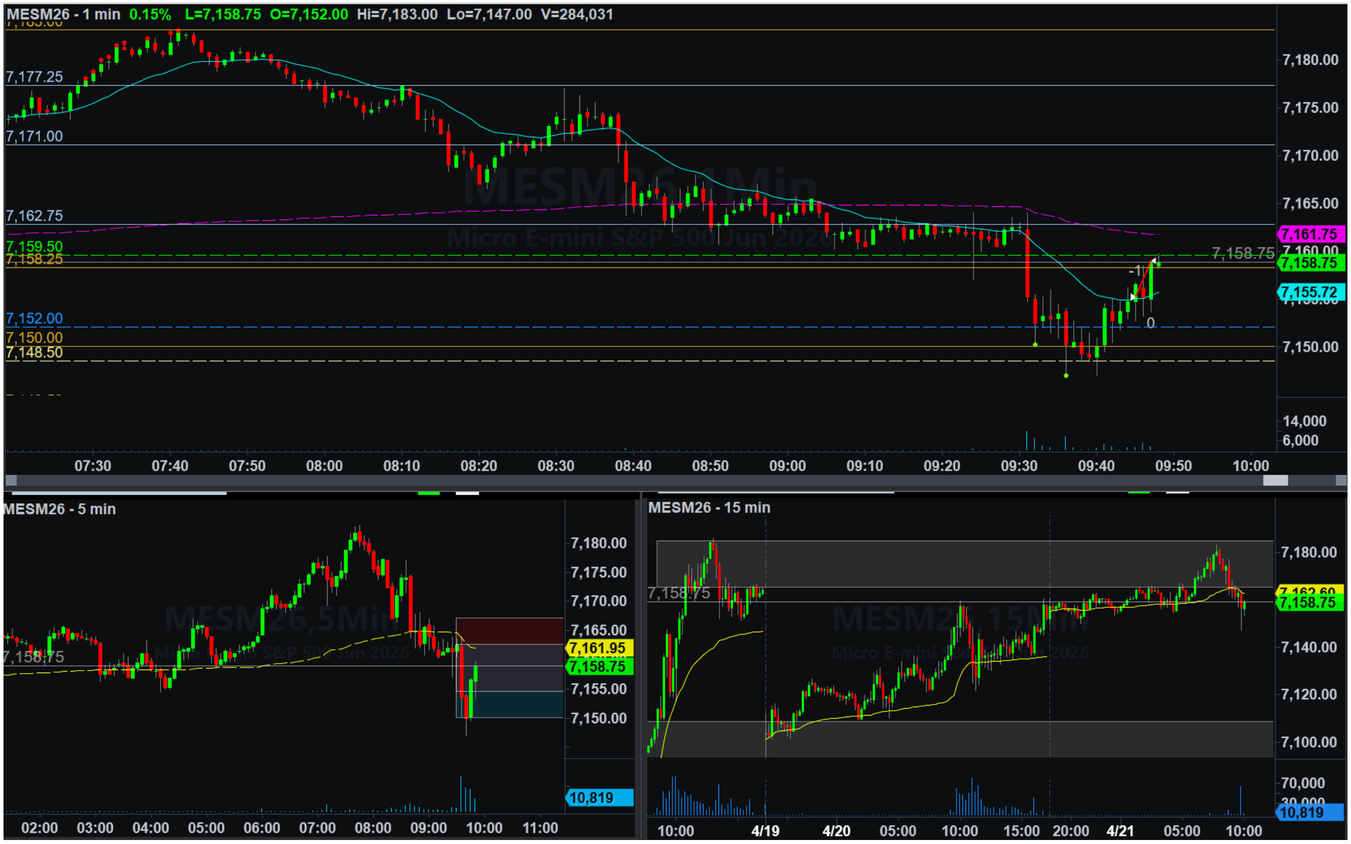


5 MIN - ES

TRADES

Trade 1 - Short 1 MES @ **21 EMA Trap + Subpar Set Up + Fighting Price Action**

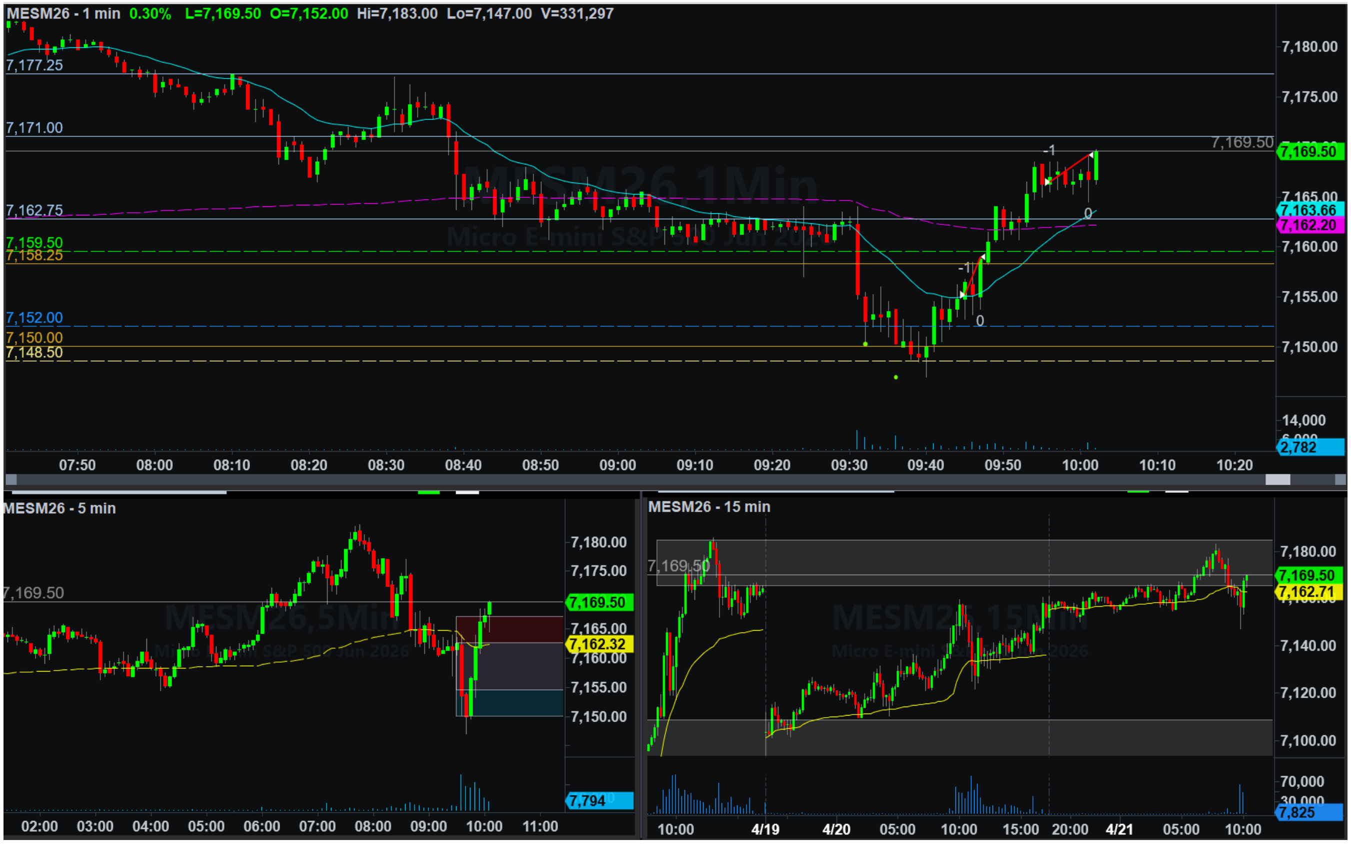
Grade: C+



1. technically my set up - but definitely subpar
2. trading in the direction of the trend was good
3. but ignored price action into actual set up
4. swept Asia Lows
5. entry was okay and stopped out quickly - good

Trade 2 - Short 1 MES @ **Bias + No Setup + Order Flow Trap + Right Idea, Wrong Timing**

Grade: C



1. fighting price action - bad
2. no set up - bad
3. order flow trap - read it right (Right Idea, Wrong Timing) but I need to be patient and wait for price action to confirm the market is ready to go
4. a bit of revenge trading here
5. stopped out quickly because I knew I was position against price action - good

Takeaway:

1. When you spot an order flow thesis on the DOM, be patient and allow price action to confirm that the market is ready to make the move
2. Following my **Two Loss And Done** rule protected me from doing more, and unnecesary damage to myself today. I don't have to immediately try to make the money back. Come back on a day when you are more in tune with the market.

FAQ

What is the 'Two Loss and Done' rule?

The 'Two Loss and Done' rule is a trading strategy that limits the number of losses a trader will take in a day to prevent further financial damage.

Why did the author experience losses on this trading day?

The author faced losses due to ignoring price action and forcing trades without proper setups, leading to poor decision-making.

What is the significance of price action in trading?

Price action is crucial as it provides real-time insights into market movements, helping traders make informed decisions rather than relying solely on order flow.

What should traders do after experiencing a loss?

Traders should take a step back, reassess their strategies, and return on a day when they feel more in tune with the market, rather than trying to recover losses immediately.

What was the overall grade for the trading performance on this day?

The overall grade for the trading performance on April 21, 2026, was a C+, indicating that there were areas for improvement despite some adherence to trading rules.