February 19, 2026 (-$68.75) | Force

By natemadden1994 · February 20, 2026

February 19, 2026 (2 Trades) (-$68.75)

Overall Grade: D+

Total Winnings (Fees Included)	$0.00	Symbols Traded*	1
Total Losses (Fees Included)	$-70.75	Max Consecutive Winning	-
Net P&L (Fees Included)	$-70.75	Max Consecutive Losing	2
Profit Margin	0.00%	Avg Position Amount*	1.00
Commissions	$2.00	Avg Position Cost*	$6,876.75
Reg Fees	$0.00	Largest Win	$0.00 | 0.00%
Total Fees	$2.00	Largest Loss	$-37.25 | -0.11%
Gross Profit (Fees NOT Included)	$-68.75	Avg Win	$0.00 | 0.00%
Avg Daily P&L	$-70.75	Avg Loss	$-35.38 | -0.10%
Total | Closed | Open*	2 | 2 | 0	Avg Trade Duration	4 Mins 7 Secs
Total Winners	0 | 0.00%	Avg Win Duration	-
Total Losers	2 | 100.00%	Avg Loss Duration	4 Mins 7 Secs
Total Scratches	0 | 0.00%	Avg Scratch Duration	-

Feb 19, 2026	Future	MESH26	TradeStation	Futures	Forced Trade, No Set Up, +1	Long	1	$6,888	-0.09%	$-33
Feb 19, 2026	Future	MESH26	TradeStation	Futures	FOMO Entry, No Set Up, +1	Short	1	$6,866	-0.11%	$-37

Day Summary: I woke up slow and groggy this morning and I knew it was a day where I would be better served just not trading at all, but unfortunately I decided to give it a go. I'm not sure how many times I need to wake up feeling like that, tell myself not to trade, do it anyways and finish red. One day I need to man up and just take the day off if I'm feeling that type of way. It will be better for me over the longterm. Two bad trades today, neither with a playbook set up. The second one was exceptionally atrocious. The only good thing I can say about today's session is that I at least kept the losses small and stuck to my two loss and done rule. That was a good decision because I definitely would have made it worse had I continued to trade.

DAILY - ES

5 MIN - ES

TRADES

Trade 1 - Short 2 MES @ **FOMO Entry + No Set Up + Thinking About The Money**

Grade: C-

1. trading in the direction of the overnight trend - good
2. missed the ~9:35am short so had a little FOMO and forced this short
3. no real playbook set up - was going for a trend continuation trade but the entry I took on this trade would have been the entry for a aggressive downtrend, not a range (5 MIN premarket)
4. 21 EMA entry would have been much better
5. once this trade did start to go in my direction, I considering moving my stop to 6870.50 but didn't do it - should have because if it failed that breakdown I should have expected it to pop back up
6. even so, this was a managed loss ~6-7 points

Trade 2 - Long 1 MES @ **No Set Up + Forced Trade + Thinking About The Money**

Grade: D

1. trading with price action - good
2. no playbook set up - bad and the main reason I lost on this trade
3. FOMO from the bullish candles
4. thinking about the money so I just made a bad decision on this trade
5. kept the loss small again at least, but this was an unnecessary loss
6. good thing I followed my rule and stopped after this trade (2 loss and done rule) because I really was just not in the right headspace to be focused on putting on a good trade today - completely thinking about the money - FOCUS ON THE PROCESS