January 29, 2026 (+$53.75) | Thank You Trend

By natemadden1994 · January 30, 2026

January 29, 2026 (2 Trades) (+$53.75)

Overall Grade: C+

Total Winnings (Fees Included)	$50.75	Symbols Traded*	1
Total Losses (Fees Included)	$0.00	Max Consecutive Winning	2
Net P&L (Fees Included)	$50.75	Max Consecutive Losing	-
Profit Margin	100.00%	Avg Position Amount*	1.50
Commissions	$3.00	Avg Position Cost*	$10,456.25
Reg Fees	$0.00	Largest Win	$48.00 | 0.07%
Total Fees	$3.00	Largest Loss	$0.00 | 0.00%
Gross Profit (Fees NOT Included)	$53.75	Avg Win	$25.38 | 0.04%
Avg Daily P&L	$50.75	Avg Loss	$0.00 | 0.00%
Total | Closed | Open*	2 | 2 | 0	Avg Trade Duration	2 Mins 26 Secs
Total Winners	2 | 100.00%	Avg Win Duration	2 Mins 26 Secs
Total Losers	0 | 0.00%	Avg Loss Duration	-
Total Scratches	0 | 0.00%	Avg Scratch Duration	-

Jan 29, 2026	Future	MESH26	TradeStation	Futures	21 EMA Trap, Breakeven Too Early, +1	Short	1	$6,956	0.01%	$3	
Jan 29, 2026	Future	MESH26	TradeStation	Futures	FOMO, Risky, +1	Short	2	$13,957	0.07%	$48	

Day Summary: I felt like I was approaching the day with a good mindset today, but after the first few minutes of price action and me missing a good down move, I became immediately frustrated. I did not handle the frustration well either and forced a couple trades (combine, funded and personal live), but thankfully they were all shorts and the heavy selling pressure saved me. That just goes to show you how important it is to trade in the direction of the trend. Not that we want to rely on it, but it is more likely that you get lucky if you have the trend on your side. Unfortunately, had I held my winning trade today, I could have made ~$140, and had I entered where I should have according to my set up, I potentially could have made even more. But I was not on my game today and going into drawdown on my first trade affected my mental due to how quick we were moving. That caused me to close my winner early when I already had my STOP at BE. Just not really a good day for me today even though I managed to escape with a decent green. The opportunity was there though and I fumbled the bag.

DAILY - ES

5 MIN - ES

TRADES

Trade 1 - Short 2 MES @ **Trend Continuation + FOMO + Risky**

Grade: C

1. playbook set up - NO, simply based on trend momentum + intuition - bad
2. FOMO
3. poor entry, had I waited for a target line I would have had a way more comfortable and profitable trade
4. the trend saved me on this trade
5. oversized for how much we were moving, especially when I'm supposed to be in trader rehab still

Trade 2 - Short 1 MES @ **21 EMA Trap + Key Level**

Grade: B

1. playbook set up - yes
2. good entry (21 ema + key level)
3. trading in direction of trend - yes
4. all around good but I did not feel comfortable in this trade an exited BE
5. this ended up selling off a lot more (like 20 pts) so I missed a good move just for not being confident in my trade, especially considering that this was a better trade than Trade 1