July 17, 2023 (-$8.00) - Walk Of Shame Saved Me Money

By natemadden1994 · July 18, 2023

July 17, 2023 (1 Trade) (-$8.00)

Overall Grade:

Total Winnings (Fees Included)	0.00	Total | Closed | Open*	1 | 1 | 0	Avg Position Amount*	2.00
Total Losses (Fees Included)	-10.44	Total Winners	0 (0.00%)	Avg Position Cost*	3.88
Net Profit (Fees Included)	-10.44	Total Losers	1 (100.00%)	Avg Win	0.00 (0.00%)
Profit Margin	0.00%	Total Scratches (Net P/L = 0)	0 (0.00%)	Avg Loss	-10.44 (-2.06%)
Commissions	2.40	Max Consecutive Winning	0	Avg Trade Duration	1 Mins 15 Secs
Reg Fees	0.04	Max Consecutive Losing	1	Avg Win Duration	-
Total Fees	2.44	Largest Winning Trade	0.00 (0.00%)	Avg Loss Duration	1 Mins 15 Secs
Gross Profit (Fees NOT Included)	-8.00	Largest Losing Trade	-10.44 (-2.06%)	Avg Scatch Duration	-
Avg Daily P&L	-10.44	Symbols Traded*	1		

Day Summary: I am glad I stopped trading when I did today. I forced a trade early on, lost and then just saw the price action was ugly and i Knew I didn't have an edge so i just walked. That is an important skill I need to remember to do when I don't feel confident with the chart.

DAILY - SPY

5 MIN - SPY

TRADES

Trade 1 - Long 2 Puts @ (no setup)

Grade: D+

- Yeaa, that's me buying puts into support - bad
- Shorting when ADD was rocket shipping - bad
- trading a bias - bad
- fighting the trend - bad
- I did buy puts at a key level but there's not enough resistance there - look left + key level
- the only thing I did right on this trade was cutting my loss as soon as I could on the next red candle and stopping trading for the day

FIX: Don't trade opposite of ADD. Puts at resistance. Trade in the direction of most recent intraday trend (bullish PM)