June 28, 2023 (-$11.00) - Back To Bad Habits

By natemadden1994 · June 29, 2023

June 28, 2023 (3 Trades) (-$11.00)

Overall Grade: C

Total Winnings (Fees Included)	6.36	Total | Closed | Open*	3 | 3 | 0	Avg Position Amount*	1.67
Total Losses (Fees Included)	-23.96	Total Winners	1 (33.33%)	Avg Position Cost*	2.44
Net Profit (Fees Included)	-17.60	Total Losers	2 (66.67%)	Avg Win	6.36 (2.65%)
Profit Margin	-276.73%	Total Scratches (Net P/L = 0)	0 (0.00%)	Avg Loss	-11.98 (-5.70%)
Commissions	6.50	Max Consecutive Winning	1	Avg Trade Duration	1 Mins 51 Secs
Reg Fees	0.10	Max Consecutive Losing	1	Avg Win Duration	1 Mins 49 Secs
Total Fees	6.60	Largest Winning Trade	6.36 (2.65%)	Avg Loss Duration	1 Mins 52 Secs
Gross Profit (Fees NOT Included)	-11.00	Largest Losing Trade	-12.64 (-7.52%)	Avg Scatch Duration	-
Avg Daily P&L	-17.60	Symbols Traded*	1		

* Unless "Status" filter applied. These stats include trades where "Status" = open

** More stat ideas? Write us here or in the Discord

Day Summary: Today I had a short trading session because of a doctor's appointment and I did feel a bit pressured to put on a trade. Neither of the two trades from the morning session were very comfortable for me, but both would have been winners if I held, and one would have been a nice winner. The 3rd trade was from work on my phone. Yeaa, not gonna do that again. That was stressful.

DAILY - SPY

5 MIN - SPY

TRADES

Trade 1 - Long 2 Puts @ Trendline + Key Levels (VWAP & PM Low) (Range)

Grade: C-

- entry was rushed (FOMO)
- I was not comfortable in this trade and that is why i closed it quickly, but if I had held, and I should have bc stop was a close above VWAP) I would have made money on this trade
- With the above being said, I'm glad I got out of a trade that i wasn't confident in
- I bought puts at support, so that was the main reason I was uncomfortable
- The fact that we had just made a LH on a fake trendbreak should have given me more confidense in this trade (result below)

FIX: Patience on the entry. Hold to planned stop. Sell into Resistance, not Support

Trade 2 - Long 2 Calls @ Break & Retest (continuation)

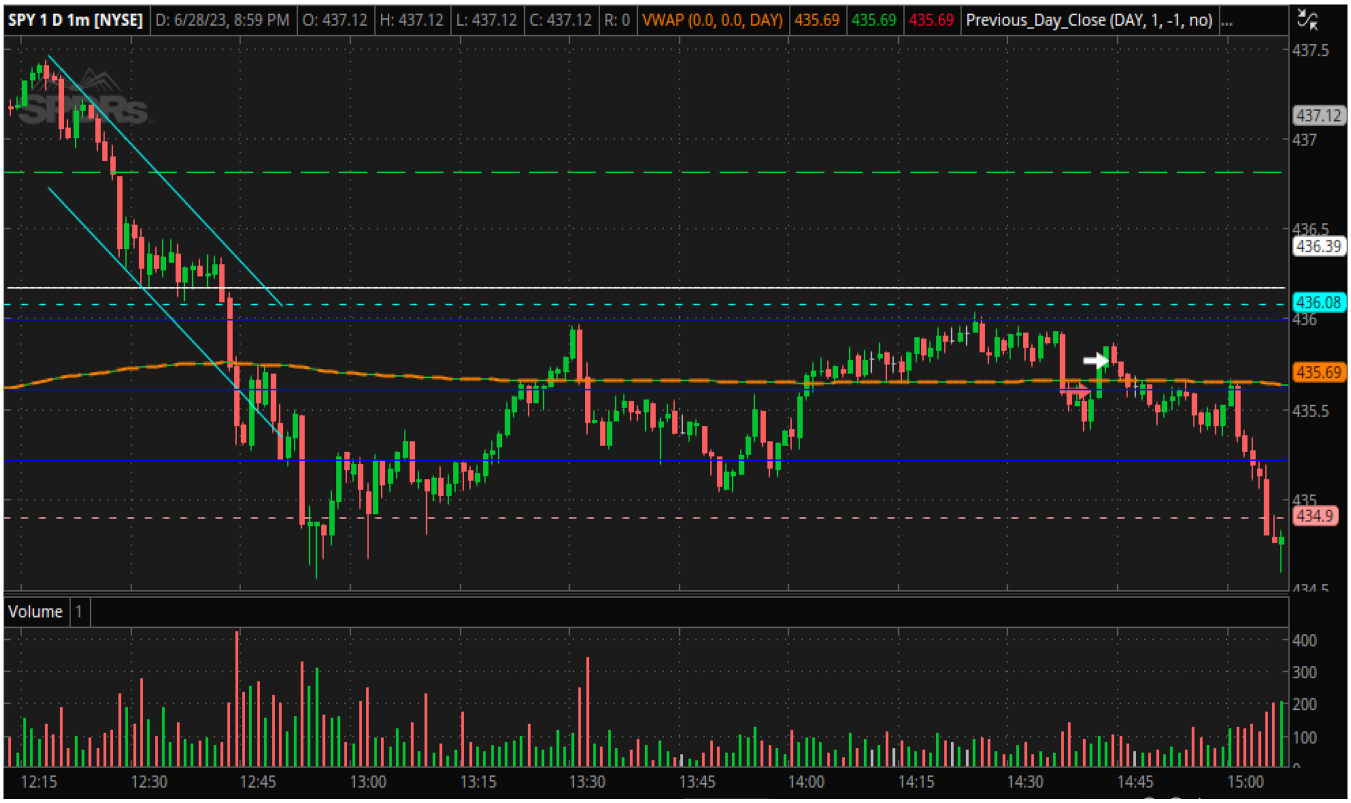
Grade: B-

- Following the trend - good
- Buying calls at HOD - not so good, however after the morning range and fake low, it made sense that this would continue up
- red retest candle - not prefered
- stop was candle close under break candle
- Sold winners immediately into green - stop those mfs at breakeven bc this trade ran up after this
- I was also a bit uncomfortable in this trade bc it was a HOD B&RT

FIX: Same as usual, hold the MF winners !!

Trade 3 - Long 1 Put @ Key Level

Grade: C-



- **This trade was taken on my phone at work, so charts looked different**
- First off, don't ever do that again ^^
- Otherwise, this was the middle of an intraday range
- This was a Key Level from the 30min time frame, but you can't see that level in this photo, only on the mobile app
- Too choppy to be trading this late in the day
- Stop was a candle close above VWAP but this trade would have worked

FIX: Don't trade on your phone at work - simple as that

TAKEAWAYS: I am seeing the right trades and entries, just not properly executing on those trades. That is a good sign. At least i am right about direction. Clean up the execution and watch the green start rolling in. Other than that, as usual I NEED to hold my winners. That is killing my P/L right now and making it near impossible to be profitable. 2nd trade of the day would've been a day maker had I just put a stop at breakeven and held. Remember that.