July 20, 2026 (+$48.75) | Back To The System

By natemadden1994 · July 21, 2026

> **TL;DR**
>
> On July 20, 2026, the author executed one trade, resulting in a profit of $48.75. Despite initial FOMO and passing on a subpar setup, they successfully utilized order flow and key levels to make a strategic entry and exit, demonstrating disciplined trading practices. Overall, the day was graded as an 'A' for maintaining a solid trading approach.

July 20, 2026 (1 Trade) (+$48.75)

Total | Closed | Open*	1 | 1 | 0
Total Winners	100.00%
Total Losers	0.00%
Total Scratches	0.00%
Symbols Traded*	1
Max Consecutive Winning	1
Max Consecutive Losing	-

Total Winnings (Fees Included)	$47.75
Total Losses (Fees Included)	$0.00
Net P&L (Fees Included)	$47.75
Profit Margin	100.00%
Commissions	$1.00
Exchange / SEC fees	$0.00
Total Fees	$1.00
Gross Profit (Fees NOT Included)	$48.75
Avg Daily P&L	$47.75
Dividends	$0.00

Avg Position Amount*	1.00
Avg Position Cost*	$37,587.50
Largest Win	$47.75 | 0.13%
Largest Loss	$0.00 | 0.00%
Avg Win	$47.75 | 0.13%
Avg Loss	$0.00 | 0.00%
Avg Trade Duration	5 Mins 45 Secs
Avg Win Duration	5 Mins 45 Secs
Avg Loss Duration	-
Avg Scratch Duration	-

Jul 20, 2026	Future	.MESU26	TradeStation	Futures	21 EMA Trap Key Level +2	Short	1	$37,588	0.13%	$48

Day Summary: We had a pretty aggressive move down today that gave me a slight bit of FOMO, but I thankfully kept myself from entering in based on price action alone without a playbook set up. It might have worked out today but over the long term that is not a good habit to have and will burn me more than it will pay off. I then did get a set up but passed on it because it looked subpar to me (price action). That was frustrating but I remained calm and was able to get another chance a few minutes later. It was tough to take so far into the trend but the DOM helped to convince me that there was still some room to go. I took the set up and used order flow to stay in the trade until I saw seller absorption at the low. At that point, I decided I had had enough and hopped out a little early. Not a bad choice because it did bounce from there and, even though eventually went lower, would have been a much more stressful hold.

DAILY - ES

5 MIN - ES

TRADES

Trade 1 - Short 1 MES @ **21 EMA Trap + Key Level + Trend Continuation + Order Flow**

Grade: A-

1. playbook set up - yes
2. trading in direction of the trend - yes (especially look at 5 MIN)
3. key levels (VWAP + Target Line)
4. order flow on the DOM was a big help for the entry, hold, and exit on this trade
5. line to line trade
6. even though this trade was farther along in the trend, it was a cleaner set up than the 10:05am 21 EMA test

FAQ

What was the outcome of the trade on July 20, 2026?

The trade resulted in a profit of $48.75.

What factors influenced the author's trading decisions?

The author considered price action, order flow, and key levels like VWAP and trend continuation.

Why did the author pass on the initial setup?

The author deemed the initial setup as subpar and chose to wait for a better opportunity.

What does 'FOMO' stand for in trading?

FOMO stands for 'Fear of Missing Out,' which can lead traders to make impulsive decisions.

How did the author assess their trade's success?

The author graded the day as an 'A' based on their disciplined approach and effective use of trading strategies.