September 4, 2025 (+$52.50) - System Over Feelings

By natemadden1994 · September 5, 2025

September 4, 2025 (1 Trade) ($52.50)

Overall Grade: A-

Total Winnings (Fees Included)	51.50	51.50
Total Losses (Fees Included)	0.00	0.00
Net P&L (Fees Included)	51.50	51.50
Profit Margin	100.00%	100.00%
Commissions	1.00	1.00
Reg Fees	0.00	0.00
Total Fees	1.00	1.00
Gross Profit (Fees NOT Included)	52.50	52.50
Avg Daily P&L	51.50	51.50
Total | Closed | Open*	1 | 1 | 0	1 | 1 | 0
Total Winners	1 | 100.00%	1 | 100.00%
Total Losers	0 | 0.00%	0 | 0.00%
Total Scratches	0 | 0.00%	0 | 0.00%

Symbols Traded*	1	1
Max Consecutive Winning	1	1
Max Consecutive Losing	0	0
Avg Position Amount*	2.00	2.00
Avg Position Cost*	12,930.50	12,930.50
Largest Win	51.50 | 0.08%	51.50 | 0.08%
Largest Loss	0.00 | 0.00%	0.00 | 0.00%
Avg Win	51.50 | 0.08%	51.50 | 0.08%
Avg Loss	0.00 | 0.00%	0.00 | 0.00%
Avg Trade Duration	2 Mins 32 Secs	2 Mins 32 Secs
Avg Win Duration	2 Mins 32 Secs	2 Mins 32 Secs
Avg Loss Duration	-	-
Avg Scratch Duration	-	-

% Percent $ Amount

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

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

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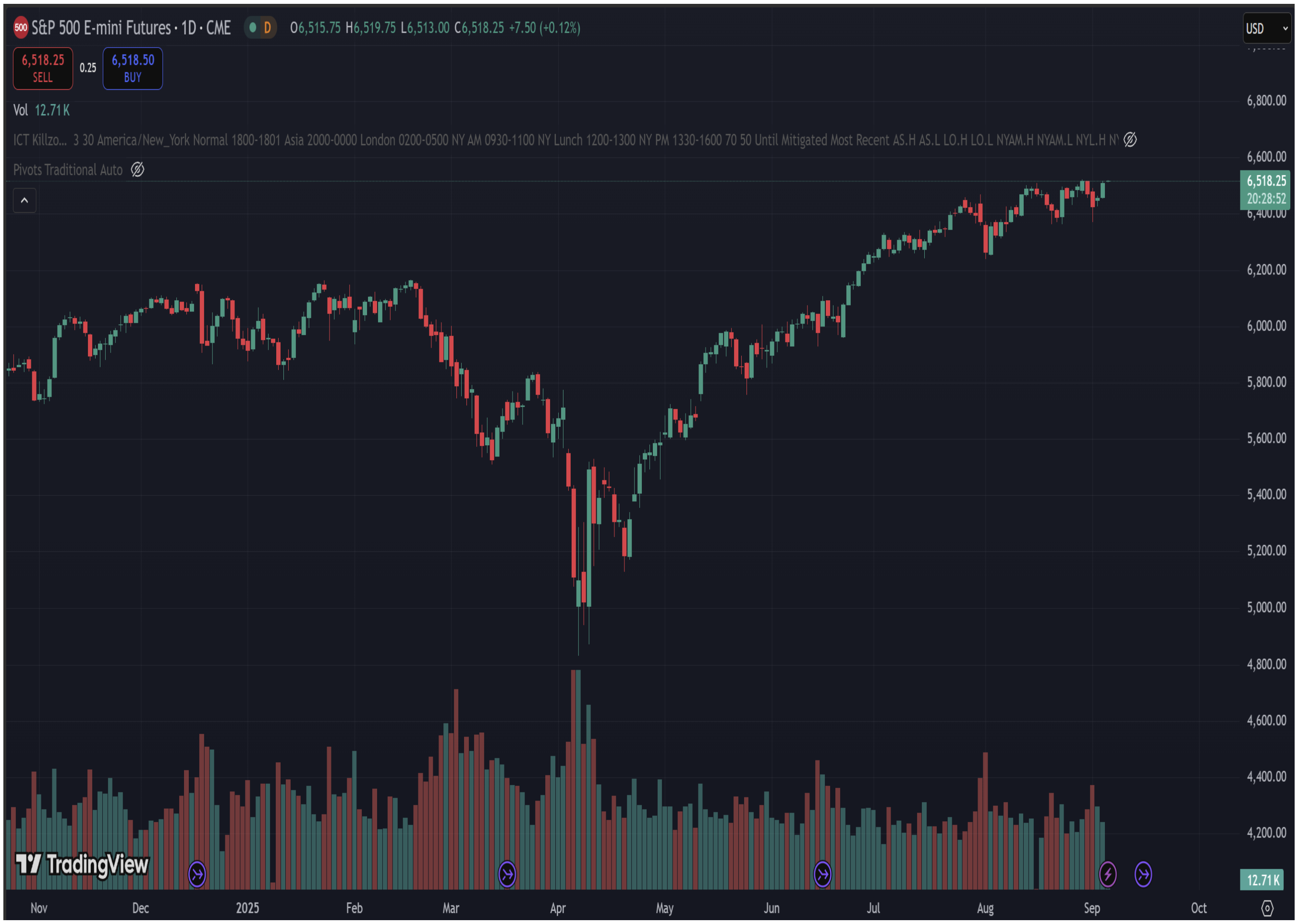
Last Entry	Asset	Symbol	Broker	Portfolios	Patterns	Type	Amount	Cost	P&L%	P&L$	Image	Actions
Sep 04, 2025	Future	MESU25	TradeStation	Futures	21 EMA Trap, Key Level	Short	2.00	12930.50	0.08%	51.50		

Day Summary: Today started out as a snooze fest and I patiently waited without any desire to trade. I just kept reminding myself to only trade my system, even though there were a couple points where I made some mental guesses on the chart and considered entering. Still though, self-control prevailed and that is what is most important. I actually thought today might go down as another no trade day, but I then quickly got my set up, and executed on it, even though emotionally I did not want to take it. Once I was in, I was slightly uncomfortable, but the trade quickly started to go in my favor and I felt a lot better. I did a decent job at holding the winner but i decided to take profit because the morning had been so choppy prior to this. All in all, I took it back to the recent support so that is a solid trade.

DAILY - ES



5 MIN - ES

TRADES

Trade 1 - Short 2 MES @ **21 EMA Reject + Key Levels (Yesterdayh's HOD + PM Low + VWAP)**

- executed on this trade because it was my system, emotions told me no - good
- good entry - 21 EMA + Key Levels
- trading in the direction of recent momentum - good
- easy to say after I should have held (6458.25 was initial mental target) but with how choppy the morning was and the fact that we were at 3 more key levels (Open price + Yesterday's Close Price + 30min target line) and retesting the recent low, I decided to take it off and that was probably the smart/conservative thing to do. This still ended up being a 1R trade, possibly more)

- I talk about needing to know the current market sentiment to help judge exits and considering how the morning was, I'm happy with taking it off where I did - good
- the new low just after I took it off ended up being the LOD so it was good to know the sentiment here