September 9, 2024 (-$85.00) - Strikeout 0-3

By natemadden1994 · September 10, 2024

September 9, 2024 (3 Trades) (-$85.00)

Overall Grade: D+

Total Winnings (Fees Included)	0	-
Total Losses (Fees Included)	-88.0	-
Net Profit (Fees Included)	-88.0	-
Profit Margin	0%	%
Commissions	3.0	-
Reg Fees	0	-
Total Fees	3.0	-
Gross Profit (Fees NOT Included)	-85.0	-
Avg Daily P&L	-88.0	%
Total | Closed | Open*	3 | 3 | 0	-
Total Winners	0 | 0.0%	- | %
Total Losers	3 | 100.0%	- | %
Total Scratches	0 | 0.0%	- | %

Symbols Traded*	1	-
Max Consecutive Winning	0	%
Max Consecutive Losing	3	%
Avg Position Amount*	2.0	%
Avg Position Cost*	10,924.17	%
Largest Win	0% | 0%	% | %
Largest Loss	-33.5 | -0.06%	% | %
Avg Win	0 | 0%	% | %
Avg Loss	-29.33 | -0.05%	% | %
Avg Trade Duration	4 Mins 12 Secs	%
Avg Win Duration	-	%
Avg Loss Duration	4 Mins 12 Secs	%
Avg Scatch Duration	-	%

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

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

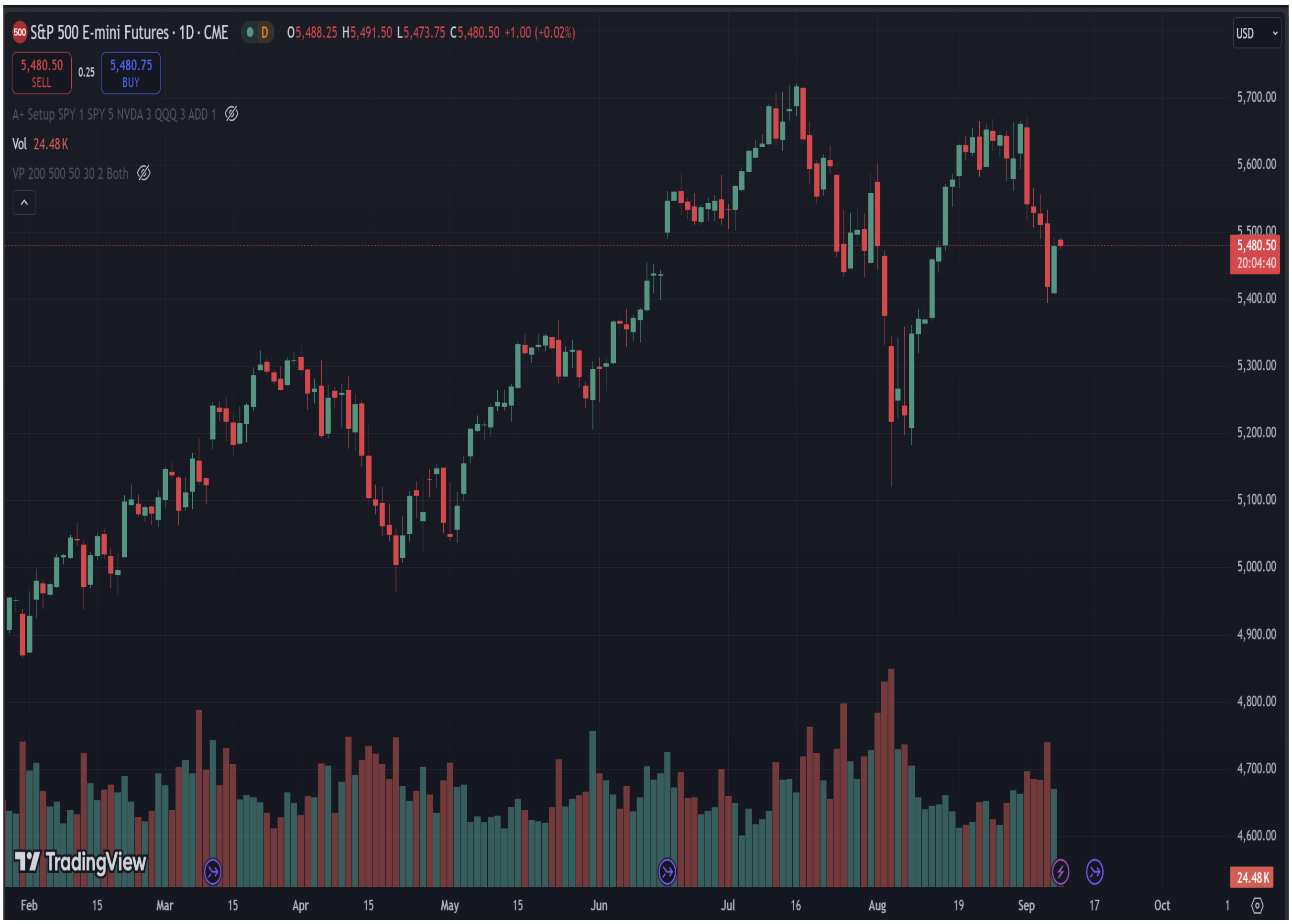
Table Card

Action: Select an action Submit

Last Entry	Asset	Symbol	Broker	Portfolios	Pattern(s)	Type	Amt.	Cost	P&L%	P&L$	Image	Action
Sept. 9, 2024, 10:36 a.m.	Future	/MES	TradeStation	Futures,	FOMO, No Setup,	Long	2.00	10,919.00	-0.06%	-33.50	Show	
Sept. 9, 2024, 10:30 a.m.	Future	/MES	TradeStation	Futures,	21 EMA Trap,	Long	2.00	10,928.00	-0.04%	-21.00	Show	
Sept. 9, 2024, 9:46 a.m.	Future	/MES	TradeStation	Futures,	21 EMA Trap,	Long	2.00	10,925.50	-0.06%	-33.50	Show	

Day Summary: Monday after last week's emotional wreck and I was right back to it. Although I did manage my losing trades well, and was somewhat waiting for set ups, I still lacked discipline and entered trades that were subpar set ups. C quality at best, even when I know those should be avoided. I should ONLY be willing to put on risk for A & B quality trades, so I'm not sure why I continue to do that. I was OK with my first two trades of the day, especially since I was willing to cut them quickly, but the third trade of the day was just a total FOMO trade and completely was just throwing money to the market out of frustration. Unfortunately, I did not do what i know i need to do today, and all I can do is focus on building good discipline and habits in tomorrow's session.

DAILY - ES



5 MIN - ES

TRADES

Trade 1 - Long 2 Contrcats @ **Trend Pullback To Key Level (PM HIGH) + 21 SMA**

Grade: B-

- I said I wasn't going to rate any of these trades better than a C but looking now I can give this one a B-
- Was going for a 21 EMA Trap but I jumped the gun, bought a key level pullback during a trend
- decent entry, bought the recovery
- good job holding a winning trade for continuation especially during a trend
- The only probalem was I did stop out right where retail stopped out - break of recent low

- ADD had started to sell off at this point and Nas was showing resistance wicks so the cautious move was the get out but I was basically just the liquidity in this trade here
- right idea, wrong timing

FIX: Tough .. Wait for a better set up I suppose (A quality)

Trade 2 - Long 2 Contracts @ **21 EMA Trap + Key level (PM HIGH)**

Grade: C-

- Poor quality set up, 21 ema trap but no trap ?? No HL?
- Fomo entry
- Decent job holding when in the green
- Good stop out decision after rejection - this could have hurt
- this was essentially guessing the falling knife on a trap play so I was really just trading what I wanted to happen and I almost got lucky which is not the same as taking a good trap set up

FIX: Avoid this trade and wait for a better set up (A or B quality)

Trade 3 - Long 2 Contracts @ **FOMO, No Setup**

Grade: D-

- FOMO, FOMO, FOMO
- All this was was a forced trade out of frustration
- I'm better than this, avoid !!
- poor entry

- good stop I guess

FIX: Get control of your emotions and practice good habits. Don't trade like this simply out of a desire to make money