

		11/2	11/3	11/4	11/5	11/6	11/9	11/10	11/11	11/12	11/13	11/16	11/17	11/18	11/19	11/20	11/23	11/24
		Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday
	Gym, Cardio						Gym, cardio	Gym, cardio	Gym, cardio	Gym, cardio	nope	nope	Gym, Cardio	Gym, Cardio	Gym, Cardio	nope		Gym, cardio
							DID NOT TRADE				DID NOT TRADE							
	ASR	894					89	89	97		100	993		956		1032		978
	ADR	1330					1338	1338	1357		1548	1576		1503		1434		1376
	Additional Info	Run up to US elections		US Elections			US Election Aftermath	US Election Aftermath	US Election Aftermath	US Election Aftermath	US Election Aftermath							
	GBPNZD											Yes	yes	yes	yes	yes	yes	yes
	Hypo 1											100%	70%	50%	100%	100%	100%	50%
	Hypo 2																	
	Hypo 3																	
	Hypo 4																	
	Play of the Day						Value Rejection Up	Return to Value - M30 VWAP in DT	Return to Value - M30 VWAP in DT	Mean Reversion		Opening Drive Play - Trend Continuation	VA Rejection Failure to Value Rejection (D1 C-Del CAS)	Balancing Market - Post Drying	H4 Being Reversed	Return to Value	Mean Reversion	Swing Reversal
	Most Likely Outcome						Sustained auction and follow-through on IB extension up (momentum)	Preferred: PA confirmation around VAL (H4 C-Sup nearby, H4 VWAP), failed auction perhaps Cont. It would have crossed up over M30 VWAP and for price to then cross back down relatively soon it might be less opportune... Might just watch paint dry for the remainder of the session until the later hours. If it holds below M30 VWAP we could see a better opportunity.	Preferred: Pop round number below VAL with PA reversal confirmation. IB extension down		Preferred: PA reversal, strong bearish PA	Preferred: IB closing below W1 C-dem preferably taking out LTF demand with IB extending down (preferably on momentum)	Hypo 2: Preferred: PA reversal after IB extension up followed by failed auction and quick follow-through on moving through IB		Preferred: VAA (with enough VA left although hard with VA being so tight), IB extension up and sustained auction and taking out of LTF supply.	Preferred: deep close into D1 demand with sustained auction after IB extension down.	Preferred: IB extending towards H4 C-Sup followed by PA confirming reversal and either an IB extension down or failed auction.	Preferred: Bullish PA and IB extension up, sustained auction. Perhaps a value acceptance.
	Right on outcome?						yes	yes	no			yes	Yes, kinda	yes	yes	yes	yes	No
	What happened?						D extended over IB (momentum trade) and we had a sustained auction	M30 Inside Bar Manubozu at M30 VWAP with C extending IB down before news hit early in D as a continuation of the move. Opp. did not meet R/R guidelines	There was no pop of a round number. Instead C formed an Evening Star after extending down with D taking it further down.		Even though the hypo played it there was no continuation to the IB extension down even though it was on momentum. Underlying H4/D1 C-dems made sure of that. If I hadn't gotten in early on during IB I would not have had a good opportunity due to IB being to wide and my SL placement would have been not great to say the least.	There was no IB extension up but instead the PA reversal happened within IB with consequent IB extension down transitioning into a possible Hypo 3 - which failed as well		A M15 close within VA would have been the trigger. Although due to newly formed H4 C-dem we could have assumed a move higher (in combination with price being at the bottom of the overall range). M15 showed Bullish PA and could have entered almost at LN open.	What happened was a failure to bring prices higher and break out from M30 Three Outside Up was formed and IB got into in which I will include in my playbook. Though due to lack of clarity on the M30 (plus lack of good 2R and M30 VWAP in the way) I did not feel like getting involved.	We did not end up having a M30 formation (with M15 combination) to enter on with good SL placement. There would have been a possibility on the M15 to get in on which I will include in my playbook. Though due to lack of clarity on the M30 (plus lack of good 2R and M30 VWAP in the way) I did not feel like getting involved.	Did not happen. Instead there was a whole bunch of nothing going on with a small attempt to trade higher.	
	Clarity						3	3	3			3	4	3	4	3	3	3
	Opportunity within trading window?						yes	no	yes			yes	no, well kinda	no	yes	yes	no	yes
	Did I take the opportunity?						no	no	yes			yes	no	no	no	yes	no	yes
	Comments						I did not take the trade due to US elections aftermath. ASR slightly below 90, and feeling tired	no good trades fitting risk guidelines	Fucked up on the 1st, did okay on the 2nd			I took a trade very early during IB using the influx of momentum in alignment of H4/H1/M30 PA, there was a 2nd opportunity that I didn't take due to M30 PA looking bearish and even though we had a failed auction (which on entry would have been a bad SL) we left a poor low behind so my initial think was that it would get taken out at some point.	I did not want to trade right into M30 VWAP and D1-C-D 1.91298 which proved to be the right decision as we had a move away from the D1 C-Dem and we just made a pullback to CAS		Didn't take the opportunity because I was distracted with personal life and also because I was waiting for M30 to lead the way in terms of PA but it was actually M15 that was leading in combination with H1. Which is a rarer combination but this combination seems to be working better in times of ranging markets. I will take note of this for future reference.	Could have gotten a better entry on the M30 Three Outside Down @VWAP but hesitated (that would have yielded 1.5R, 2.5R on overlap noise). Reason I think is that we are at the bottom of the range and going short here is a bit risky. Nothing wrong with that. Executed later on after further confirmation came in H1 + retest.	No good R/R	
	Day Type						Normal Variation	Normal Variation	Normal Variation			Normal Day	Neutral Day	Normal Day	Normal Day	Neutral Day	Neutral Day	Normal Day
	Correct on Day?						yes	yes	yes			yes	yes	yes	yes	yes	yes	yes
	P/L %						NO TRADES	NO TRADES	-0.15			0.90	NO TRADES	NO TRADES	NO TRADES	1.00	NO TRADES	0.50
	Personal Notes on the session															I have seen Poor Lows before and they usually get taken out. For some reason I felt this one took way longer to get taken out. But in hindsight it wasn't that long. I know that it is not a given it will get taken out. But when monitoring LTF PA and its failure to break out from VWAP I stayed bearish aiming for that poor low take out.		
	Next Day Analysis						11102020 GBPNZD Playbook Value Area Rejection Wide Area Retest IB Edge		11122020 GBPNZD Playbook Return to Value			11162020 GBPNZD Playbook NDA Opening Drive Play - 11162020 GBPNZD Playbook NDA Swing Reversal H4		11182020 GBPNZD Playbook NDA H4 Swing Reversal - 11182020 GBPNZD Playbook NDA H4 Swing Reversal Later in the Session		11202020 GBPNZD Playbook NDA Return to Value H1 2nd Chance Entry		
	Pre-market routines						Good	Good	Good			Good	Good	Good	Good	Good	Good	Good
	Session PECS						Good	Fair	Good			Fair	Good	Good	Good	Good	Good	Good
	Trade selection						Good	Good	Bad			Good	Good	Good	Good	Fair	Good	Bad
	Trade sizing or SL placement						Good	Good	Good			Good	Good	Good	Good	Good	Good	Bad
	Trade Execution & Mgmt.						Good	Good	Fair			Good	Good	Good	Good	Good	Good	Bad
	Risk Adjusted Returns						Good	Good	Good			Good	Good	Good	Good	Good	Good	Good
	Daily Review						yes	yes	yes			yes	yes	no	yes	yes	yes	yes
	Muppet Meter						1	2	3			2	1	1	1	1	1	4