

| | | 5/3 | 5/4 | 5/5 | 5/6 | 5/7 | 5/10 | 5/11 | 5/12 | 5/13 | 5/14 | 5/17 | 5/18 | 5/19 | 5/20 | 5/21 | 5/24 | 5/25 | 5/26 | 5/27 |
|--------------------------------|---|--|--|----------------|----------------|----------------|------------------------|--|--|---|----------------|--|--|--|--|--|--|---|----------------|--|
| | | Monday | Tuesday | Wednesday | Thursday | Friday | Monday | Tuesday | Wednesday | Thursday | Friday | Monday | Tuesday | Wednesday | Thursday | Friday | Monday | Tuesday | Wednesday | Thursday |
| What could I have done better? | I could have let price get nearer to B edge high instead of grasshoppering out. | I could have stuck with the trade as it was a sustained auction. I grasshoppered out to the trade as I realized that the H4 supply was in fact a D1 supply. Having said that I did really well to take the trade based on price action and orderflow reading as I normally don't like trading right into H4/D1 SD zones. | I did well to not take the trade. 1) I felt a bit tired still 2) I wasn't too sure about the value rejection play and when I saw the move was sustained I kinda let it go as there is a higher likelihood of a play off nearby SD or ADR levels. | | | | I did well to stay out | I think I did well today. Based on the market narrative I visualized what I wanted to see and I acted on it when it developed. Then... I let the trade do its thing by monitoring the profile for LLA and a sustained auction. Gathering it was going to be a lowmedium volatile activity day due to underlying LTP demand and popping of H4 demand I stayed with the trade until it neared my RR target. Did well here. | I feel I did well today. Based on what I saw developing I did not feel comfortable taking a trade due to subpar profit targets. This, and I was kinda in a rush updating my laptop due to possibly losing electricity in my part of the town (there is some maintenance going on somewhere). | I did well because I did not chase the market even though it would have panned out. My rule is I have to be making a trade, visualizing what could happen within the framework of what I would like to see develop. Then execute if that comes to fruition. | | I did well because I lacked confidence in the play. I decided to forward-test the play. Did well here. | I did well to stay out even though I was eyeing a potential late-sustained auction entry off B high. | I believe I did well on the first one. Not too bad on the second opportunity as there was no clear-cut entry signal. I do have to force myself to be a bit bolder when it comes to taking some buffer trades. I will work on this through doing what I do now. That sounds funny because my goal was to at least take one trade today but I did not take any. I feel I have valid reasons for this so let's see how tomorrow goes. | I should have gone with my instincts and go with the large imbalance at the open sentiment. This coupled with large time frame supply. | I could have taken the trade even though I didn't find the pattern confirm. Trade location was good but I was a bit thrown off by M1/M5G5 contradicting PA. Combined with a possible H4 Phase 3 at MN Supply there was more of a probability for price to move down. | I could have let the trade go on further. Although, I felt quite uneasy about being in the trade due to the momentum first part of the session and not having a TPO structure before going against the move. I did well to take it though and at least banks a little for the buffer bank. | I think I did well. As the session was going on I didn't like the way PA was developing and not entirely lining up. I could have been nipping here but just did not like the feel of it. Lo and behold Vlieghe's speech came later in evening none which made price jump taking out H4 supply. Now, one thing. 1) I did well to understand that I don't like what I was seeing. 2) Regardless I could have taken a trade short as PA was deteriorating. I did well to consider the end of the month and wanting to close on a win 4) I SHOULD KEEP TRACK OF THESE FUCKING SPEECHES. | | |
| | I felt good before the trade. During the trade I wasn't happy with the Price High as I have often seen this get taken out. However, with the Three Inside Down and taking out of Single Prints I still did well to get in. However, it did make me feel uneasy. | I felt okay for the most part. When I realized not having noticed the D1 supply I got anxious to get out even though price action and orderflow showed strength behind the move and thus I should have stuck with the trade. | NO TRADES TAKEN | No trade taken | No trade taken | No trade taken | No trade taken | No trade taken | No trade taken | No trade taken | No trade taken | No trade taken | No trade taken | No trade taken | No trade taken | No trade taken | I felt good about having taken the trade at first. Also, good that I let my exit rule play out even though I was doubting the trade heavily. I managed to commit to the trade. Afterwards, I feel stupid for having taken that trade just to take a trade even though at first I felt good for having taken the trade. I should have waited for the right opportunity. | Kinda feeling bummed for not having taken the first opportunity. Learned again though. Felt good for taking that 2nd opportunistic trade and being in the thick of monitoring through COODA. Felt good. | NO TRADE TAKEN | I felt good having taking the trade followed by a bit of jumpiness thinking I could have just sold the low of the TPO structure and price is going to move higher from here. I started filling the dumbbells I have next to my desk and decided I had committed to the trade and let's see what it does. |
| Pre-market routines | Good | Fair | Good | | | | Good | Good | Good | Good | Good | | Good | Good | Good | Good | Good | Good | Good | Good |
| Session PECS | Good | Good | BAD | | | | Good | Good | Good | Fair | Bad | | Good | Good | Good | Good | Good | BAD | Bad | Good |
| Trade selection | Good | Good | Good | | | | Good | Good | Good | Good | Good | | Good | Good | Good | Good | Good | BAD | Fair | Good |
| Trade sizing or SL placement | Good | Good | Good | | | | Good | Good | Good | Good | Good | | Good | Good | Good | Good | Good | Good | Good | Good |
| Trade Execution & Mgmt. | Fair | BAD | Good | | | | Good | Good | Good | Good | Good | | Good | Good | Good | Good | Good | Good | Bad | Good |
| Risk Adjusted Returns | Good | Good | Good | | | | Good | Good | Good | Good | Good | | Good | Good | Good | Good | Good | Good | Good | Good |
| Daily Review | yes | yes | yes | | | | Yes | Yes | Yes | Yes | Yes | | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Muppet Meter | 2 | 3 | 2 | | | | 1 | 1 | 1 | 1 | 1 | | 1 | 1 | 1 | 3 | 2 | 4 | 3 | 1 |