

Format:

<date> # of trades, symbol, P&L. W, L, S.

Description of:

Conditions.

Trades in chronological order.

Emotional state.

<weekly wrap> # of trades, P&L.

1/3 2 RTY trades for \$12. 1 SW, 1 SL. Logged on around 13:00.

1/18 2 RTY trades for \$152. 1 W, 1 SW. Both trades with trend.

1/25 3 RTY trades for \$50. 3 SL. I stopped out at BE on 2 and took 10t (out of 16t) on the third, after moving my stop and taking a 27t drawdown on a planned 20t loss. YR/8 = 22t and a 20t stop and tgt worked very well. Still working 4-tens.

Made some changes: Mothballed EMAs. On the setup log, changed the name to Pattern log and made separate column for just YR. Other patterns are logged in a new Pattern column if they occur away from the YR prices. (Note: Changed it back to the combined version the next day).

1/31 3 RTY trades for \$5. 1 SW, 2 SL. Traded half a day. Called on a customer at lunch. Came back, logged on, but didn't make pattern records or trades.

2/1 3 RTY trades for \$130. 1 W, 2 SW (2 attempts at the same trade). Failed to note the news during prep and failed to note the time, so I fell in to a lucky trade. Came out of the gate with a couple of foolish attempts inside range, then when it became more of a decently defined sideways day, I avoided the middle, but failed to participate where I know I should.