

EXECUTION OF MY TWO WEEK PLAN

		2/14/2011	2/15/2011	2/16/2011
Trade 1	Two Week Averages			
Why did I enter?		TWYS1 (All three red; red bar, stop and dot.)	TWYS1 (All three red; red bar, stop and dot.)	TWYS (the three blues)
Entry match the plan?		No, early; moved too fast and did not notice that red dot is still not there	Yes, EURUSD agreement	Yes
Happy with the entry?		No, early	Yes, all reds as set up rules	Yes, but forgot that news is coming out soon
Why did I exit?		T1 as planed, limit order in place +8 ticks	Rev signal with three blues	News in few minutes
Exit match the plan?		Yes, did not move stops/targets	No, has set and accepted a 20 tick stop loss.	Yes, no trade before major/med news annoc.
Happy with the exit?		Yes	No, as the mkt reversed after a took the loss (at -18, stop loss is -20)	Yes
Grade (4.0 scale)		2.0	2.0	3.0
Trade 2				
Why did I enter?		TWYS1 (All three Blue; blue bar, stop and dot.)	TWYS, all reds	TWYS1 (two blues at an existing Blue stop line
Entry match the plan?		Yes, All blue	Yes	Yes
Happy with the entry?		Yes, but concern about lunch chop. Usually I avoid dead zone trading	Yes, with set rules EURUSD agreement	Yes, as EUR was heading up
Why did I exit?		Very choppy, setting up signal for opposite direction, -5 ticks	T1 got hit as planned	T1 got hit as planned
Exit match the plan?		Yes, any two reds in the opposite direction is an exit at markdet	Yes	Yes
Happy with the exit?		Yes, it kept dropping.	Yes	Yes
Grade (4.0 scale)		3.0	4.0	4.0
Trade 3				
Why did I enter?		No more set ups for the day	TWYS all Blue	TWYS (the three reds)
Entry match the plan?		NA	Yes, three blues	Yes
Happy with the entry?		NA	Yes, coming off the predicted lows and agreement with EURUSD	Yes
Why did I exit?		NA	T1 got hit as planned	T1 got hit as planned, had thoughts of increading target, but I glad I did not!
Exit match the plan?		NA	Yes	Yes
Happy with the exit?		NA	Yes	Yes
Grade (4.0 scale)	3.7	3.0	4.0	4.0
Number of trades for the day:	2.0	2	3	3
Average grade for first three trades	3.2	2.7	3.3	3.7