

EXECUTION OF MY TWO WEEK PLAN

		2/14/2011	2/15/2011	2/16/2011	2/17/2011
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)	TWYS1-two reds at a red stop
Entry match the plan?		No, early; moved too fast and did not notice that red dot is still not there	Yes, EURUSD agreement	Yes	Yes
Happy with the entry?		No, early	Yes, all reds as set up rules	Yes, but forgot that news is coming out soon	Yes, agreement with EURUSD
Why did I exit?		T1 as planed, limit order in place +8 ticks	Rev signal with three blues	News in few minutes	Stopped out as planned
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.	Yes
Happy with the exit?		Yes	No, as the mkt reversed after a took the loss (at -18, stop loss is -20)	Yes	Yes- Must focus on next set and not making the \$ back
Grade (4.0 scale)		2.0	2.0	3.0	4.0
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	TWYS Three blues
Entry match the plan?		Yes, All blue	Yes	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	Yes, as planned. It was very hard to take as I just got stopped on my last trade short.
Why did I exit?		Very choppy, setting up signal for T1 got hit as planned opposite direction, -5 ticks		T1 got hit as planned	Could not take any more chopp and got restless- BAD IDEA
Exit match the plan?		Yes, any two reds in the opposite direction is an exit at markdet	Yes	Yes	No
Happy with the exit?		Yes, it kept dropping.	Yes	Yes	No
Grade (4.0 scale)		3.0	4.0	4.0	2.0
Trade 3					
Why did I enter?		No more set ups for the day	TWYS all Blue	TWYS (the three reds)	TWSY1 Two blues at blue stop
Entry match the plan?		NA	Yes, three blues	Yes	Yes
Happy with the entry?		NA	Yes, coming off the predicted lows and agreement with EURUSD	Yes	Yes, a bit late almost 2:30, but as planned
Why did I exit?		NA	T1 got hit as planned	T1 got hit as planned, had thoughts o increading target, but I glad I did not!	Time was 2:50. I exit all trades at that time.
Exit match the plan?		NA	Yes	Yes	Yes
Happy with the exit?		NA	Yes	Yes	Yes
Grade (4.0 scale)	3.8	3.0	4.0	4.0	4.0
Number of trades for the day:	2.0	2	3	3	3
Average grade for first three trades:	3.2	2.7	3.3	3.7	3.3
Comments					