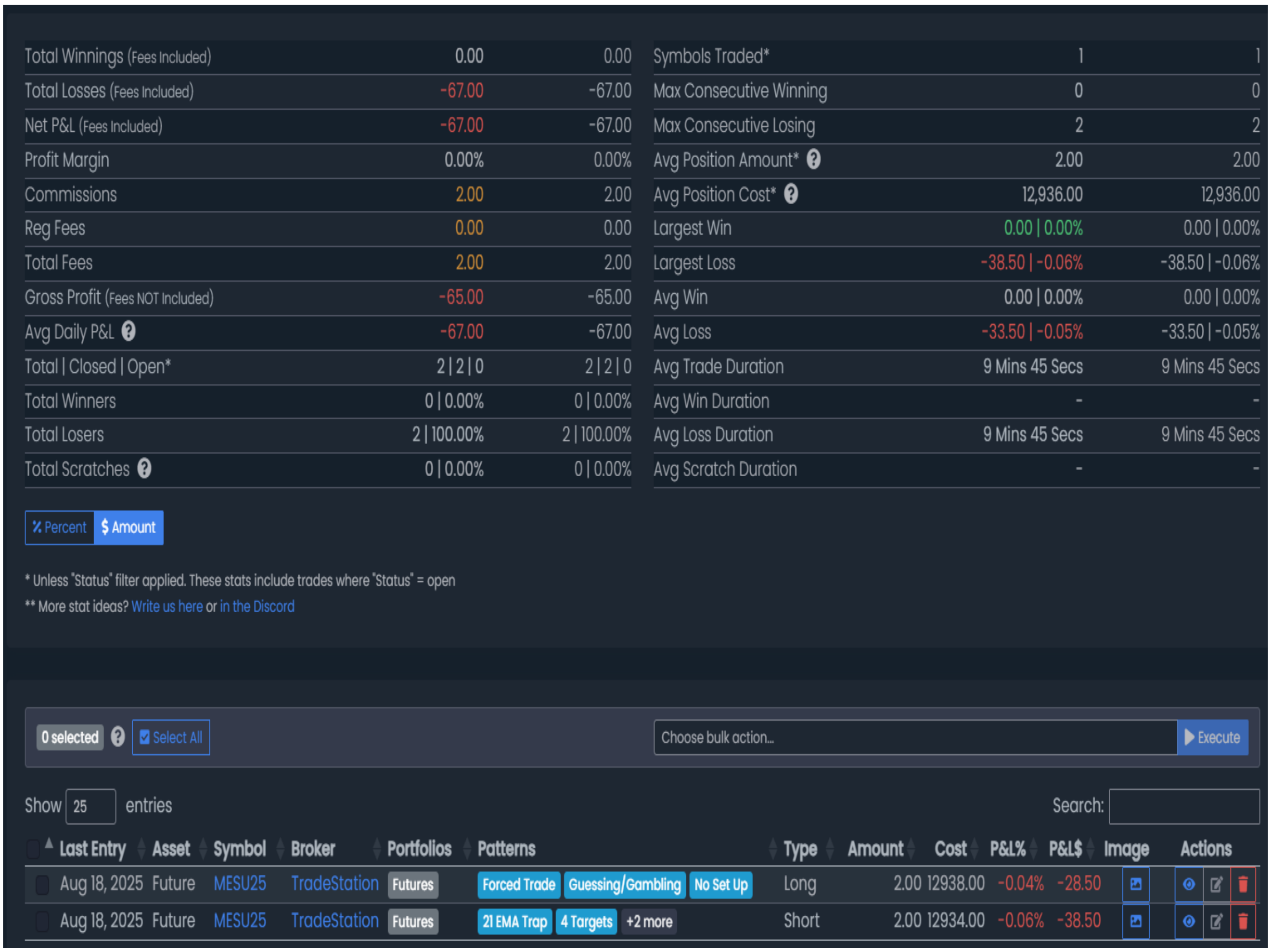
August 18, 2025 (-$65.00) - Know When To Walk Away

By natemadden1994 · August 19, 2025

August 18, 2025 (2 Trades) (-$65.00)

Overall Grade: C-



Total Winnings (Fees Included)	0.00	0.00	Symbols Traded*	1	1
Total Losses (Fees Included)	-67.00	-67.00	Max Consecutive Winning	0	0
Net P&L (Fees Included)	-67.00	-67.00	Max Consecutive Losing	2	2
Profit Margin	0.00%	0.00%	Avg Position Amount*	2.00	2.00
Commissions	2.00	2.00	Avg Position Cost*	12,936.00	12,936.00
Reg Fees	0.00	0.00	Largest Win	0.00 | 0.00%	0.00 | 0.00%
Total Fees	2.00	2.00	Largest Loss	-38.50 | -0.06%	-38.50 | -0.06%
Gross Profit (Fees NOT Included)	-65.00	-65.00	Avg Win	0.00 | 0.00%	0.00 | 0.00%
Avg Daily P&L	-67.00	-67.00	Avg Loss	-33.50 | -0.05%	-33.50 | -0.05%
Total | Closed | Open*	2 | 2 | 0	2 | 2 | 0	Avg Trade Duration	9 Mins 45 Secs	9 Mins 45 Secs
Total Winners	0 | 0.00%	0 | 0.00%	Avg Win Duration	-	-
Total Losers	2 | 100.00%	2 | 100.00%	Avg Loss Duration	9 Mins 45 Secs	9 Mins 45 Secs
Total Scratches	0 | 0.00%	0 | 0.00%	Avg Scratch Duration	-	-

% Percent $ Amount

* Unless "Status" filter applied. These stats include trades where "Status" = open

** More stat ideas? Write us here or in the Discord

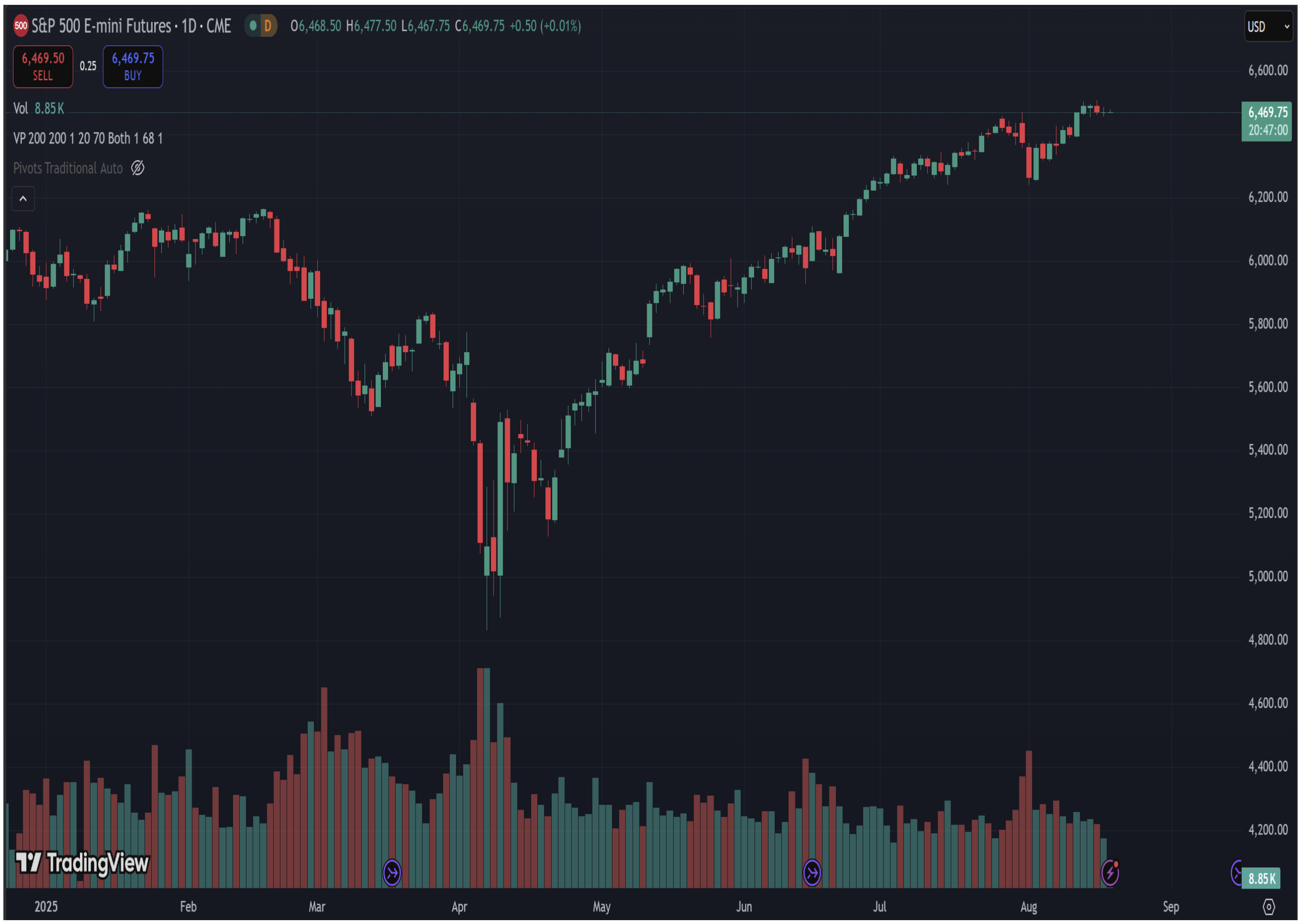
0 selected Select All Choose bulk action... Execute

Show 25 entries Search:

Last Entry	Asset	Symbol	Broker	Portfolios	Patterns	Type	Amount	Cost	P&L%	P&L$	Image	Actions
Aug 18, 2025	Future	MESU25	TradeStation	Futures	Forced Trade, Guessing/Gambling, No Set Up	Long	2.00	12938.00	-0.04%	-28.50		
Aug 18, 2025	Future	MESU25	TradeStation	Futures	21 EMA Trap, 4 Targets, +2 more	Short	2.00	12934.00	-0.06%	-38.50		

Day Summary: Today was the definition of a No News Monday, and after just now looking at the chart for the full day, it is easy to see that no trades should have been taken at all (of course much easier to say that now). The first trade I took today was to plan, although I did kind of know based on the price action going into my set up (21 ema trap) that is was a subpar set up. Even so, that is trading sometimes and I am content with that as a loosing trade. The second trade, however, was completely forced and had no set up at all. Thankfully I cut it quickly and instantly knew it was time for me to walk away for the day. A difficult, but a good and responsible decision! If anything else, that is a good take away from today. Once I get that 'I should stop' thought, it is time to shut it down no matter how much I want to try to trade again. Good job!

DAILY - ES

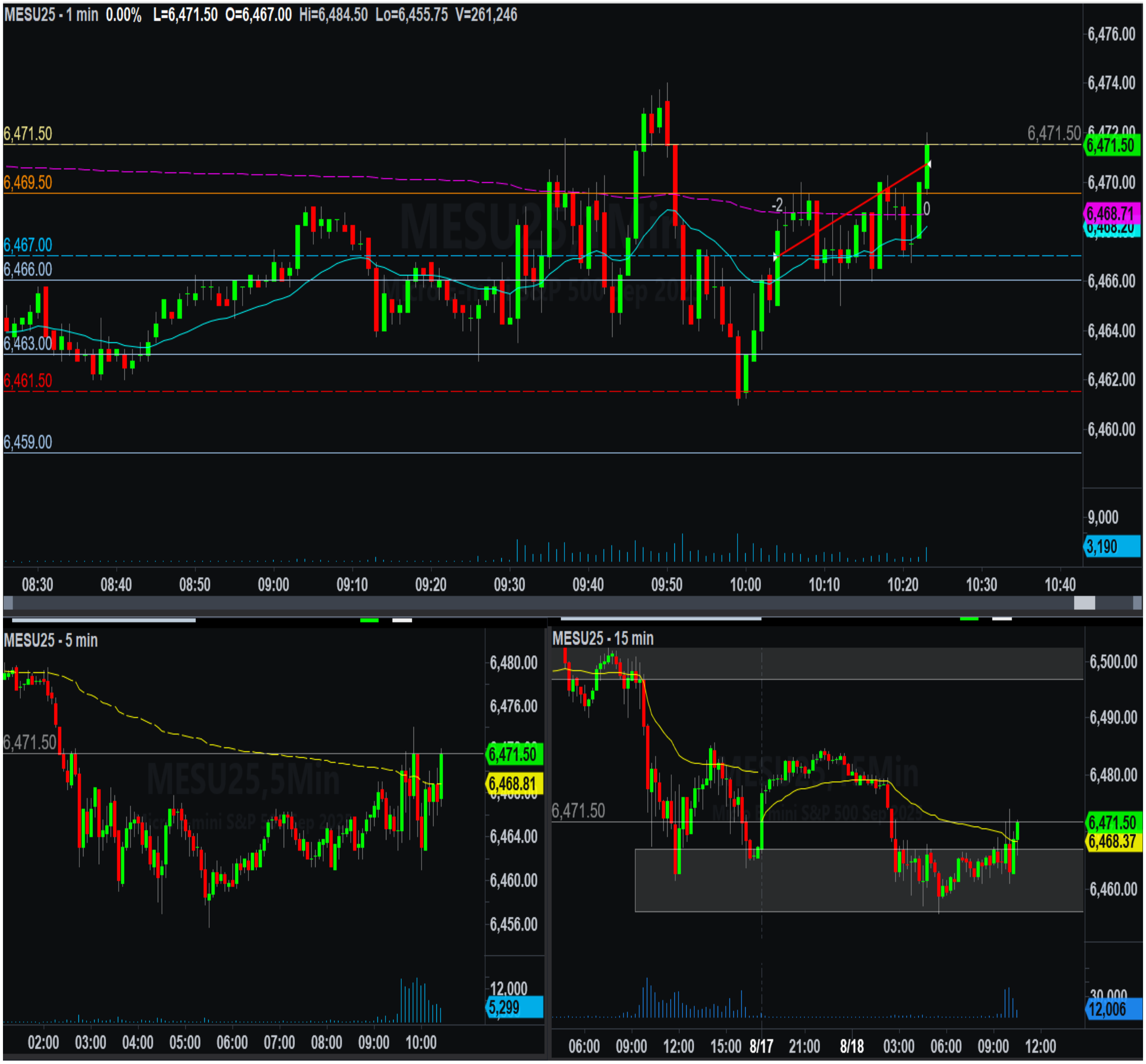


5 MIN - ES

TRADES

Trade 1 - Short 2 MES @ **21 EMA Trap + Key Level + 4 Targets + Bias + Early/ FOMO Entry (VWAP was the planned level)**

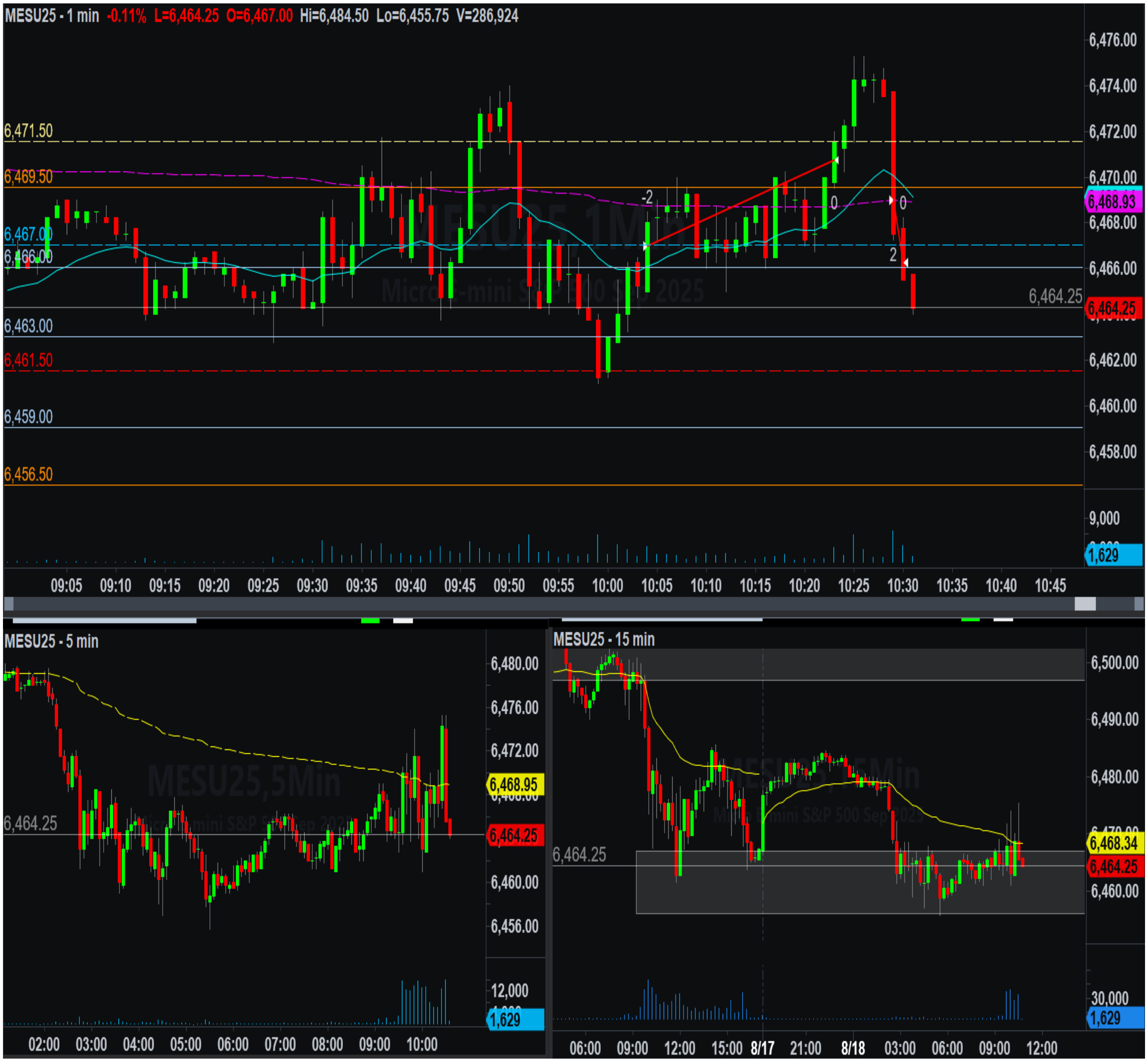
Grade: **B-**



- this is technically my set up but it is subpar
- the HL created by my entry candle already gave me doubts about this trade
- during the chop, I was seeing HLs and dips getting bought so I was pretty sure I was on the wrong side of this trade but I had my orders set and just let it play out - good
- overall, I am ok with this as a loosing trade, however looking at the PM/overnight price action on the 5 & 15min, I should have been elaning long biased, but I was short biased (as usual) due to 4 Targets and liquidity below on the 30min (so I thought haha)

Trade 2 - Long 2 MES @ **Gambling/Guessing + No Set Up + Forced Trade**

Grade: D-



- Avoid
- no set up - bad
- guessing, gambling, hoping, thinking about the money - all bad
- Only good thing was I cut this loss quickly and immediately knew it was time to walk for the day