February 3, 2026 (+$40.00) | Take Some Risk

By natemadden1994 · February 4, 2026

February 3, 2026 (4 Trades) (+$40.00)

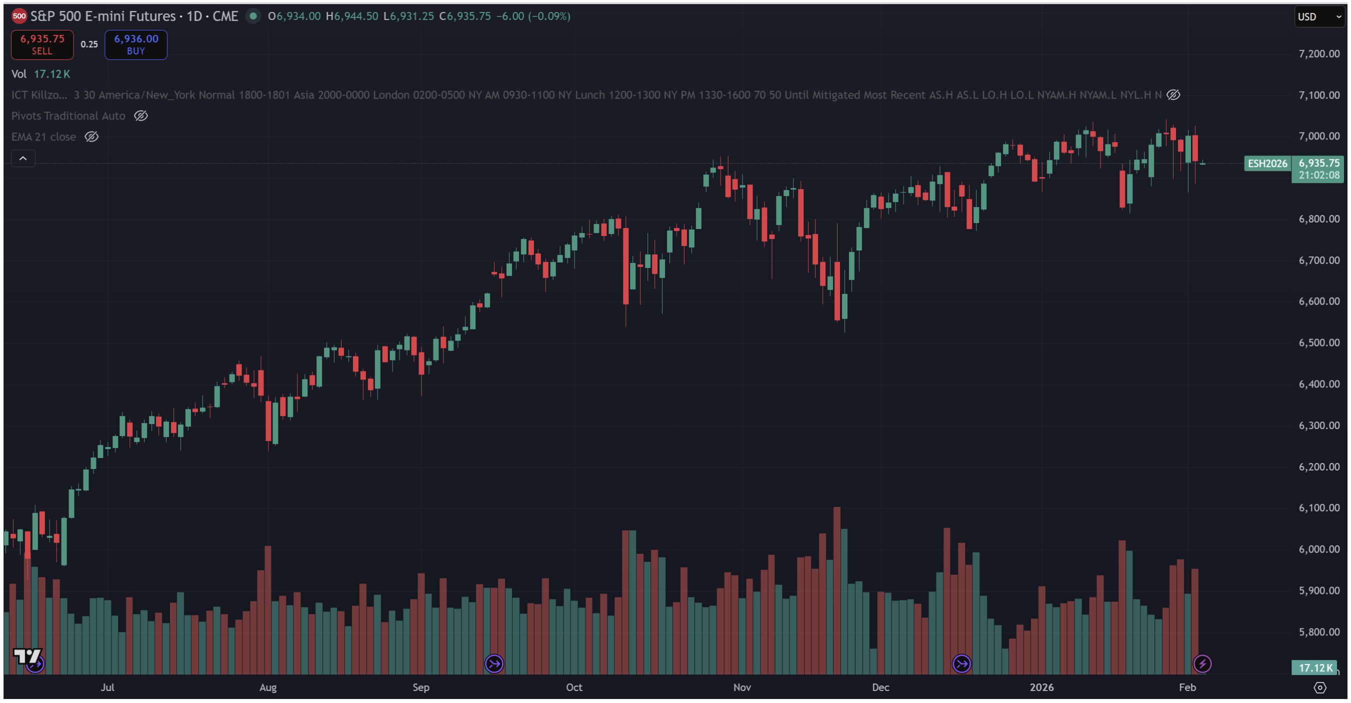
Overall Grade: C+

Total Winnings (Fees Included)	$36.00	Symbols Traded*	1
Total Losses (Fees Included)	$0.00	Max Consecutive Winning	4
Net P&L (Fees Included)	$36.00	Max Consecutive Losing	-
Profit Margin	100.00%	Avg Position Amount*	1.00
Commissions	$4.00	Avg Position Cost*	$6,980.69
Reg Fees	$0.00	Largest Win	$27.75 | 0.08%
Total Fees	$4.00	Largest Loss	$0.00 | 0.00%
Gross Profit (Fees NOT Included)	$40.00	Avg Win	$9.00 | 0.03%
Avg Daily P&l	$36.00	Avg Loss	$0.00 | 0.00%
Total | Closed | Open*	4 | 4 | 0	Avg Trade Duration	2 Mins 15 Secs
Total Winners	4 | 100.00%	Avg Win Duration	2 Mins 15 Secs
Total Losers	0 | 0.00%	Avg Loss Duration	-
Total Scratches	0 | 0.00%	Avg Scratch Duration	-

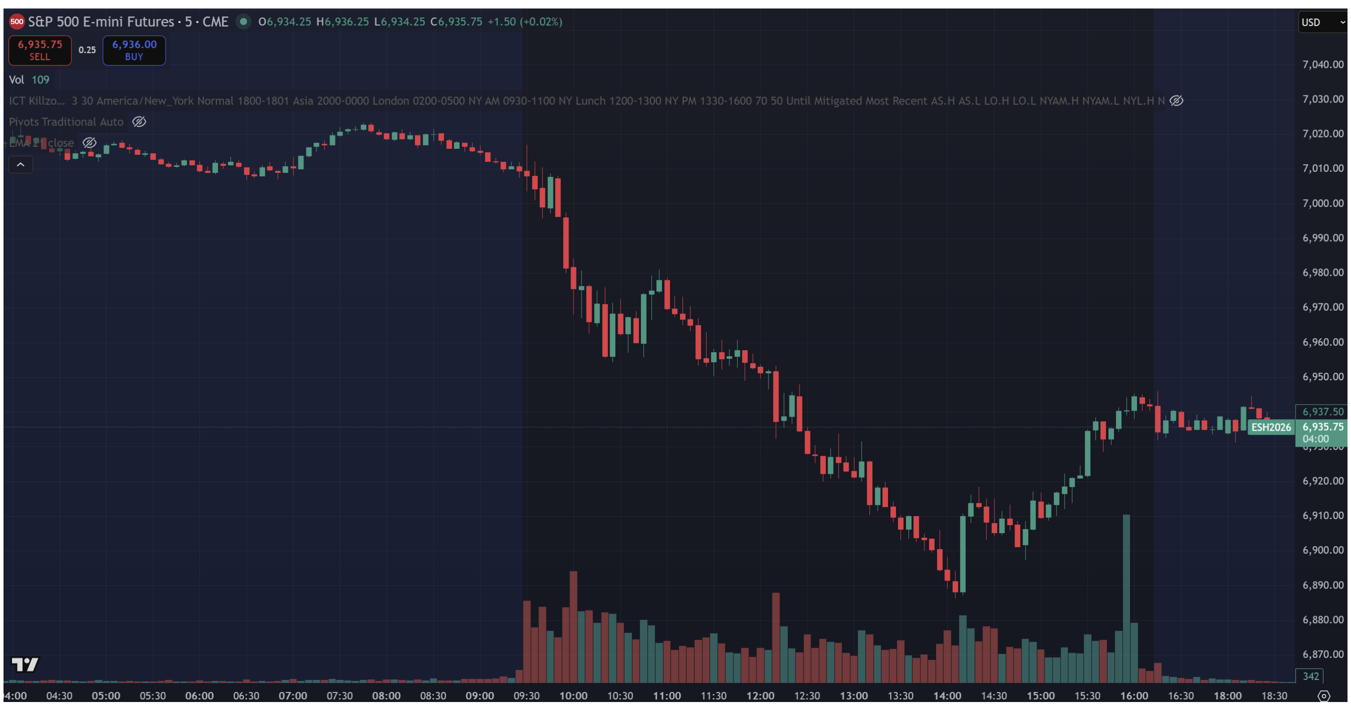
Feb 03, 2026	Future	MESH26	TradeStation	Futures	21 EMA Trap, Closed Early, +1	Short	1	$6,974	0.08%	$28
Feb 03, 2026	Future	MESH26	TradeStation	Futures	FOMO Entry, No Set Up, +1	Short	1	$6,970	0.01%	$4
Feb 03, 2026	Future	MESH26	TradeStation	Futures	Breakeven Too Early, FOMO Entry, +1	Short	1	$6,975	0.01%	$3
Feb 03, 2026	Future	MESH26	TradeStation	Futures	Fighting Price Action, No Set Up, +1	Long	1	$7,004	0.01%	$2

Day Summary: Mann it has been super tough recently to stay emotionally controlled, especially to sit there and watch such big moves happen like a deer in headlights. I had been waiting for big selling days all of the back half of 2025 just to finally get them and miss all the opportunities. The good news is that I mostly have been paying attention to price action, excluding Trade 1 today, but I have been FOMOing my entries which has led to premature stop outs/breakevens, and that simply stems from an attachment mindset. Trade 4 today could have been a banger had I held to target, but the mental state I was in from FOMO and Trades 1-3 caused me to close early. Thankful to be green today, but it could have been a better day. Need to really find a way to allow myself to become detached again.

DAILY - ES



5 MIN - ES



TRADES

Trade 1 - Long 1 MES @ **Fighting Price Action + Risky + No Set Up**

Grade: D+

1. fighting price action - bad
2. bias - bad
3. entry was a stab - bad
4. this is a risky and low probability trade
5. 1 contract helped me to limit the risk on this trade and went breakeven as soon as I saw a significant push - good but shows I was not confident in longs here so I should be avoiding this trade all together and looking for shorts

Trade 2 - Short 1 MES @ **Trend Continuation + FOMO Entry + Breakeven Too Early**

Grade: C+

1. entry should have been at the 6976.75 target line but I hesitated and then FOMO'd in
2. trading in the direction of the trend at least which is good
3. no playbook set up but this is essentially what you can expect to get out of a 21 EMA Trap set up on a high momentum day - typically not gonna get that deep pullback
4. no reason to go breakeven early on this trade considering the day's price action so far to this point
5. pathetic not to put on $25 of risk on this trade - poor trade management

Trade 3 - Short 1 MES @ **FOMO Entry + No Set Up + Key Level**

Grade: C-

1. poor entry - missed the 21 EMA Trap entry so FOMO'd in
2. put on more risk than just taking my actual set up
3. trading in the direction of the trend - good
4. super nervous managing this trade and glad I took it off where I did - shorting too low
5. thought I might get that fakeout pop which would be a better entry and thankfully I was out and able to execute that for Trade 4

Trade 4 - Short 1 MES @ **21 EMA Trap + Closed Early + Trend Continuation**

Grade: B+

1. fakeout entry right at 21 EMA - good
2. playbook set up - good
3. trend trading - good
4. target was 6960.50 which hit but I was too much of a bitch to hold because I didn't want to give up the first real profits I'd had on the day plus I felt like I was shorting too low, which was not the case because we went quite a bit lower throughout the day
5. happy to finally get decent green on the day after this trade and I made the smart decision to walk after this