March 19, 2026 (+$48.75) | Ride The Momo

By natemadden1994 · March 20, 2026

> **TL;DR**
>
> On March 19, 2026, the author returned to trading after a break and made a profit of $48.75 from a single trade. Despite not using their usual trading setup, they successfully executed a scalp trade by leveraging market momentum and improved their ability to stick to preset profit targets. The day marked a positive start back to trading with a focus on maintaining a mindset of no expectations.

March 19, 2026 (1 Trade) (+$48.75)

Total Winnings (Fees Included)	$47.75	Symbols Traded*	1
Total Losses (Fees Included)	$0.00	Max Consecutive Winning	1
Net P&L (Fees Included)	$47.75	Max Consecutive Losing	-
Profit Margin	100.00%	Avg Position Amount*	1.00
Commissions	$1.00	Avg Position Cost*	$6,636.50
Reg Fees	$0.00	Largest Win	$47.75 | 0.15%
Total Fees	$1.00	Largest Loss	$0.00 | 0.00%
Gross Profit (Fees NOT Included)	$48.75	Avg Win	$47.75 | 0.15%
Avg Daily P&L	$47.75	Avg Loss	$0.00 | 0.00%
Total | Closed | Open*	1 | 1 | 0	Avg Trade Duration	1 Mins 54 Secs
Total Winners	1 | 100.00%	Avg Win Duration	1 Mins 54 Secs
Total Losers	0 | 0.00%	Avg Loss Duration	-
Total Scratches	0 | 0.00%	Avg Scratch Duration	-

Mar 19, 2026	Future	MESM26	TradeStation	Futures	Intuition Momentum +1	Long	1	$6,637	0.15%	$48

Day Summary: First day back to trading after getting back from Grand Turk with Adriana and the family. Today was also the first day back after 3 weeks of little trading (PR - José in NH - GT), and considering I've spent a lot of money during that time period, I did a good job of having no expectation for the day and being patient. Now, the trade I took today wasn't my bread and butter set up (21 EMA Trap), but I had a good feel on the market and executed a scalp with a good R, while taking advantage of the momentum. I also held to my preset TP which I am getting waty better had which is huge progress. Nice to get back to the charts and start off with a win, but remember to continue that mindset of having no expectations going forward.

DAILY - ES

5 MIN - ES

TRADES

Trade 1 - Long 1 MES @ Momentum + Intuition + Scalp

Grade: B

1. intuition led to me believe that shorts would be selling into this momentum
2. good entry on the quick pullback, limited risk (stop under previous candle low)
3. not a playbook set up - not ideal
4. trading with price action of momentum
5. just seeing this now but **Trust The Chart**
6. good job holding the winner to preset TP
7. I want to note that this is not an easily repeatable trade

FAQ

What was the author's profit on March 19, 2026?

The author made a profit of $48.75 from a single trade on that day.

What trading strategy did the author use?

The author executed a scalp trade based on market momentum and intuition, rather than their usual 21 EMA Trap setup.

How did the author feel about their trading performance?

The author felt positive about their performance, noting improvements in holding to preset profit targets and maintaining a no-expectation mindset.

What was the overall grade for the trading day?

The overall grade for the trading day was a B.

What was the author's trading experience before March 19, 2026?

The author had taken a three-week break from trading, during which they spent a lot of money, making this return to trading significant.