May 13, 2026 (+$73.75) | Back At It

By natemadden1994 · May 14, 2026

> **TL;DR**
>
> On May 13, 2026, the author returned to trading after a break, achieving a profit of $73.75 from two trades. By maintaining a detached mindset and following their trading setup, they successfully executed both trades, despite initial discomfort. The day highlighted the importance of sticking to trading plans and recognizing opportunities.

May 13, 2026 (2 Trades) (+$73.75)

Total | Closed | Open*	2 | 2 | 0
Total Winners	100.00%
Total Losers	0.00%
Total Scratches	0.00%
Symbols Traded*	1
Max Consecutive Winning	2
Max Consecutive Losing	-

Total Winnings (Fees Included)	$12.75
Total Losses (Fees Included)	$0.00
Net P&L (Fees Included)	$12.75
Profit Margin	100.00%
Commissions	$2.00
Reg Fees	$0.00
Total Fees	$2.00
Gross Profit (Fees NOT Included)	$14.75
Avg Daily P&L	$12.75
Dividends	$0.00

Avg Position Amount*	1.00
Avg Position Cost*	$7,420.62
Largest Win	$7.75 | 0.12%
Largest Loss	$0.00 | 0.00%
Avg Win	$6.38 | 0.10%
Avg Loss	$0.00 | 0.00%
Avg Trade Duration	11 Mins 52 Secs
Avg Win Duration	11 Mins 52 Secs
Avg Loss Duration	-
Avg Scratch Duration	-

May 13, 2026	Future	.MESM26	TradeStation	Futures	21 EMA Trap, Aggressive Entry, +1	Short	1	$7,416	0.12%	$8
May 13, 2026	Future	.MESM26	TradeStation	Futures	21 EMA Trap, Bias, +1	Long	1	$7,426	0.08%	$5

** TJ issue with multiple - Multiply values by 5 for above photos **

Day Summary: Today was my first day back to trading after Grand Turk, and I approached the market with a very detached mindset. I finished up trading poorly last week so didn't want to force anything and was just using 1 MES because of the damage I have done to my account ... yet again. However, staying detached allowed me to finally take my set up twice today. Neither was a perfect set up, but it was at least my set up, something I have really shyed away from in the last few months and it has showed in my results. Trade 1 was an aggressive entry but it had to be considering the selling we were seeing, and Trade 2 was definitely not the easiest, but I put my discomfort aside and took the trade. That is something that has been a challenge for me; taking a second trade on a day where I start with a winner, even though I will almost always take two loosing trades. I need to remember that if my set up is there, most times I should just take the trade. Today it turned out to be a two win day, and even with 1 MES, made $73.75 (14.75pts). Had I held the second trade to target like I did on Trade 1 (good job - good habit), today could have been a 20+ point day.

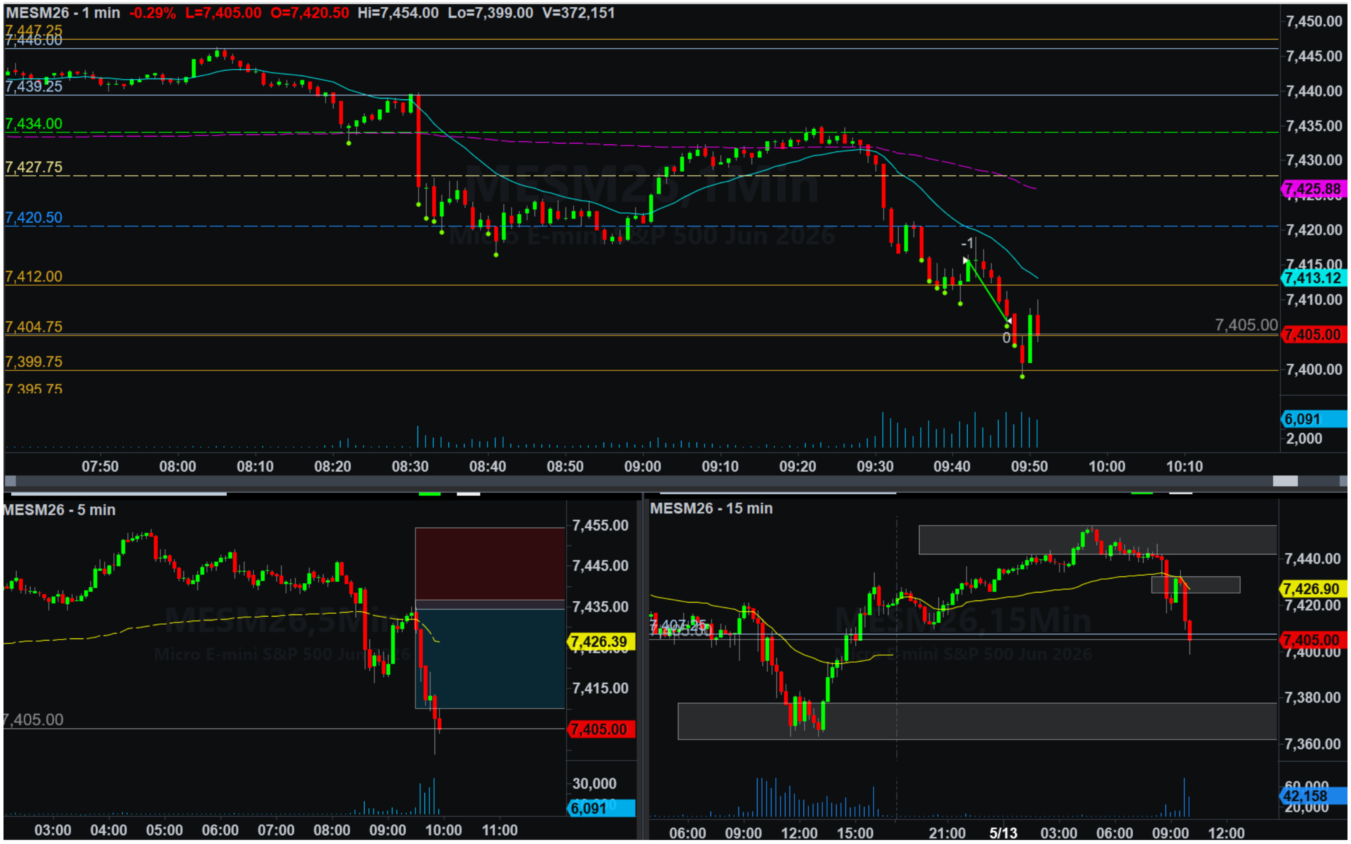
DAILY - ES

5 MIN - ES

TRADES

Trade 1 - Short 1 MES @ **21 EMA Trap + Trend Continuation + Aggressive Entry**

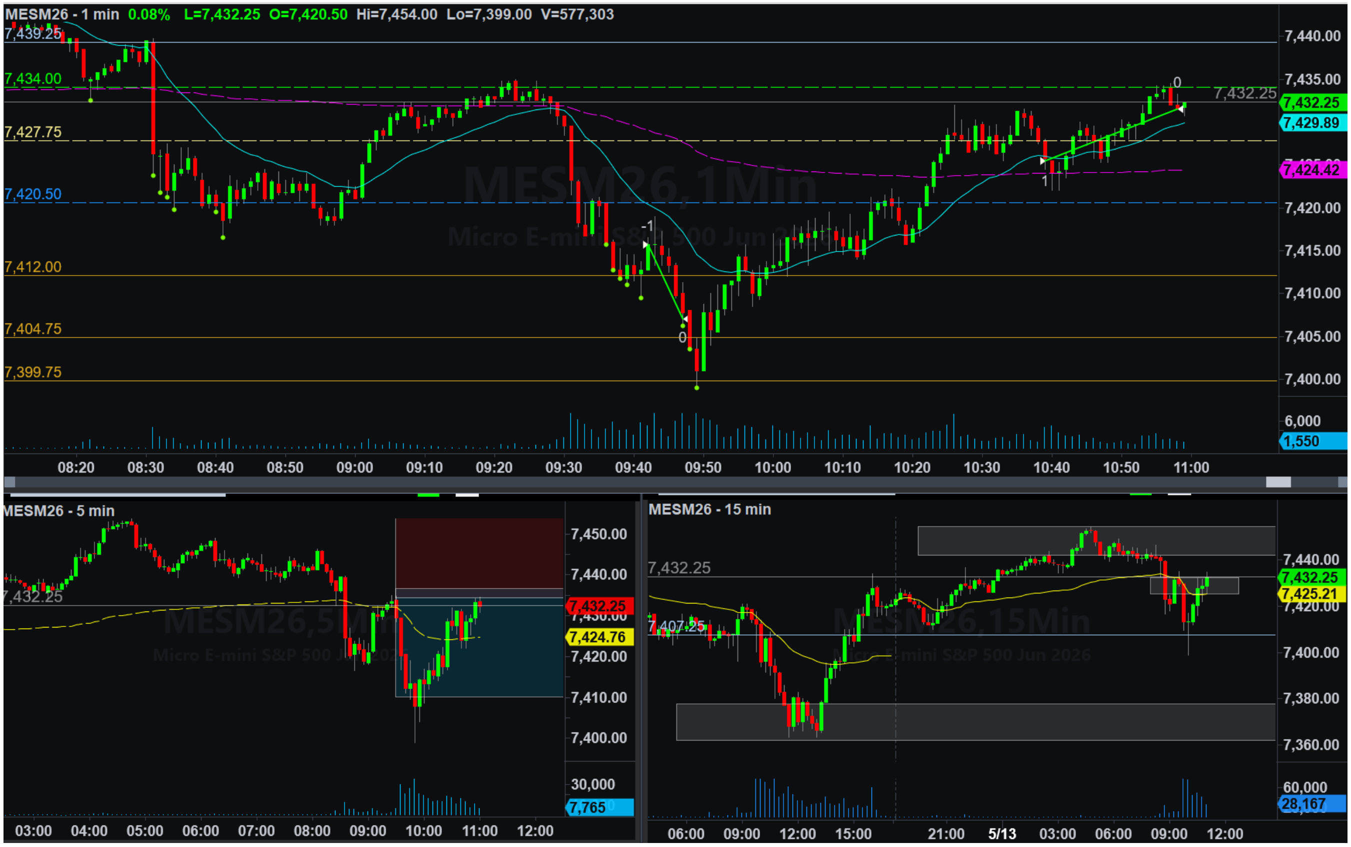
Grade: A



1. trading in direction of trend - good
2. playbook set up - yes - good
3. entry was aggressive (wick fakeout) but needed to be in this scenario - good for recognizing
4. first candle after entry popped strong and spooked me a bit (especially considering how much I have been loosing lately) but I stuck to the plan and held the winner to Preset TP (good)
5. Watching the DOM while in this trade really helped me remind myself that I did think I was on the right side of this trade and it hold
6. 15 MIN equilibrium & 5 MIN Asia Lows freaked me out a little bit just after I entered, but price and order flow were showing me I should hold

Trade 2 - Long 1 MES @ **21 EMA Trap + Order Flow + Bias**

Grade: B+



1. trading in direction of trend (and bias) - yes - good
2. playbook set up - yes - good
3. scary entry - slight FOMO - Initially wanted the VWAP sweep
4. order flow helped me to confirm the trade was still long prior to entry - still was a very uncomfortable first couple mins of this trade
5. difficult hold even after going into the green - order flow really helped me stay in, even on the breakeven retest
6. target was 7440.00 but trailed stop too early like a bitch (Thanks Eury) - for a second winning trade of the day, that wasn't a bad idea
7. it did hit TP just a minute or two later, however
8. overall, due to the hot inflation read today, I was expecting people to be overly bearish and thought people would be getting caught offside which made me think this could be a huge long trade to hold - wish I had listened to that plan, but still a good, strong performance day where I followed me set up, followed my rules and executed when I knew I was supposed to and I am happy with that!

FAQ

What was the total profit for the day?

The total profit for the day was $73.75 from two trades.

What mindset did the author adopt for trading?

The author approached the market with a detached mindset to avoid forcing trades after a poor previous week.

How many trades did the author execute?

The author executed two trades on this day.

What challenges did the author face during trading?

The author struggled with taking a second trade after starting with a winner and experienced discomfort during trades.

What was the outcome of the trades?

Both trades were successful, resulting in a profit, although the author noted they could have achieved a higher point gain.