June 25, 2026 (+$62.50) | Simple Day

By natemadden1994 · June 26, 2026

TL;DR

On June 25, 2026, the author executed a successful trade, earning $62.50 by adhering to their trading rules. Despite the market's subsequent drop of 70 points, they maintained composure and avoided FOMO, emphasizing the importance of sticking to a plan. The day concluded with a self-aware decision to stop trading due to mental fatigue.

June 25, 2026 (1 Trade) (+$62.50)

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

Total Winnings (Fees Included)	$61.50
Total Losses (Fees Included)	$0.00
Net P&L (Fees Included)	$61.50
Profit Margin	100.00%
Commissions	$1.00
Exchange / SEC fees	$0.00
Total Fees	$1.00
Gross Profit (Fees NOT Included)	$62.50
Avg Daily P&L	$61.50
Dividends	$0.00

Avg Position Amount*	1.00
Avg Position Cost*	$37,368.75
Largest Win	$61.50 | 0.17%
Largest Loss	$0.00 | 0.00%
Avg Win	$61.50 | 0.17%
Avg Loss	$0.00 | 0.00%
Avg Trade Duration	5 Mins 18 Secs
Avg Win Duration	5 Mins 18 Secs
Avg Loss Duration	-
Avg Scratch Duration	-

Jun 25, 2026	Future	.MESU26	TradeStation	Futures	21 EMA Trap Aggressive Entry +2	Short	1	$37,369	0.17%	$62

Day Summary: I got back to following my rules today and took a quick one and done trade for 12.5 points. It did proceed to visciously dump another 70 points with almost no pullbacks once I got out, but I got out at my preset TP so I cannot be mad with that. I stuck to my plan and did not close early which is a great habit. I also want to state that I also did not have any FOMO watching it dump those extra 70 points, which is a good mental takeaway of how if you follow your plan and rules, you can be content with what you got and stay level headed. Sure, it's easy to say after "Man, what if I just held" but I stuck to my plan and that is what is important! Great job!

I also walked away at 10:30am today because I had brain fog and knew I wasn't in a good place to take another trade. Good job recognizing that and walking away with a one and done. Self conciousness is important.

DAILY - ES

5 MIN - ES

TRADES

Trade 1 - Short 1 MES @ **21 EMA Trap + Aggressive Entry + Key Level + Volume Profile**

Grade: A-

1. playbook set up - yes
2. wasn't necessarily following the trend becasue we were ranging premarket
3. entry was aggressive, and had I waited I would've gotten a perfect 21 EMA entry, but it was at a key level and I felt comfortable getting in where I did because of the volume profile
4. held winner to preset TP - great! (it did bounce a tick from my TP for about 15 seconds or so and that was mentally hard to hold but then it dropped right back through to TP - DOM confirmed to me to just hold it)

Did I follow my rules: Yes - 9/10

FAQ

What was the outcome of the trade on June 25, 2026?

The trade resulted in a profit of $62.50, with the author successfully following their trading plan.

How did the author feel about the market's drop after their trade?

The author felt content with their decision to exit at the preset target price, despite the market dropping another 70 points.

What is the importance of following a trading plan?

Following a trading plan helps maintain discipline and reduces emotional decision-making, allowing traders to stay level-headed.

What did the author do when they experienced brain fog?

The author recognized their mental state and decided to stop trading for the day to avoid making poor decisions.

What trading strategy did the author use?

The author employed an aggressive entry strategy based on key levels and volume profile, which aligned with their playbook setup.