July 13, 2026 (-$61.25) | Classic

By natemadden1994 · July 14, 2026

TL;DR

On July 13, 2026, the author experienced a frustrating trading day with a loss of $61.25, despite having a solid trading strategy. They emphasized the importance of risk management and adherence to their 'Two Loss And Done' rule, which helped prevent further losses. Overall, the day served as a lesson in patience and discipline in trading.

July 13, 2026 (2 Trades) (-$61.25)

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

Total Winnings (Fees Included)	$0.00
Total Losses (Fees Included)	$-63.25
Net P&L (Fees Included)	$-63.25
Profit Margin	0.00%
Commissions	$2.00
Exchange / SEC fees	$0.00
Total Fees	$2.00
Gross Profit (Fees NOT Included)	$-61.25
Avg Daily P&L	$-63.25
Dividends	$0.00

Avg Position Amount*	1.00
Avg Position Cost*	$37,986.25
Largest Win	$0.00 | 0.00%
Largest Loss	$-44.75 | -0.12%
Avg Win	$0.00 | 0.00%
Avg Loss	$-31.62 | -0.08%
Avg Trade Duration	8 Mins 14 Secs
Avg Win Duration	-
Avg Loss Duration	8 Mins 14 Secs
Avg Scratch Duration	-

Jul 13, 2026	Future	.MESU26	TradeStation	Futures	21 EMA Trap, Fakeout, +1	Short	1	$37,994	-0.12%	$-45
Jul 13, 2026	Future	.MESU26	TradeStation	Futures	FOMO, No Emotional Control, +1	Short	1	$37,979	-0.05%	$-18

Day Summary: Although it was a frustrating day for me based on the outcome, I did have the right idea overall and that is just trading. Sometimes the market is just not ready to play out in the way that you think it will and you will get stopped out before it goes. All you can do in that situation is manage risk and not allow it to throw you off. What is most important from today though is that I stuck to my Two Loss And Done rule, even though eveything inside me wanted to try again, and that saved me from potentially having a blow up day and was a step towards building good habits.

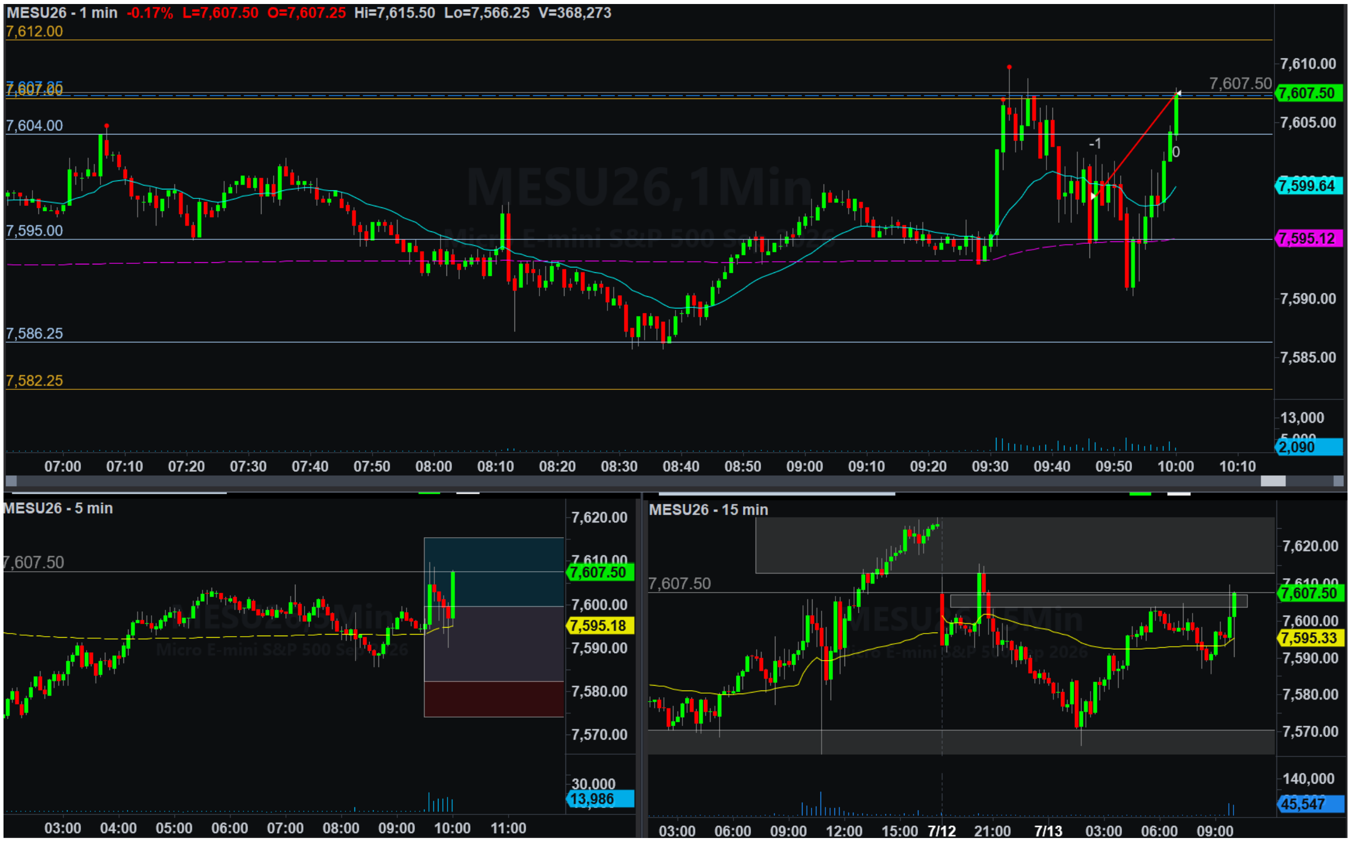
DAILY - ES

5 MIN - ES

TRADES

Trade 1 - Short 1 MES @ 21 EMA Trap + 4 Targets + Fakeout Entry

Grade: B+



1. playbook set up - yes
2. fakeout entry - good but FOMO'd a bit once I saw it rejecting
3. good job holding winner - good habit
4. trading against the overnight trend - not ideal, but (see next bullet point)
5. 4 targets trade - swept FVG (15min) and morning consolidation highs (5 min) - because of this, going against the overnight trend was not as bad of a decision and it was thoughout, not just forced (did ultimately playout too and drop straight to target (7584.50) 20mins later (see below)

So right idea, wrong timing and that's just trading

Trade 2 - Short 1 MES @ FOMO + No Set Up + No Emotional Control

Grade: C-

1. paybook setup - no
2. FOMO from Trade 1 - bad
3. emotional trade - bad
4. I shouldn't be taking this trade even though I was still pretty convinced of my thesis from Trade 1
5. only good thing about this trade is that I stopped out quick

FAQ

What was the overall outcome of the trading day on July 13, 2026?

The trading day resulted in a loss of $61.25, with two trades executed.

What is the 'Two Loss And Done' rule mentioned in the post?

The 'Two Loss And Done' rule is a personal trading guideline that helps the author limit losses and avoid emotional trading after two consecutive losses.

What were the grades for the two trades executed?

The first trade received a grade of B+, while the second trade was graded C.

What was the main takeaway from the trading day?

The main takeaway was the importance of managing risk and sticking to trading rules, even when tempted to make impulsive decisions.

What does FOMO stand for in trading context?

FOMO stands for 'Fear of Missing Out,' which can lead traders to make impulsive decisions based on emotional reactions rather than solid strategies.