

		2/1	2/2	2/3	2/4	2/5	2/8	2/9	2/10	2/11	2/12	2/15	2/16	2/17	2/18	2/19	2/22	2/23	2/24		
		Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday		
	ASR	779	797	784	751	848	869		868			868	899	936	963		929	947	936		
	ADR	1149	1080	1096	1084	1084	1215		1137			1101	1098	1109	1103		1255	1153	1123		
	Additional Info	Too tight range - No trading	Too tight range - No trading	Too tight range - No trading	Too tight range - No trading			Didn't trade		Didn't trade	Didn't trade					Didn't trade					
	GBPNZD	Direction right?				yes	yes		yes			yes	yes	yes	yes		yes	yes	yes		
		Hypo 1					80%					90%	90	80%	90%			80			
		Hypo 2																			
		Hypo 3				80%													100%		
		Hypo 4																			
		Play of the Day				Return to Value	Return to Value		Return to Value			Value Rejection Up	Value Rejection Up	Return to Value	Value Rejection Up		Return to Value	Return to Value	Value Rejection Up		
	Most Likely Outcome	Most Likely Outcome				Preferred: Bullish Price action, IB extension (momentum) taking out overhead supply.	Preferred: IB moving higher testing VAL before a price action confirming a reversal followed by IB extension down. A failed auction would be possible as well. Alternative could be IB taking out LTF demand and extension down (momentum) with sustained auction.		Narrative: H4 rally looking bullish although somewhat slowing down. W1 having retraced previous bear engulf with very long buying wick indicating more buyers are still present. Preferred: Bullish price action with momentum IB extension up followed by a sustained auction taking out supply. Con: due to the wide nature of the supply we could see a lot of push back and thus a low/medium initiative activity day.			Narrative: H4 consolidation and break down. M30 DDD (2n drop Bear Engulf) Preferred: Early close below VAL, IB extension down. Con: Larger time frame bullish sentiment. Variation: D1 c-dem at W1 QLO Preferred: IB extension down followed by reversal pattern and failed auction.	Narrative: H4 consolidation and break down. M30 DDD Preferred: Pullback to LTF demand above VAH before continuing higher, bullish price action, sustained auction possible exhausting ADR. Con: Trading right into D1 supply we could see a low/medium initiative activity day.	Narrative: H4 consolidation, D1 possible RBR. Larger timeframe bullish sentiment. Preferred: Early strong close above VAH with IB extension up and sustained auction. Con: Balanced open sentiment and H4 Morning Star not having closed within overhead supply. Variation: Possibly due to H4-C-S 1.94113 and ADR exhaustion we could see a reversal if Market Profile and price action reversal aligns.			Narrative: D1 phase 4 continuation Preferred: Early move to value edge with bearish price action reversal either falling auction or within IB range. Con: in line with Friday's move plus larger timeframe sentiment	Narrative: W1/H4 QLO rejection, possible W1 RBR in the making Preferred: Pullback to VAH with bullish price action, IB extension up (momentum) and sustained auction. Con: D1-C-S 1.92730	Narrative: D1 QH1 rejection, H4 DDD potentially in the making Preferred: Early value rejection down IB extension down and sustained auction. Con: H4 and D1 c-dems below		
		Right on outcome?				yes	yes					yes	yes	yes	yes		yes	yes	yes		
		What happened?				There was a pullback to H1 VWAP in UT and returning to H4 base level (although too high in the distribution curve so shouldn't have given it much weight) and consequent rejection and move higher with an extension in E. H1 levels usually prove less reliable but it worked out this time.	There was no move higher, instead there was a DDD extending below IB taking out H4 demand with no follow-through. There was a consolidation and then an invalid ledge formed within IB. Which got taken out during TPO 1.		There was indeed a momentum move up that exhausted ADR. Followed by no move higher, instead we had a pullback followed by a consolidation during the session. Move might come later. Will check in on this.			There was no 2nd chance entry off the Bull Engulf premarket. Instead there was an extension down with immediate push higher forming a Neutral Day.	There was no IB extension to fall the auction. Instead we had a Bullish inside Bar with some follow-through before getting slammed back down.		Although the trading idea was correct it started with a failed auction with no follow-through to the move.		There was no early strong close above VAH confirming a rejection. This came late into the session. The early part of the session I thought Hypo 2 was in play.		Price indeed went to VAL and formed a consolidation with a strong bearish finisher. Although the finisher came in the form of a Manubozu candle (normally a very strong candle) but under these market conditions I found them to simply be a take out of sorts. Lo and behold what followed was a mere consolidation although the move finally came during H extending below IB forming a H4 DDD with longer selling wick.	Instead there was an extension down in C with D falling auction with a Bull Engulf but then at the moment of writing there has not been a follow-through on the move.	IB rejected value to the downside (exhausting ADR) closing deep into demand which it then later took out. There was a pullback in C followed by more bearish price action and eventually extending below.
		Clarity				4	4		4			4	4	4	4		4	4	4		
		Opportunity within trading window?				yes	yes		yes			yes	yes	yes	no		yes	no	no		
		Did I take the opportunity?				no	yes		no			no	yes	no	no		no	no	no		
		Comments				I took the wrong opportunity and got stopped out	The trade did not work out but its merits were good and as per trading plan		It would have been a momentum trade in C. I was eyeing a pullback to IB edge high that didn't come so I lost the chance for entry. I did not want to take a momentum trade right into H4 QH1/supply although D1 supply has been tested over and over and is considered weaker.			the opp was based on a M5 entry and I hesitated as there was no 'completed' price action on M15M30 although the M15 Bullish inside Bar could have been enough.		I would have needed to enter on a M5 but due to the momentum burst below IB (that eventually failed) I decided to wait for a transition to M15 and put in a buy limit that didn't get hit before moving higher. Then it wasn't worth taking the trade due to SL placement and price slowing down.		I was stalking lots of opportunities and at first when I thought Hypo 2 was in play after all I didn't want to go short due to the larger time frame bullish narrative. After we had what seemed quite the failure to close above VAH early on I was hesitant to go long as well. This is the first time objectively and actively observing current market conditions so when in doubt, get out! Well no... don't trade!		It was based off a M5 entry against larger timeframe sentiment with subtle profit target.	There was a bull engulf and failed auction but no follow-through probably due to D1 C-sup overhead.	Due to underlying demand I did not want to short directly into it	
		Day Type				Normal Day	Normal Day		Normal Variation			Neutral Day	Non-trend Day	Neutral Day	Normal Variation		Normal Day	Normal Day	Normal Day		
		Correct on Day?				yes	yes		yes			yes	yes	yes	yes		yes	yes	yes		
		P/L %				-1.00	-0.40		NO TRADES			NO TRADES	0.30	NO TRADES	NO TRADES		NO TRADES	NO TRADES	NO TRADES		
		Personal Notes on the session				I should have given more weight to larger time frame narrative															
		Next Day Analysis															20210222 GBPNZD Playbook Return to Value LTF entry				
		ASR	19610	20267	21379	19492	20474		21246			17415	16699	17944	18938		16799	15311			
		ADR	26967	26626	29019	27043	27652		27434			25201	23131	25155	25540		25271	26886			
	Additional Info							Didn't trade		Didn't trade	Didn't trade					Didn't trade					
	GOLD	Direction right?	yes	yes	yes	yes	yes		yes			yes	yes	yes	yes		yes	yes	yes		
		Hypo 1	100%		60%		90%		100%			70%							90%		
		Hypo 2		80%									90%	100%	90%						
		Hypo 3		50%															70%		
		Hypo 4				100%															
		Play of the Day	Balancing Market Value Rejection Failure	Trend Continuation / Rejection to Value	Return to Value	Trend Continuation / Rejection to Value	Return to Value		Being Reversed			Value Rejection Up	Value Rejection Up	Mean Reversion	Value Acceptance		Trend Continuation / Mean Reversion	Being Reversed			
	Most Likely Outcome	Most Likely Outcome	LN open within value. Play off nearby LTF and ADR levels.	Preferred: Failure to accept value with bearish price action reversal at VAL. IB extension down with sustained auction. Monitor for a sustained move taking out demand.	Preferred: Price returning to VAL with price action confirmation of a reversal, IB extension down (otherwise a failed auction).		Preferred: Bullish Price action confirming and rejecting H4/D1 QLO with a momentum extension up and of course a sustained auction.		Narrative: H4 QH1, D1 slightly higher, W1 C-sup reset. Preferred: Strong bearish price action with VA and quick rotation, break below value and holding. Eventually taking out H4 demand			Narrative: W1 QLO, D1 c-dem Preferred: Early close above value, IB extension up (momentum) with sustained auction.	Narrative: Possible H4 phase 1 at W1 QLO location Preferred: Early close above value, extension up and sustained auction.	Narrative: Open sentiment could be grounds for a pullback before any continuation. Preferred: Bullish Price Action perhaps with a failed auction combination. Con: Larger timeframe sentiment	Narrative: Open sentiment with close proximity we could possibly see value being accepted possibly forming H4 RBR. Preferred: Early acceptance with quick follow-through.		Narrative: D1 Bull Engulf Preferred: Early Bullish price action with extension on momentum followed by a sustained auction. Con: Open sentiment	Narrative: W1 base retracement, H4 bear Engulf in larger time frame bearish sentiment. Preferred: Early take out of LTF demand, IB extension down (momentum) with sustained auction.			

	2/1	2/2	2/3	2/4	2/5	2/8	2/9	2/10	2/11	2/12	2/15	2/16	2/17	2/18	2/19	2/22	2/23	2/24	
	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	
Right on outcome?	yes	yes	yes	yes	yes	yes		yes			yes	yes	yes	yes		yes	yes		
What happened?	A play off ADR 0.5 High with suboptimal SL placement during IB with no follow-through. Instead a Bull Engulf followed slightly later on with a Bear Engulf.		There was no move higher towards VAL. Instead there was an extension during C hitting H1 demand within H4 demand. Lots of push back and price closed back within IB multiple times without much of a price action confirmation of a failed auction and intend to push price higher. Instead we had some responsive activity. Due to the price trading below the H4 inside bar I did not document this as Hypo 3 - responsive activity playing out.	M30 DBD taking the trade to 4R through momentum extension in C after which there was a TPO structure built above H4 C-dem (W1 level as well) and consequent reversal taking out single prints in C (after trading window)	A traversed right to value edge before faltering and reversing. M5 proved a good entry. I missed the first but got in on the pullback after M30 closed as an Inside Bar. M15 Drop and Base.		There was a M30 bull engulf formed during C with consequent follow-through and extending over IB during G.		As hypothesized although no demand was taken out. Instead there was a reversal at H4 C-dem (and ADR 0.5 low) level with a close within IB and then some meandering lower not making LLS.			Instead there was a lengthy consolidation before a break higher late in the session.	Early close above but there was no sustained auction. Instead during F we had a bear engulf closing within IB.	This was another opportunity to have traded on a LTF entry.	There was an early acceptance and then just some consolidation and even closing below VAL again only to trade slightly higher again. We did form that H4 RBR.		There was an IB break up in C followed by consolidation and possible reversal hence Hypo 1 playing out.	Although there was no sustained auction. In fact we turned around falling auction.	
Clarity	3		3	4	4	4		4			4	4	4	4		3	4		
Opportunity within trading window?	no		no	yes	yes	yes		no			no	no	yes	no		no	yes		
Did I take the opportunity?	no		no	yes	yes	yes		no			no	no	no	no		no	yes		
Comments		It was a mix of Hypo 2 and 3 that played out	mix of hypo 1 and 3									The opportunity would have been based off a M15 RBR closing outside of value which I did not feel comfortable taking	focused on FX and it was a MS entry				took an entry on IB extension then when price took too long to take out demand I took the trade off for minor profits		
Day Type	Normal Day	Neutral Day	Neutral Day	Normal Variation		Normal Day		Normal Day			Neutral Day	Neutral Day	Neutral Day	Neutral Day		Normal Day	Normal Day		
Correct on Day?	yes	yes	yes	yes		yes		yes			yes	yes	yes	yes		yes	yes		
P/L %	NO TRADES	NO TRADES	NO TRADES	0.80	1.90	2.00		NO TRADES			NO TRADES	NO TRADES	NO TRADES	NO TRADES		NO TRADES	0.25		
Personal Notes on the session								Did not take a trade as I was focused on FX. Furthermore, there were conflicting narratives and I decided to opt out and just observe.											
Next Day Analysis		02022021 Gold H4 Bearish Narrative Return to Value Trend Continuation																	
Pre-market routines	Good	Good	Good	Good	Good	Good		Good				Good	Good	Good		Good	Good	Good	
Session PECS	Good	Good	Good	Good	Good	Good		Good				Good	Good	Good		Good	Good	Good	
Trade selection	Good	Bad	Good	Good	Fair	Good		Good				Fair	Good	Good		Good	Fair	Good	
Trade sizing or SL placement	Good	Good	Good	Good	Good	Good		Good				Good	Good	Good		Good	Good	Good	
Trade Execution & Mgmt.	Good	Good	Good	Fair	Fair	Good		Good				Good	Good	Good		Good	Bad	Good	
Risk Adjusted Returns	Good	Good	Good	Good	Good	Good		Good				Good	Good	Good		Good	Good	Good	
Daily Review	yes	yes	yes	yes	yes	yes		yes				yes	yes	yes		yes	yes	yes	
Muppet Meter	1	3	1	2	2	1		1				2	1	1		1	3	1	