March Marc	1/29 4/30	4/28 4/29 Wednesday Thursday	4/28 Wertnes	4/27 Tupodov	4/26 Monday	4/23 Friday	4/22 Thursday	4/21 Wertnesday	4/20 Tuesday	4/19 Monday	4/16 Friday	4/15 Thursday	4/14 Wednesday	4/13 Tuesday	4/12 Monday	4/9 Friday	4/8 Thursday	4/7 Wednesday	4/2 4/5 4/6	T	=
The column The								1007				892					831	832		R	
The column The	Working on Monthly Report	rading FOMC decision	Not Trading FON	1118	Lack of sleep	1335	Funeral	1282	ays lack of sleep	2 days lack of sleep		1186	1008	1051	1101	1203	1088	1078		nal Info	Additi
The column The	/ES o1 - 100	YES Hypo1 - 100		YES Hypo1 - 100	YES Hvoo2 - 100	YES Hypo2 - 90		YES Hypp1 - 90	YES Hypo2 - 80	YES Hypo1 - 100		YES Hypo2 - 100	YES Hypo3 - 100	YES Hypo2 - 90	YES	YES 100	YES 90	YES 100		right?	GBPNZD Directi
The column					,				,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Hypo2 - 100		"	,,		90					d	
The column															100					1	T
The control of the	ing Market	Balancing Market		Balancing Market	Return to Value	Value Acceptance		Value Acceptance	Return to Value	n Reversion to Return to Value		Mean Reversion	Trend Continuation	Value Acceptance	Value Rejection Up	Return to Value	Return to Value	Mean Reversion		he Day	Play o
March Column Co	'poin sentancer y off meaby LTF and the sentancer to the sentanc	Narrative Open senfmer Preferred pip of nashy 17 Gor Postals contravalant Gor Postals contravalant 144 more higher		Narrative coer sediment Preferred Play of LTF SD and ARR levels. He sup Corr. No bracket, at the end of a DT, possibly for a reversal here	Nameline: H4 c-sup at VAL. Preferenct Strong Bearline Page possibly failing auction otherwise an extension down with sustained auction Core. Trading right into D1 demand and newly formed 144 c-dem	Namphie: Open sertiment, D'I demand. Preferent: Early acceptance and guids follow-through Con. H+ clear, grid there at vol.	N P C	light move down on H4 or earlier H4 QHi was rejected med: Early acceptance quick follow-through, for for a possible break low value taking out demand	ve: Open sentiment issible continuation to D1 narrative d: Strong Bullish PA, 3 extension Up	athve: Large imbalance at the OBD in the Marking the making the obligation of the making		Namalive: Open sertiment: traversing to mean reversion level, mediumhigher femiliame demand Perferned: strong buildin price action, 18 extension up or falled automatical Con: 194(5) namalive	Narrative: H4 continuation in D1 phase 4 narrative Preterred: Strong Bearria column racing for D1 demand, exhausting ADR Con: W1 demand below	Narrative: Negating Hypo 1 would be an acceptance of Preferred: early acceptance Con: D1 supply base hit	Nameline: Last Morth cidolog on 12-18 jbb, postable NT pullback is new NT supply Preferred: Steep Glose above WH consciling with IB auction salking out LTF supply, exhausting ADR early on CON- HS supply and YMMP in 90% cornect [®] There was no exhaustion of ADR early on National a Previous	Namative: Possible D1 phase **(besidn membross), 144 **The S1 Club **Predenced: Store, Search **Club **Predenced: Store, Search **Cone With sustained suction foom with sustained suction taking out IT- Germand closing within 144 demand. Con: Nething out CIT- Germand closing within 144 demand. Con: Membrad **Cone Membrad	Narrative: Possible D1 DBD, H4 Break down from consolidation Preparation, 200 down from Price action, 200 downers entry perhaps, 18 extension down with solidation during from the consolidation from the consolidation of the consolidation perhaps weak	Narrative: Large imbalance at the open, Bi range wide but the control to wide. Retrace dail of H4 bear Engalf and took cut H4 bear Engalf and took cut preferred Strong Beatin Price. saction, B extension up. saction, B extension up. Sustabled audiction to WAL Cont. Possible D1 Phase 3			
The control of the	ES	YES		YES	YES	YES		YES	YES	YES			YES	YES		YES	YES			me?	Rig
The control of the	ized with price revensals at LTF ADR levels.	As hypothesized with price showing LTF reversals as LT SO and ADR levels.		Price opened traversing 0.4 xXSR higher before extending in C to then close as an inverted harmen. Normally not a good pattern to trade off of but since it was an open within value sentiment outpled with nearly H4 c-top and ADR 0.5 this was good location for an LTE entry of the control of the back up and the control of back to pain bounding off nearby D1 demand.		Price traded higher to VAL during IB and proceeded to test vals during C retreating and testing IB tow during C) closing as a pintar. E formed a Morning star and price continued higher accepting value. As of now there was no rotation (yet).	F d to a d d c val	osed within value that ed by B diosing slightly in a Bullish Inside Bar. I followed was a RBR ding above IB to then a Bear Engulf in E and sequent move lower e H tested IB low and sed below forming a all Day rotating through value.	at aligned well initially in a market narrative. he market narrative. head accepted value B but there was a H4 and right at VAH. heliess, I traded right and got slopped in I went long as per and took myself out irst M15 Bear Engulf hour) after which the went in my intended of hit 1.1R at the time of this writing.	of played out perfect. An y off IB extension would e yielded a 25 within an hour. 2 played out perfectly as with a Bullish Inside Bar E and Three Inside Up masion completing the saal in F. M15 bull engulf se of E would have been rity as that is what I was stalking.		Price extended below IB first before failing auction through a Bull Engulf during E TPO.	There was a momentum extension down in D TPO to which I put a paper trade to which I put a paper trade to forward test a potential play I had seen before. Not sure what to call it yet but I'll come up with something during review. After exhausting ADR price kept making LLs and a time-based close would have yielded 3.1R.	Acceptance wasn't as early but fairly early still as price was removed from value edge quite a bit. Acceptance came with E TPO and closed above in F to then turn around and close below in G. Did not have a lot of alignment fitting any trading rules on entry so just decided to stay out.	I did well here. Hypo 2 played out first with an extension in C and then a failure to push higher and transition to Hypo 3 with a reversal and failed auction. Even thought was aligned with the market namarket I did not like what! saw and did not execute any trades.	I did great here. Due to the D1 Bearish Manubozu phase 4 narrasive het demand proved less of an hindrance to short right into 3. Although it did react towards the end of the session.	C extended below IB forming a DBD, a 2nd otherse entry off newly formed C-sup was my entry and D continued further down taking out H4 demand before popping back up. After the pop of demand price retraced and closed as a buil engalf but weak failed auction before reversing in the initial direction through a Three Inside Down.	I was correct on both Hypo 1 and it looks like right now Hypo 2 is unfolding even though ADP got enhausted. There was a momentum play in C eventually making His through F before forming a selling tall and eventually for			
Part	YES	YES		YES	YES	YES		YES	YES			YES	YES	YES	NO	YES	YES	YES		ty within	Opportu
Part																				ere an	trading Was t
March Marc	aybook setup. re, there was a p on Gold that I ig and focused c on that.	NO There were but no 1 did not. There were but no 1 did not. It is also almost the end die month. Plus being able to the month. Plus being able forward-text for betalancing Furthermoni, three wis a clearer setup no Gold that was statisting and focused months of the control		There were two opportunities but I did not take any. We are nearing the end of the month plus trading from within value is something that I find a bit risky still. Did great on taking notes.	There was an opportunity but I did not take it due to trading right into HAD1 demand. D1 demand has been tested multiple times but the H4 demand was newly formed premarket. I book notes for my playbook which I will post in my forward-testing thesis subcategory on my website.	The value acceptance play would have been directly into a newly formed H4 supply and thus I don't think there was a good opportunity, Although I have noted for my playbook that because of said newly formed supply price can bounce back before continuing higher as it did today.	T we an	epted value but then eeded to close above iding with an extension This would have surely taken out my SL.												ty and ke it?	opport did I
Part	and-testing	5. Forward-testing		5. Forward-testing	5. Forward-testing	2. Lacking clarity		ocused on other asset		8. Not Mindful		Not fitting trading rule	5. Forward-testing	2. Lacking clarity	Not fitting trading rule	5. Forward-testing				vny not trade	take
Part	NA.	NA.		M5 consolidation at H4 c-sup nearby ADR 0.5 high, and 2nd trade: M5 Three Inside UP or wait for M15 Bullish Inside Bar	1st Late-Sustained Auction Entry	N.A.		NA.		1st IB extension 2nd: M30 ish Inside Bar / M15 bull atf waiting for a transition M30 Three Inside Up											
March and 10 Marc	NA.	NA.				NA.		NA.		it 2R even though there D1 demand right there at R. 2: Margin (ADR or gestion): hit 1.5R at the close of H										largin t or stion)	Profit (Ad cong
Story Control Part Control Par	ya.	NA.		1R, 2R	1.9R	N.A.		NA.	capital preservation suid have taken a 1R envise a 0.5R at M15 r Engulf during G.			M15 Bear Engulf in G would have closed the trade at 0.4— 0.5R	2.5R based off M5 exit	N.A.	N.A.	This is one of those trades where I might have grasshoppered out due to M15 reversal patterns. There was none on a M30 timeframe so a near hit of 2R would have netted 1.8R. I am rarely a dick for a tick.	OR scratch, although due to popping of H4 narrative a continuation could be expected so some more time could have been added to the trade. This is something I have witnessed before: so time-based was 0.5R.	0.9R		ould a on exit done?	What price a rule ha
Control Control March Cont		Standard SL placement			Not the greatest but okay					would have been great, ist one since it was on ension IB no worries on ment. The second would we been slightly below atton so good. Entry at x. s and SL at x.xx82 would have been good.		SL placement on 2nd chance entry would have been good	Would have been good. Entry at x.xx2x, St. at x.xx48 above IB and formation	N.A.	N.A.	perfect.				nent and ng	SL place S
Control of the Cont				Stopped out on the first 1.5R on the 2nd	1.9R							Slightly over 1R		N.A.		1R	0.5R, overlap noise 0.9 with a max of 1.3R	-0.1R		id time- re done?	What w based h
Marcian Horizon Marcian Ho	aral Day	Neutral Day VES		Normal Day	Normal Variation	Neutral Day		Neutral Day	Neutral Day VES	Normal Variation		Neutral Day	Normal Variation	Normal Variation VES	Normal Day	Normal Variation VES	Normal Variation VES	Normal Day VES		Type in Day?	Day
Part	edium	Medium		Low	LowMedium	Medium		Medium		Low/Medium			High		Low	125	125	123		umHigh	Low/Me
The contract frame and could have been controlled beautiful and could have been controlled by the could have been	DES TAKEN	NO TRADES TAKEN			NO TRADES TAKEN	NO TRADES TAKEN								NO TRADES TAKEN	NO TRADES TAKEN	NO TRADES TAKEN	0.40	0.50		%	P
## ASR 1160 1193 1224 1239 1232 1380 1247 12320 14438 15024 1401 15034	to stay out.	I did well to stay out.		there was no bracket and	I did well to stay out as I wasn't feeling sharp BUT the main reason was trading right into H4/D1 demand determed me even though there was a thesis I found valid. Hence placing a paper trade.	I did well to stay out as there was no safe trade to take.	I d	i well to focus on one ment as I was eyeing a reversion trade in Gold, gh he opportunity might ave been the greatest th I will outline below.	nave not treated out shoppered out of the could have not given ight to the value ptance due to H4 right at VAH being a setup for a bounce. I save hypothesized a e extension below to a suction scenario.	well to stay out today and at put any pressure on all to trade I did bitch a earlier about not having en the trades but I feel of I. fellowed my plain. My was not to trade because t off today. That's what I Or rather did not do		I did well today to forward test a thesis I am working on as well as not take a reversal due to weak conditions even though there was a H4 and D1 demand present. I didn't like the weak buying tail as well as W1 demand just being taken out.	I did well to observe this particular setting where I would be trading right into a W1/D1 demand area.	I did well to take it easy as I am a bit fired and I lacked clarity and confidence in a particular setup. Did well to stay out.	I did really well taking notes and trying to understand my edge better. Good job.	I think I did everything well. I hypothesized a namative but was uncomfortable to trade right into a newly developed H4 demand. Thus I decided to let the trade go and just sit and observe.	Let my price action based exit take me cut. Regardless of scratching or not as this is what will make me money in the long run.	I could have let the trade go and exit based on price action. I didn't due to ADR 0.5 and running out of ASR.		d I have otter?	What co done
Additional bills	DES TAKEN	NO TRADES TAKEN		NO TRADES TAKEN	NO TRADES TAKEN	NO TRADES TAKEN		O TRADES TAKEN	sistent out instant out sishoppered out of the could have not given ight to the value ptance due to H4 right at VAH being a setup for a bounce. I save hypothesized a e extension below to a suction scenario.	NO TRADES TAKEN										I I feel Juring, er the e?	How o before and a so
Authors	3633	13633		15208	14701	15024		14838		13220		12417	13590	12322	12530	12294	11993	11808		R	- 1
15 15 15 15 15 15 15 15	tur r	20577		21787	22465	22293		22109		44400		22112	22481	21676	21639	21374	21681	49182		nal Info	Additi
Hyper 2 d	ES o1 - 100	YES Hypot - 100		YES Hypo1 - 100	YES Hypg1-90	YES Hypo2 - 100		YES Hypo1 - 90		YES Hypo1 - 80		NO	YES Hypo3 - 70	YES Hypo1 - 90	YES 90	YES 90	YES	YES 50		right?	GOLD Directi
Particular De Contraction Cont	02 - 90	Hypa2 - 90						,,									80			d	
National Management of the Control o																				2	-
Name of 1989 with Base of leaves (1994) period 10 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Jion to Return to	Mean Reversion to Return		Balancing Market	Return to Value	Balancing Market / Value		Mean Reversion		Return to Value		Responsice Activity	Mean Reversion	Mean Reversion	Return to Value	Value Acceptance	H4 Swing Reversal	M30 Swing Reversal		he Day	Playo
Look for probability to the control of the control	Intiment Return to Value Price retraces to or LTP demand over VAH and Strong Bearinh er en en extension ral day this could guider of the return to strong the s	Hyps 1 — March Research Marshire H H Chap, on partial Professor Similar H H Chap, on partial Professor Similar H Chap, on partial prior according to the control of the desiration action being it submore desiration to the partial of the control of		Narrative: Open sentiment Preferred: Play of LTF SD and ACR levels, D1MAD Con: Possible H4 DBD	Namative: Open sentiment, Medium simefarme bearish sentiment, 41 bearin in residence bearish in saise but at in expectation in saise but at in expectation in expectation in the preferred More Inspect to New Sentending Its (costative) VML excending Its (costative) vML excending Its (costative) vML excending Its (costative) vML expectation to strong bearish PA at value edge to falled early on to strong bearish PA at value edge to falled Con: Large Inspection and Control of the Inspection of the	Narrative: open sentiment Pretende play of nasety ALS 12 section sentiments (Cor. Trend is up to longs are flavored to longs are	i Go	salive: Open sentiment, HH CH4, Asia traded higher. Interest Elevation Dawn with Elevation Cown with Com. Trend is up.		rative: H4 hammer after engur a possible RBR in white H6 was to W1 Clo. white		Neither of my 2 hypos played out but I would have to say it was a minute of both that I normally and a companies. Activity	Narrative: Large imbalance at the open Preferred: Strong bearish price action stating out LTF demand with suclamed Con: H4 but engelf with long buying wick (2nd chance entry D1 but Engelf)	Namelius: 144 demand, large impalance at the open Preferred. Stong builds pice action extending till on momentum with sustained from the control of the cont	Namative: Possible H4 DBD in tine with D18 bearsh Inside Bar returning to D1 Bearsh Inside Bar returning to D1 Bear level Price Action with 18 extension down and assisted autoin Color: W14 4 200MA in D1	Narrative: near proximity to value edge Preferred: Early acceptance Con: D1 base demand at VAL	Narrative: 144 supply overhead, Trading within D1 supply, possible D1 Preferred: Ille setancian up with price action reversal air and action reversal air and action and action reversal air and or single print fade Con: Possible D1 RBR	Narrative: D1 RBR with Base around VII cdam, H4 cdam with value Professed Early 86 extension. Professed Early 186 extension reversal at VM-LTF demand, failed auction.		likely	Most Likely Cutcome Out

	4/1	4/2	4/5	4/6	4/7	4/8	4/9	4/12	4/13	4/14	4/15	4/16	4/19	4/20	4/21	4/22	4/23	4/26	4/27	4/28	4/29	4/30
	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
Right on outcome?													YES		YES						YES	
What happened?					I was correct in the initial direction and even though finally there was a buil engulf at the end of the trading window, price of not actually bounce higher.	There was no continuation to the move and no extension up. Instead an Evening Star and extension below. Then a stated auction and outside flows in the stated auction and outside of extended above IB is line with hypo 1	one that is playing out. Due to hypo 1 playing out within my trading window I am sticking with that Price hasingly	extended below IB on momentum price quickly reversed and formed a Neutral day to then continue	extension up in C TPO there was no follow-through to the move until later during I TPO price made a HH. Still did well to stoy out due to newly	playing out due to the market not really making a move due	There was an early filtrey acceptance of value during B. What followed was an extension down in C to them stade ingler and extend again E. Then a meaningless DBD for the remainder of the session.		The Initial direction was indeed up but most of the move happened during IB. What followed was a consolidation and them reversal according to typo 2 somewhat (ROTS if give II) but outside of trading window.		IS traded down with an inside Bar in C (possible Base) followed by an extension down in D closing above LTF demand (concident with near proximity to H4 VMAP)		I was dead on as even though price traversed below VAL there was no IB extension down. Instead there was a reversal at LTF demand: ITT. And what followed was a continued move higher extending above IB.		If formed a bear enguif at IVAH and C selected below to return within IB and close as a Harmane (quite the correlation within IB and close as a Harmane (quite the correlation operation of GEPMZD bitm.) If the part in a By Lillian offers of the part in a By Lillian offers of Lillian and the part in a By Lillian offers of Lillian		I didn't feel comfortable trading right into LTF demand so I had placed a Sell Limit Color slightly above soci5. Sell color slightly above soci5. Sell color slightly sociated down in a sell continued down in aboutmedam in	
Occorducity within					VES	YES	4	- 1	•	3	- 1		3		VFS		YES	YES	YES		YES	
trading window?					YES	YES	NO								YES		YES	YES	TES		YES	
Was there an opportunity and did I take it?															YES							
Comments					No I did not take it. If there was one it would have been at 1st DTTZ with C extending below. But According to my trading rules this would not have it and thus not an opportunity missed.	I did not take the opportunity as I was focused on FX.	I did not take the opportunity because I wasn't at my desk when the value acceptance happened during A		Not much of a pilay to be honest. Not anything that fit my trading rules. I had initially put in a buy stop order at 1728.827 in case of a momentum densition up. Then due to newly formed H4 c-sup only giving a possible of Rt target I took it off. Luckily as I would have gotten s they are to the control of the control of the control of the control of t	I was although the momentum I was hoping for Hypo 1 to have did not come and thus moves on to Hypo 2 and 3			There wasn't much of a play		A Mean Reversion play. Large imbalance at the open with IB trading down followed by a momentum extension below.		There was an opportunity but I did not take it as I was not statiking a potential play. I was still focused on GBPNZD and then with work outside of trading.	as the PA was rather filmsy but I took a 'chance' by	There was an opportunity but my order didn't get triggered.		There were two opportunities although the 2nd one I would not have taken as it would have been trading window close.	
Reason why not taken trade					1. Not fitting trading rule	4. not paying attention	6. Not at desk	Not fitting trading rule	1. Not fitting trading rule	1. Not fitting trading rule	1. Not fitting trading rule		Not fitting trading rule				4. not paying attention	1. Not fitting trading rule	5. Forward-testing		3. Hesitated	
DTTZ													NA.		1st		168	14	fat		1st	
Entry Method													NA.		Sell Stop Order at IB extension down		N.A.	M30 Bearish Inside BanM15 Three Inside Down	Buy Limit order didn't get triggered. An entry off the close (or M15 Bull engulf) would have yielded about 1R before price started faltering		NA.	
Profit Margin (ADR or congestion)													NA.		VAH would have been 2R and there was H4 demand in the way although there was H4 VWAP in UT that proved reactive.		N.A.	1R at D1 demand that is high in distribution curve so could have potentially dug deeper where 2R would have been above H4 demand.	Heavy congestion due to H4 supply as well as D1 so was probably not the safest trade.		NA.	
What would a price action exit rule have done?					N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.		N.A.		0.3R like I did		N.A.	0.1R	M15 Three Outside Down would have scratched the trade		N.A.	
SL placement and Sizing					N.A.	NA.	N.A.	N.A.	NA.	N.A.	N.A.		NA.		It was good. Entry off Short 1779.800, SL 1783.8, 1772.094		N.A.	SL placement would have been great, Short xx79.53 SL xx83.64	Standard St. placement would have been below the formation		NA.	
What would time- based have done?					N.A.	N.A.	N.A.	N.A.	N.A.	N.A.	N.A.		NA.		-0.1R		N.A.	0.1R	0.7R		N.A.	
Day Type					Normal Variation	Neutral Day	Normal Day	Neutral Day	Normal Day	Normal Day	Neutral Day		Neutral Day		Normal Day		Normal Variation	Neutral Day	Neutral Day		Normal Day	
Correct on Day? Low/Medium/High Activity Day					YES	YES	YES	Low	Low	Low	Low		Medium		Low/Medium		YES	Low	Low		Low	
P/L %					NO TRADES	NO TRADES	NO TRADES	NO TRADES TAKEN	NO TRADES TAKEN	NO TRADES TAKEN	NO TRADES TAKEN		NO TRADES TAKEN		0.30		NO TRADES TAKEN	NO TRADES TAKEN	NO TRADES TAKEN		NO TRADES TAKEN	
What could I have done better?					N.A.	NA.	N.A.	I did well today observing.	I did well to stay out and observe. Even when tired I am happy I did not do anything rash and still followed my plan.	Nothing	I did well to stay out		I did well to stay out		I think I did well		I could have taken the trade I guess but I was preoccupied. Nothing wrong with it. Next time Gadget. NEXT TIME!	I did well to stay out and rather put on a paper trade saving mental capital	I did well to try and get a better entry for a better R multiple but did not get triggered.		I did well to not chase the market when my order didn't get triggered so I did well here.	
How did I feel before, during, and after the trade?													NO TRADES TAKEN		I felt good with the trade, during I got slightly jumpy but nothing too serious. I did decide to walk away and spend a little time with my gf. Afterwards I am not feeling anything special. Just happy I took the trade.		NO TRADES TAKEN	NO TRADES TAKEN	NO TRADES TAKEN		NO TRADES TAKEN	
Pre-market					Good	Good	Good	Good	Good	Good	Good		Good	Good	Good		Good	Good	Good		Good	
routines																						
Session PECS					Good	Good	Good	Good	Bad	Fair	Fair		Good	Good	Good		Good	Bad	Fair		Fair	
Trade selection					Good	Good	Good	Good	Good	Good	Good		Good	BAD	Good		Good	Good	Good		Good	
Trade sizing or SL placement					Good	Good	Good	Good	Good	Good	Good		Good	BAD	Good		Good	Good	Good		Good	
Trade Execution & Mont.					Bad	Bad	Good	Good	Good	Good	Good		Good	BAD	Good		Good	Good	Good		Good	
Risk Adjusted Returns					Good	Good	Good	Good	Good	Good	Good		Good	Fair	Good		Good	Good	Good		Good	
					Good	Good	Good	VES	ves	VS	yes		Ves	VSS	WS		VES	Yes	Yes		Yes	
					0000	0000	0000	yes	yes	yes	yes		yes	yes	yes		yes	165	103			
Daily Review Muppet Meter					3	3								4								