

EXECUTION OF MY TWO WEEK PLAN

2/14/2011

Trade	Two Week Averages	
Trade 1		
Why did I enter?		TWYU1 ( All three red; red bar, stop and dot.)
Entry match the plan?		No, early; moved too fast and did not notice that red dot is still not there
Happy with the entry?		No, early
Why did I exit?		T1 as planed, limit order in place +8 ticks
Exit match the plan?		Yes, did not move stops/targets
Happy with the exit?		Yes
Grade (4.0 scale)		2.0
Trade 2		
Why did I enter?		TWYU1 ( All three Blue; blue bar, stop and dot.)
Entry match the plan?		Yes, All blue
Happy with the entry?		Yes, but concern about lunch chop. Usually I avoid dead zone trading
Why did I exit?		Very choppy, setting up signal for opposite direction, -5 ticks
Exit match the plan?		Yes, any two reds in the opposite direction is an exit at market
Happy with the exit?		Yes, it kept dropping.
Grade (4.0 scale)		3.0
Trade 3		
Why did I enter?		No more set ups for the day
Entry match the plan?		NA
Happy with the entry?		NA
Why did I exit?		NA
Exit match the plan?		NA
Happy with the exit?		NA
Grade (4.0 scale)	3.0	3.0

Number of trades for the day:	0.0	
Average grade for first three trades	4.1	2.7

Comments

Make a two week plan. Do not change anything over the period of 2 weeks. Pick o

Take 3 trades a day. Not 2. Not 4. Three.

At the end of each day, journal about the trades. Talk about:

- Why you entered where you did
- Why you exited where you did
- Does your entry match your plan?
- Are you happy with your entry?
- Does your exit match your plan?
- Are you happy with your exit?

Grade yourself like A, B, C, F on each trade based on the answers to the above. If

If at the end of two weeks you don't have more A's and B's than C's and F's, there

Take note: No where above did I mention anything about profit. Do not concern y

I find that by knowing ahead of time you will do this for two weeks, knowing ahea

There is a lot of talk about methods on the forum, and it is easy to get caught up i

Just my thoughts.

2/15/2011

2/16/2011

2/17/2011

0.0

0.0

0.0

ne instrument, and one chart. Put the indicators you absolutely, positively, must must must have and no more

then grade yourself for the day as a whole.

There is no need to change anything or go any further. Until you can be consistently executing the way you want with yourself with profit of the trade or the day. You only care about the execution. If you cannot execute the plan, then the amount of time you will take exactly 3 trades a day, and knowing ahead of time that the profit of the trade does not come in the "newest system". Money is made in the proper execution of moderate systems, not in a holy grail system.

2/18/2011

2/21/2011

2/22/2011

0.0

0.0

0.0

». Less is more

With something simple, there is no need to keep looking for something else

There is no need to change the plan, there is only a need to work on your own personal skills to better execute

the matter --- these will help you focus on what is important: executing your plan

that can work even with poor execution

2/23/2011

2/24/2011

2/25/2011

0.0

0.0

0.0

it. Of course if the plan is impossible then you need a better plan, but assuming it isn't.