

# Trading Summary report

## Aggregated data

Group	Days Count	Trades Sum	Trades Mean	Results Sum
2017	22	82	3.7	-8810
2018	28	74	2.6	-19181

## Daily data

Day	Result	Trades	Note
2017-07-25	-1995	7	Had a few standard trades, then did a Wrong B trade again and series of connected trades, at -1k at the end of the day, will wait for tomorrow.. (-3.3k..)
2017-10-06	-940	5	Had a emotional exit on a good trade, then sad unluck on silver and lost 1k like that. Already considering giving up.
2017-09-18	-645	5	Couldn't take the negative exit when needed. Also a problem area is that I want to regain my losses if such. A lot of work is needed. Overtrading on Monday ?
2017-10-25	-615	5	2 wrong calls, but lost so much on each of them
2017-06-15	-498	4	one wrong test S with 16 stop and 2 wrong M with 16 stops instead of 6

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2017-06-15	-498	4	one wrong test S with 16 stop and 2 wrong M with 16 stops instead of 6
2017-06-07	-405	6	made 5 trend trades, all of them failed. Had some bad luck too. Expecting some wins now :)
2017-07-06	-295	5	Don't fade the breakouts! (No MR trades)
2017-09-22	-285	3	Awful day. No opps, so entered some random trades with terrible timing. Just on the worst moments.
2017-06-27	-227	3	Was VERY sleepy at 17 and missed some action, need to do something. Naps 2-4 ? Overall missed a lot of CL/NG momentums today, was focused on other trades later :/
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2017-12-06	-225	3	Acted, but this was one of the big losing days where everything goes wrong. Stopped trading after the 2% loss point
2017-06-30	-220	4	Last day of the month, no setups, did some testing/joke trades and ofc lost
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2017-10-04	-215	3	Acted on the opps, but had wrong trades. Not too bad though, could have been worse.
2017-06-08	-205	3	Don't make trades solely based on daily charts. Defense not so good last 2 days - stops too wide in the end?
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2017-06-13	-185	2	-
2017-06-13	-185	2	-

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2017-07-05	-175	3	There were TONS of opps, but did a CL timing mistake and then missed everything. Could have done a lot of trades, need more courage! Monitor 19:30 - 20:30 time
2017-07-21	-175	1	Did one trade and over-managed it for 1.5h, got emotional, exited badly, and missed 4 other opps because of it. I guess shit happens
2017-06-23	-170	4	Did 2/3 unoptimal trades and lost on all of them :(
2018-04-03	-3850	1	
2018-03-15	-3700	3	Played some and missed some. Also have an overnight LE position, at the end of the day was at -1200 xx
2018-12-17	-2773	2	Home, sick. Entered a ES "Cx" trade, went immediately against me. At the end of the day at -2.2k, will wait overnight
2018-05-10	-1055	3	Came in early, but had a lot of tasks - taking a shit, purchasing wine and gifts etc. so couldn't trade properly..
2018-07-13	-530	1	Very unfortunate trade, missed some other. CL calls look promising
2018-05-31	-530	4	more trend trades at LOW RISK points and less jokes now
2018-05-17	-520	2	chasing momentum, same as above. THIS - NO MORE!!!
2018-07-16	-483	2	20, but had energy for some trades
2018-05-16	-405	6	angry that I had missed some moves, entered on emotion into trades and lost it ALL. Do not use Ctrl + R, do not enter after missed momentum, do not enter at bad spots
2018-04-17	-393	4	wtf? Got wreckage :D
2018-12-18	-372	2	Whole day watching for the ES, no margin before 16:30. Also entered a bad MR trade

Day	Result	Trades	Note
2018-04-04	-365	1	
2018-04-27	-357	4	Some wrong calls. Entering too early? Should try to follow simple trends?
2018-05-26	-350	3	Had bad luck with an otherwise hugely winning trade.. Use stop orders for breakout anticipations (TR strategy)
2018-05-24	-340	2	First day after a 2-week travel break, was quite unsure
2018-04-19	-335	3	Played one and missed 2-3. Use more stops to ENTER
2018-01-09	-280	2	Had a very Wrong call "sold on the bottom", hard day
2018-02-08	-265	3	Traded on the opps - had unluck with 3 W trades
2018-06-19	-260	1	Acted on one, got Wrong. Then had some wrong and right pseudos - decided not to further losses
2018-06-21	-250	1	No good opps
2018-05-02	-250	2	internet stopped just at 17:45, then somebody rang and missed all the trades. Tried to late catch momentum at 21:00 and failed
2018-01-12	-245	5	Day was full of momentums, but I just don't know where it will go. Maybe try to enter after retracements and not on emotion? Don't know, this doesn't look good again
2018-11-29	-240	2	Was home, but 18:30. Had some fail calls
2018-05-01	-220	3	Was bored because of no action and went into stupid trades
2018-05-15	-218	5	tried some trend trades, but they all reversed :/
2018-11-06	-215	1	Had a Very Wrong trade, was at -90 ticks, but managed to salvage it. Also missed a good ES patience gut. Overall a good trading day despite the loss
2018-12-26	-208	2	Monitored from 12:30, was afraid at first, then tested 1-2 trades, but Wrong. Using 20-tick stops now.

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2018-04-18	-172	4	^^

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