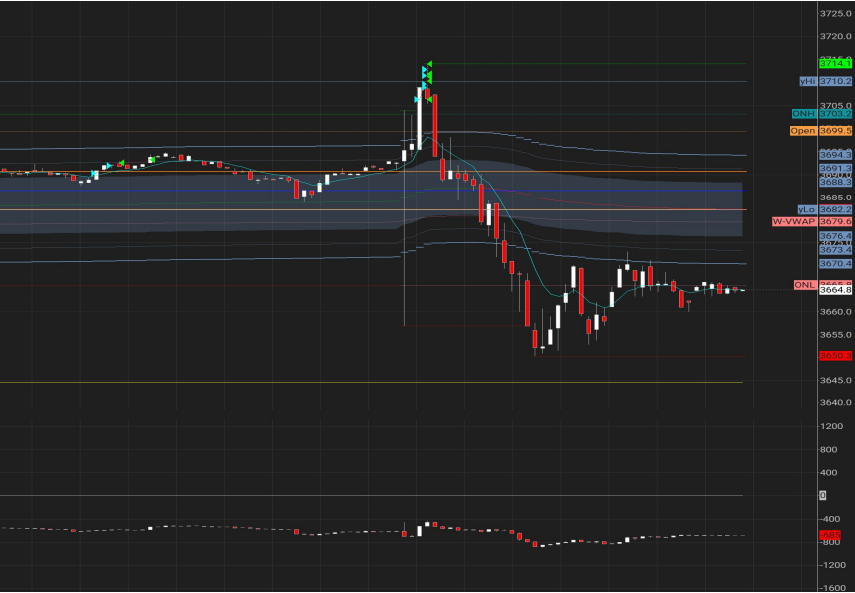


		Trading Date	9/17/2025	9/17/2025
Evening Review	Date	9/17/2025		
	Key Levels	Value	High/Med/Low - Importance	Reason:
	24400	TPO	L	Support
	24 240-244291	ALL	H	Daily Supply
	24520	TPO	VAC	Voluem traded
	Why?			
		Several days of heavy buying on rate cuts, Expected riggers to distribute to secure heavy discounted positions on retails back		
	Directional Bias	Bearing in the morning prep	correct	
		Bullish in the afternoon	Partially correct [did not go as high as expected]	
	Strategy			
	Trade Type	Scalping		
	Pattern Recognized	30s,1m		
	ATR/Harmonic Size	250Point NQ		
	Risk	\$38		
	Market Size	1MNQ	2MES	1MGC
	R:R	2:1	2:1	
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EOD Review: Scalping positions moved far too fast for me to take more than 2MNQ at a time / GLD was FOMO on short side / and for that reason it piked it [plan turned into emotion and regret] / MES was a test but I should focus on whats trading BEST / Biggest issue was manually adjusting stops (and entries) by clicking mouse but then having to switch to keyboard for hotkeys, We need to commit to one style in this regard Take a step back : remember to pay attention to your EMAS, VWAPs, Points of Control (dont be too zoomed in)



Checks

Charts

Monthly

☐

Weekly

☐

Daily

☒

240m

☒

120m

☒

60m

☒

30m

☒

15m

☐

5m

☐

News:

FOMC interest rate drop [95% chance on betting sites]

NVDA tanking NQ due to China advising against companies buying

Market Conditions/Catalysts

Prior days bullish - Priced in bullish factor on rate cut days prior

Classic sell the news days - distribution on big names

Daily Goals & Checks

Psychology Checks / 30m

☐

☐

☐

☐

☐

☐

☒

☐

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Market Pulses

< 2 Entries per scalp

< 8 Trades / Day

Playbook Screenshot and Review

Hide PNL / Set Point/tick mental stop

loss targets

Meditate

Post Review Creation/Give back!

Checks

Charts

Monthly

☐

Weekly

☒

Daily

☒

240m

☒

120m

☒

60m

☒

30m

☒

15m

☐

5m

☐

Keywords

hotkeys

emotional checks

breaks

big picture

cluttered order fills

