

The Only Way To Improve Your Edge: Daily Journals (EURUSD)

MR5OBOT

"It starts with hard work, but it ends with smart work."

March 6, 2024

1 The Journal

1. ERL – IRL (Bias):

- LTP = Daily Internal to External — The why
- ITP = 1H Internal to External — The how
- STP = 5M MMXM — The Entry (second distribution phase)

2. Weekly Profile (confluence) :

- Wednesday = Classic Expansion — Continuation

3. Daily Profile (Bias Confirmation) :

- London Continuation = 5M — FVG entry
- Midnight Open = far from entry (invalid po3 logic)

2 The Logs

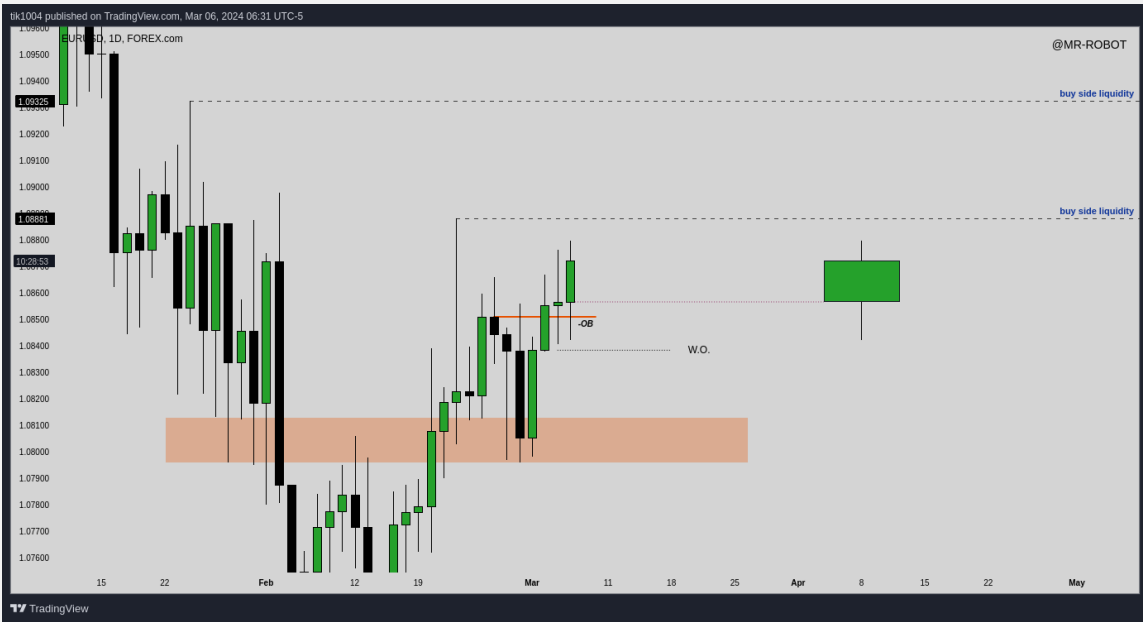
SYMBOL	SESSION	ENTRY TIME	ENTRY EXIT	R-R	RISK %	OUTCOME
EURUSD	LOKZN	04:10AM	05:20AM	2R	0.5%	WIN

2.1 Notes:

On general it was a good trade, but i'm not happy with it bc if the entry was far from Midnight Open and it's close to my Target, so i'm lucky when i didn't be the fuel for the price to go upside

3 Charts

⇒ LTP : — [Daily ERL to IRL]



⇒ ITP : — [1H ERL to IRL]



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