

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

MR5OBOT

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

March 14, 2024

1 The Journal

1. ERL – IRL (Context):

- LTP = Daily Internal to External — The why
- ITP = 1H PO3 (continuation) — The how
- STP = 5M — NYKZN (fvg)

2. Weekly Profile (confluence) :

- Thursday = Classic Expansion — Continuation

3. Daily Profile (Bias Confirmation) :

- New York Continuation = 5M — fvg entry
- Midnight Open = far from it (close to DOL)

2 The Logs

SYMBOL	SESSION	ENTRY TIME	ENTRY EXIT	R-R	RISK %	OUTCOME
EURUSD	NYKZN	08:40AM	09:15AM	2R	0.5%	WIN

2.1 Notes:

this is my best trade today, i do just one small mistake by moving sl to fast but on general ti was my snipe and i'm done for this week no trades for me tomorrow.

And i took 3 trades today so that's another rules break ohhhh.

3 Charts

\Rightarrow LTP : — [Daily ERL to IRL]

\Rightarrow ITP : — [1H ERL to IRL]

2

²Twitter [@MR-5OBOT]

3.1 The Entry

\Rightarrow STP : — [5M Excution — Breakeven]

3

³Twitter [@MR-5OBOT]