Tue - Jul 14, 2026

Report Card

📊 Period Snapshot

ⓘ Rough session overall. Started strong with AAPL, but TSLA and AMZN dominated the day — both turned into struggle zones with overleveraged early entries and poor timing. NVDA showed some promise, INTC faded. Final tally: **38 trades, 10 wins (26% win rate), −$136.99 net.**

Metric	Value
Total Trades	38
Wins	10 (26%)
Losses	28 (74%)
Net P&L	−$136.99
Best Performer	AAPL +$14.75 (1 trade)
Worst Performer	AMZN −$45.26 (10 trades)
Account	Day Trading (Retail)

🎯 What I Was Trying to Do

Plan was to scalp momentum off the open — TSLA and AMZN were the main candidates. I identified AAPL as a longer hold candidate early. INTC and NVDA as secondary plays. The goal was to keep position sizing tight, take small wins, and avoid holding losses past the first support break.

✅ What Worked

- **AAPL trade** — captured +$14.75 on a single, clean long entry. This is what good execution looks like: one setup, one entry, one exit.
- **NVDA 40% win rate (2 of 5)** — actually better than the day average. At least two setups read correctly.
- **Discipline on INTC** — walked away after the first two trades (−$13.50 and +$13.14). Recognized the tape wasn't cooperating and didn't revenge trade.

⚠️ What I Will Improve

> **TSLA and AMZN disaster zone.** Combined −$111.97 across 28 trades. That's not bad luck — that's **entering on wrong setups and staying too long.**

- **TSLA: 18 trades, 22% win rate (4 wins)** — this was pure revenge trading. After the first loss, I kept re-entering the same setup, expecting a different result. The tape gave me two good wins early (+$21.27 and +$20.69) but I gave it all back and then some with seven consecutive losses in the afternoon.
- **AMZN: 10 trades, 20% win rate (2 wins)** — mixed long/short on the same tape with no clear bias. Entry after entry without reading the setup properly. Once a pattern starts failing, I need to sit out, not pyramid losses.
- **Position sizing issue** — 38 trades in one session tells me I was still thinking "I can get it back" instead of "What does the tape say right now?" Tighter position sizing OR fewer setups per day.

> ⚠ **Hard rule going forward: If I take 3 losses in a row on the same symbol, I stop trading that symbol until the next day.** I violated that rule on TSLA starting around the 5th trade.

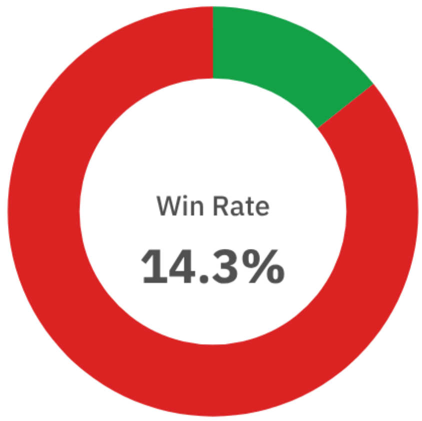
📌 Next Session Focus

- [ ] Before I enter, ask: "Does this match my opening thesis?" If not, sit out.
- [ ] Three losses in a row on the same symbol = stop trading that symbol for the day. Period.
- [ ] Multiple scalp entries per symbol are fine, but I need to read the tape correctly on each one and cut losses decisively.
- [ ] Win rate target: 40%+ — at 26%, I'm losing two for every win. Tighter entry criteria.

The session had good atoms (AAPL was perfect). The problem was I let TSLA and AMZN become emotional instead of mechanical. Need to trust the sit-outs, not the re-entries.

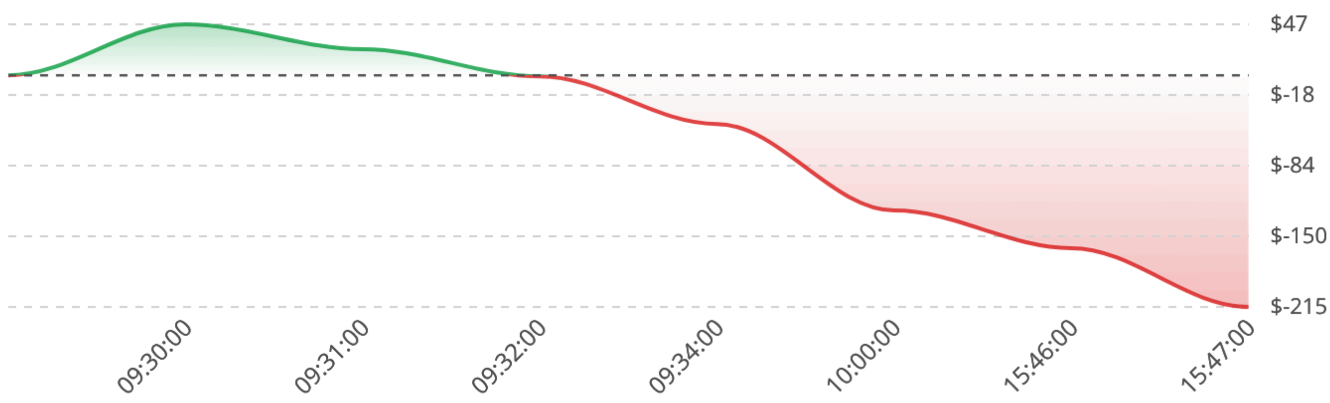
Performance

Win Rate



P&L by Symbol

Cumulative P&L



Performance Details

TOTAL GAIN/LOSS **-$215.40**	LARGEST GAIN **$47.40**
LARGEST LOSS **-$80.40**	AVERAGE DAILY GAIN/LOSS **-$215.40**
VOLUME **210**	AVERAGE PER-SHARE GAIN/LOSS **-$1.03**
AVERAGE TRADE GAIN/LOSS **-$30.77**	AVERAGE WINNING TRADE **$47.40**
AVERAGE LOSING TRADE **$43.80**	TOTAL NUMBER OF TRADES **7**
NUMBER OF WINNING TRADES **1 (14.29%)**	NUMBER OF LOSING TRADES **6 (85.71%)**
AVERAGE HOLD TIME (SCRATCH TRADES) **N/A**	AVERAGE HOLD TIME (WINNING TRADES) **N/A**
AVERAGE HOLD TIME (LOSING TRADES) **N/A**	NUMBER OF SCRATCH TRADES **0**
MAX CONSECUTIVE WINS **0**	MAX CONSECUTIVE LOSSES **0**

TRADE P&L STANDARD DEVIATION **$0.00**	PROBABILITY OF RANDOM CHANCE **99.22%**
KELLY PERCENTAGE **-64.92%**	K-RATIO **-13.17**
PROFIT FACTOR **0.18**	TOTAL COMMISSIONS **$10.50**
TOTAL FEES **$0.00**	

Risk Rules

Risk Rules

Violations detected

Daily Max Loss

Day Trading · Were down $215.40 during the day (limit: $200)