Win Frequent (Risk 2 t

Account size (when you took the trade)	Risk %	OPEN	DAILY ATR	Stop Price (-2 ATR)	Target Price (+1 ATR)	EXIT	Risk Per Share
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00
$ 100,000.00	1%			0.00	0.00		0.00

o make 1)

Total Risk amt	Suggested # of shares	Trade Result	Risk-to-Reward Ratio
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
$ 1,000.00	0	$ -	0
	Gains $	Winning %	Expectancy
	$ -	0%	

Instructions

NOTE: *Only make changes to the "Open" "Daily ATR" and "Exit Price" columns (in yellow). Target Price (in green) automatically populates with your profit target and Stop Price (in red) automatically populates with your exit if the stock moves against you. Enter either the Stop Price or Target Price into EXIT column when triggered.*

Log in to www.chartgame.com
Select "Play a SwingTrader Simulation" for Equities (top right corner)
Select "Indicators" about half way down on the right under "Next Bar" button
Scroll down and select "ATR" (leave the period at 14)
Mouse over the right most green or red bar to see day's price action above the chart
Enter the "Open" number in the OPEN column (2 decimals only)
Estimate the daily ATR and enter this number in the DAILY ATR column (2 decimals)

Spreadsheet automatically fills in "Stop Price" and "Target Price" columns
Select the "Next Bar" button on ChartGame to scroll forward one day
Look to see if High or Low price reaches or exceeds your Stop or Target prices
Enter either the Target or Stop price into EXIT column even if High or Low for that day exceeds the price
Spreadsheet automatically fills in "Profit or Loss" column
Repeat to the end of the spreadsheet

NOTE:
"Account Size" is a paper trade account with $100,000
"Risk %" caps the risk of each trade to 1% of $100,000 or $1,000 (important)
"Risk Per Share" column is the amount risked per share (2 ATR)
"Total Risk Amt" is how much total money is risked on the trade
"Suggested # of shares" shows how many shares can be purchased to cap risk at 1%
"Profit or Loss" shows the results of the trade

"Risk-to-Reward Ratio" measures gain compared to loss (Win Frequent is risk 2 to make 1)
"Gains" at the bottom right of the spreadsheet shows sum of Profit or Loss column
"Gains" shows profits over 30 trades (or about 1/3 of a year assuming 100 trades a year)
"Winning %" should range between 60% and 90% for the Win Frequent Style
"Expectancy" shows the expected return over 100 trades. If your number is ".25" the expectation is that you would make 25% total return over 100 trades. We recommend not trading real money until expectancy is .2 or higher.

Open Date	Instrument	Account size (when you took the trade)	Risk %	Entry Price	Stop Price	Risk Per Share	Risk Amount per contract	Risk Amount
14-Jan	ABT Call option	$ 100,000.00	0.92%	4.40	2.55	1.85	185.00	925
"	ABT Call Debit Vertical Spread	$ 101,175.00	1.03%	2.09	0.00	2.09	209.00	1045
"	PYPL Call	$ 101,380.00	1.07%	9.25	5.65	3.60	360.00	1080
"	PYPL Call Debit Vertical Spread	$ 101,380.00	1.05%	4.55	1.00	3.55	355.00	1065
"	ZM	$ 101,380.00	0.93%	11.00	6.30	4.70	470.00	940
"	AAPL Butterfly Spread	$ 101,380.00	0.28%	1.85	0.90	0.95	95.00	285
28-Mar	calendar spread ZM	$ 100,825.00	1.29%	0.75	0.10	0.65	65.00	1300
	ZM Call	$ 40,000.00	1.29%	9.80	4.65	5.15	515.00	515
		$ 43,085.00	0.00%	0.00	0.00	0.00	0.00	0
		$ 43,085.00	0.00%	0.00	0.00	0.00	0.00	0
		$ 43,085.00	0.00%	0.00	0.00	0.00	0.00	0
		$ 43,085.00	0.00%	0.00	0.00	0.00	0.00	0
		$ 43,085.00	0.00%	0.00	0.00	0.00	0.00	0
		$ 43,085.00	0.00%	0.00	0.00	0.00	0.00	0
		$ 43,085.00	0.00%	0.00	0.00	0.00	0.00	0
		$ 43,085.00	0.00%	0.00	0.00	0.00	0.00	0
		$ 43,085.00	0.00%	0.00	0.00	0.00	0.00	0
		$ 43,085.00	0.00%	0.00	0.00	0.00	0.00	0
		$ 43,085.00	0.00%	0.00	0.00	0.00	0.00	0
		$ 43,085.00	0.00%	0.00	0.00	0.00	0.00	0
		$ 43,085.00	0.00%	0.00	0.00	0.00	0.00	0
		$ 43,085.00	0.00%	0.00	0.00	0.00	0.00	0
		$ 43,085.00	0.00%	0.00	0.00	0.00	0.00	0
		$ 43,085.00	0.00%	0.00	0.00	0.00	0.00	0
		$ 43,085.00	0.00%	0.00	0.00	0.00	0.00	0
		$ 43,085.00	0.00%	0.00	0.00	0.00	0.00	0
		$ 43,085.00	0.00%	0.00	0.00	0.00	0.00	0
		$ 43,085.00	0.00%	0.00	0.00	0.00	0.00	0
		$ 43,085.00	0.00%	0.00	0.00	0.00	0.00	0

		$ 43,085.00	0.00%	0.00	0.00	0.00	0.00	0
		$ 43,085.00	0.00%	0.00	0.00	0.00	0.00	0

Contracts	Direction	Close Date	Actual Trade exit	Target Price	Commisions	Trade Result (with Commissions)	Est. Trade Result (before costs)	R-Mulitple
5	Long	15-Feb	6.75	5.33	5.00	1,170.00	1175.00	1.27
5	Long	16-Feb	2.50	3.14	5.00	200.00	205.00	0.20
3	Long	17-Feb	9.25	11.05	0.00	0.00	0.00	0.00
3	Long	18-Feb	4.55	6.33	0.00	0.00	0.00	0.00
2	Long	19-Feb	11.00	13.35	10.00	10.00	0.00	0.00
3	Long	20-Feb	0.00	2.33	30.00	585.00	-555.00	-1.95
20	Long	11-Apr	2.40	1.08	2.00	3,298.00	3300.00	2.54
1	Long			12.38				
	Long			0.00		0.00	0.00	no trade
	Long			0.00		0.00	0.00	no trade
	Long			0.00		0.00	0.00	no trade
	Long			0.00		0.00	0.00	no trade
	Long			0.00		0.00	0.00	no trade
	Long			0.00		0.00	0.00	no trade
	Long			0.00		0.00	0.00	no trade
	Long			0.00		0.00	0.00	no trade
	Long			0.00		0.00	0.00	no trade
	Long			0.00		0.00	0.00	no trade
	Long			0.00		0.00	0.00	no trade
	Long			0.00		0.00	0.00	no trade
	Long			0.00		0.00	0.00	no trade
	Long			0.00		0.00	0.00	no trade
	Long			0.00		0.00	0.00	no trade
	Long			0.00		0.00	0.00	no trade
	Long			0.00		0.00	0.00	no trade
	Long			0.00		0.00	0.00	no trade
	Long			0.00		0.00	0.00	no trade
	Long			0.00		0.00	0.00	no trade
	Long			0.00		0.00	0.00	no trade

	Long			0.00		0.00	0.00	no trade
	Long			0.00		0.00	0.00	no trade
								Expectancy
					TOTAL			0.29

Comment							
stopped out on trailing stop							
Mistake, incorrect entry. Should have waited or not at all							
Patient for a good move							
Over optimisitic, but turned out well							
Mistake, took phone call and didn't pay attention during order							
trade as planned							

Date	Instrument	Account size (when you took the trade)	Risk %	Entry Price	Stop Price	Risk Per Share
14-Jan	ES	$ 40,000.00	1.09%	1141.25	1140.00	1.25
"	ES	$ 41,312.50	0.91%	1144.00	1145.50	1.50
"	ES	$ 40,937.50	0.98%	1142.00	1141.00	1.00
"	ES	$ 42,537.50	0.94%	1145.00	1144.00	1.00
"	ES	$ 41,937.50	1.07%	1143.00	1144.50	1.50
"	ES	$ 41,337.50	0.97%	1144.00	1142.00	2.00
"	ES	$ 42,037.50	0.95%	1146.00	1147.00	1.00
15-Jan	ES	$ 42,237.50	1.07%	1147.00	1145.50	1.50
"	ES	$ 41,787.50	0.96%	1146.00	1147.00	1.00
"	ES	$ 45,787.50	0.98%	1134.00	1132.50	1.50
"	ES	$ 45,337.50	0.99%	1133.00	1134.50	1.50
			0.00%			0.00
			0.00%			0.00
			0.00%			0.00
			0.00%			0.00
			0.00%			0.00
			0.00%			0.00
			0.00%			0.00
			0.00%			0.00
			0.00%			0.00
			0.00%			0.00
			0.00%			0.00
			0.00%			0.00
			0.00%			0.00
			0.00%			0.00
			0.00%			0.00
			0.00%			0.00
			0.00%			0.00
			0.00%			0.00
			0.00%			0.00
			0.00%			0.00
			0.00%			0.00

Risk Amount per contract	Tick Value	Risk Amount	Contracts	Direction	Actual Trade exit	Commissions	Trade Result (with Commissions)
62.50	12.5	437.5	7	Long	1145.00	20.00	1,292.50
75.00	12.5	375	5	Short	1145.50	20.00	395.00
50.00	12.5	400	8	Long	1146.00	20.00	1,580.00
50.00	12.5	400	8	Long	1143.50	20.00	620.00
75.00	12.5	450	6	Short	1145.00	20.00	620.00
100.00	12.5	400	4	Long	1147.50	20.00	680.00
50.00	12.5	400	8	Short	1145.50	20.00	180.00
75.00	12.5	450	6	Long	1145.50	20.00	470.00
50.00	12.5	400	8	Short	1136.00	20.00	3,980.00
75.00	12.5	450	6	Long	1132.50	20.00	470.00
75.00	12.5	450	6	Short	1132.00	20.00	280.00
0.00	13.5	0		Long			0.00
0.00	14.5	0		Long			0.00
0.00	15.5	0		Long			0.00
0.00	16.5	0		Long			0.00
0.00	17.5	0		Long			0.00
0.00	18.5	0		Long			0.00
0.00	19.5	0		Long			0.00
0.00	20.5	0		Long			0.00
0.00	21.5	0		Long			0.00
0.00	22.5	0		Long			0.00
0.00	23.5	0		Long			0.00
0.00	24.5	0		Long			0.00
0.00	25.5	0		Long			0.00
0.00	26.5	0		Long			0.00
0.00	27.5	0		Long			0.00
0.00	28.5	0		Long			0.00
0.00	29.5	0		Long			0.00
0.00	30.5	0		Long			0.00
0.00	31.5	0		Long			0.00
0.00	32.5	0		Long			0.00
0.00	33.5	0		Long			0.00

Comment					
stopped out on trailing stop					
Mistake, incorrect entry. Should have waited or not at all					
Patient for a good move					
Over optimisitic					
Mistake, took phone call and didn't watch					
trade as planned					
trade as planned, stops moved up					
trade as planned, hit stop					
trade as planned, patient, worked out well					
Over eager, should have waited it out.					
It was a quick try. Glad to make it out without delay.					

	Account Typ	1						
Date	Symbol	Account size (when you took the trade)	Risk %	Entry Price	Stop Price	# pips risked	Risk Dollars	Suggested # of lots
1-Jan	EUR/USD	$ 40,000.00	1.00%	1.26210	1.28001	179	$ 400.00	0.2
	EUR/USD	$ 40,223.34	1.00%	1.25050	1.24650	40	$ 402.23	1.0
	USD/JPY	$ 40,957.41	1.00%	88.740	88.500	24	$ 409.57	1.7
	USD/JPY	$ 40,547.84	1.00%	87.210	87.800	59	$ 405.48	0.7
	EUR/GBP	$ 40,795.25	1.00%	0.82786	0.82855	7	$ 407.95	3.9
	EUR/USD	$ 41,517.15	1.00%	1.36463	1.37	20	$ 415.17	2.1
	eur/usd	$ 42,000.00	1.50%	1.38700	1.38900	20	$ 630.00	3.2
		$ 47,355.00				0	$ -	0.0
		$ 47,355.00				0	$ -	0.0
		$ 47,355.00				0	$ -	0.0
		$ 47,355.00				0	$ -	0.0
		$ 47,355.00				0	$ -	0.0
		$ 42,001.00				0	$ -	0.0
		$ 42,001.00				0	$ -	0.0
		$ 42,001.00				0	$ -	0.0
		$ 42,001.00				0	$ -	0.0
		$ 42,001.00				0	$ -	0.0
		$ 42,001.00				0	$ -	0.0
		$ 42,002.00				0	$ -	0.0
		$ 42,002.00				0	$ -	0.0
		$ 42,002.00				0	$ -	0.0
		$ 42,002.00				0	$ -	0.0
		$ 42,002.00				0	$ -	0.0
		$ 42,002.00				0	$ -	0.0
		$ 42,003.00				0	$ -	0.0
		$ 42,003.00				0	$ -	0.0
		$ 42,003.00				0	$ -	0.0
		$ 42,003.00				0	$ -	0.0
		$ 42,003.00				0	$ -	0.0
		$ 42,003.00				0	$ -	0.0
		$ 42,004.00				0	$ -	0.0
		$ 42,004.00				0	$ -	0.0

Direction	Actual Trade exit	Fees of any kind?	Trade Result (with Fees)	Est. Trade Result (before costs)	R-Mulitple
Short	1.25	0.00	223.34	$ 223.34	0.56
Long	1.26	0.00	734.08	$ 734.08	1.83
Long	88.50	0.00	409.57	$ (409.57)	-1.00
Short	86.85	0.00	247.41	$ 247.41	0.61
Short	0.83	0.00	721.90	$ 721.90	1.77
Short	1.37	0.00	202.37	$ (202.37)	-0.49
Short	1.37	0.00	5,355.00	$ 5,355.00	8.50
Long			0.00	$ -	
Long			0.00	$ -	
Long			0.00	$ -	
Long			0.00	$ -	
Long			0.00	$ -	
Long			0.00	$ -	
Long			0.00	$ -	
Long			0.00	$ -	
Long			0.00	$ -	
Long			0.00	$ -	
Long			0.00	$ -	
Long			0.00	$ -	
Long			0.00	$ -	
Long			0.00	$ -	
Long			0.00	$ -	
Long			0.00	$ -	
Long			0.00	$ -	
Long			0.00	$ -	
Long			0.00	$ -	
Long			0.00	$ -	
Long			0.00	$ -	
Long			0.00	$ -	
Long			0.00	$ -	
					Expectancy:

Comment			
Followed all rules, but trend still ran higher	USD/JPY =		
Rule Break, took profit early	USD/CAD =		
Saw divergence, but it did not hold- followed all rules	USD/CHF =		
Trading on news event.			
Tight stop loss but it worked out. Followed system rules			
Rule Break, anticipated divergence but actually a false signal			
Followed all rules, but trend still ran higher			

Date	Instrument	Account size (when you took the trade)	Risk %	Entry Price	Stop Price	Risk Per Share	Risk Amount per contract	Tick Value	Risk Amount
14-Jan	ES	$ 40,000.00	1.09%	1141.25	1140.00	1.25	62.50	12.5	437.5
"	ES	$ 41,312.50	0.91%	1144.00	1145.50	1.50	75.00	12.5	375
"	ES	$ 40,937.50	0.98%	1142.00	1141.00	1.00	50.00	12.5	400
"	ES	$ 42,537.50	0.94%	1145.00	1144.00	1.00	50.00	12.5	400
"	ES	$ 41,937.50	1.07%	1143.00	1144.50	1.50	75.00	12.5	450
"	ES	$ 41,337.50	0.97%	1144.00	1142.00	2.00	100.00	12.5	400
"	ES	$ 42,037.50	0.95%	1146.00	1147.00	1.00	50.00	12.5	400
15-Jan	ES	$ 42,237.50	1.07%	1147.00	1145.50	1.50	75.00	12.5	450
"	ES	$ 41,787.50	0.96%	1146.00	1147.00	1.00	50.00	12.5	400
"	ES	$ 45,787.50	0.98%	1134.00	1132.50	1.50	75.00	12.5	450
"	ES	$ 45,337.50	0.99%	1133.00	1134.50	1.50	75.00	12.5	450
	ES	$ 45,637.50	0.00%			0.00	0.00	12.5	0
	ES	$ 45,637.50	0.00%			0.00	0.00	12.5	0
	ES	$ 45,637.50	0.00%			0.00	0.00	12.5	0
	ES	$ 45,637.50	0.00%			0.00	0.00	12.5	0
	ES	$ 45,637.50	0.00%			0.00	0.00	12.5	0
	ES	$ 45,637.50	0.00%			0.00	0.00	12.5	0
	ES	$ 45,637.50	0.00%			0.00	0.00	12.5	0
	ES	$ 45,637.50	0.00%			0.00	0.00	12.5	0
	ES	$ 45,637.50	0.00%			0.00	0.00	12.5	0
	ES	$ 45,637.50	0.00%			0.00	0.00	12.5	0
	ES	$ 45,637.50	0.00%			0.00	0.00	12.5	0
	ES	$ 45,637.50	0.00%			0.00	0.00	12.5	0
	ES	$ 45,637.50	0.00%			0.00	0.00	12.5	0
	ES	$ 45,637.50	0.00%			0.00	0.00	12.5	0
	ES	$ 45,637.50	0.00%			0.00	0.00	12.5	0
	ES	$ 45,637.50	0.00%			0.00	0.00	12.5	0
	ES	$ 45,637.50	0.00%			0.00	0.00	12.5	0
	ES	$ 45,637.50	0.00%			0.00	0.00	12.5	0
	ES	$ 45,637.50	0.00%			0.00	0.00	12.5	0
	ES	$ 45,637.50	0.00%			0.00	0.00	12.5	0

	Win %	55%	AVG Win	$ 737.50		Avg. Risk Amt.	$ 419.32		
	Loss %	45%	AVG LOSS	-$ 225.00					

Contracts	Direction	Actual Trade exit	Trade Result	R-Multiple	Comment
7	Long	1145	1312.50		stopped out on trailing stop
5	Short	1145.5	-375.00		Mistake, incorrect entry. Sh
8	Long	1146	1600.00		Patient for a good move
8	Long	1143.5	-600.00		Over optimisitic
6	Short	1145	-600.00		Mistake, took phone call an
4	Long	1147.5	700.00		trade as planned
8	Short	1145.5	200.00		trade as planned, stops mov
6	Long	1145.5	-450.00		trade as planned, hit stop
8	Short	1136	4000.00		trade as planned, patient, V
6	Long	1132.5	-450.00		Over eager, should have wa
6	Short	1132	300.00		It was a quick try. Glad to m
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		Expectancy:	**0.72**		

		Standard		
		Mini		