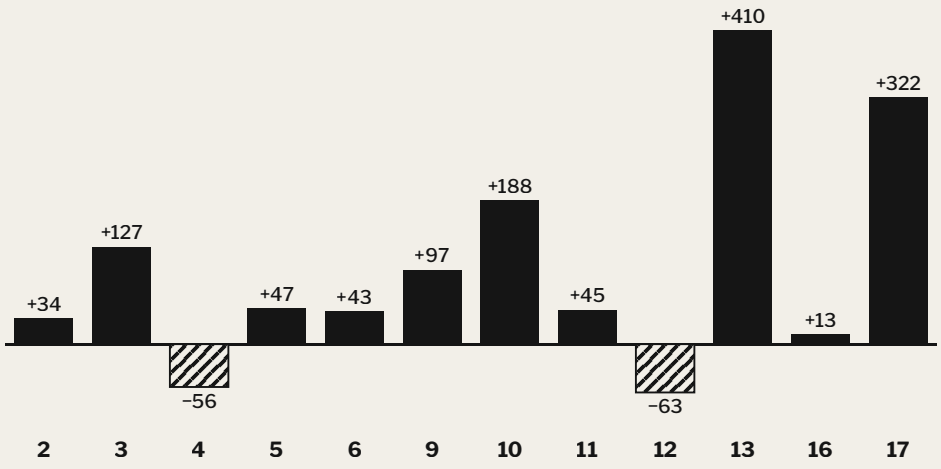
The Trading Journal

From the Day Journal of Sample trader · Generated Wednesday, 18 November 2026 · Harmonized Trades

Twelve Days, 50 Trades Closed, Net ▲ +$1,207

33 gains and 17 losses. 11 of 12 trading days carry a note.

NET REALIZED BY DAY



Solid bars: days with a net gain. Hatched bars: days with a net loss.

BY THE NUMBERS

50
trades closed

33 · 17
gains · losses

3.4 of 5
average day rating

33
notes written

6 of 12
days tagged patient

BEST DAY · FRI 13 NOV

▲ +$410 on six closes, rated 5 of 5

"Waited for my levels and didn't touch anything off the list."

HARDEST DAY · THU 12 NOV

▼ −$63 on five closes, rated 2 of 5

"Chased CRDO at the open and paid for it."

INSIDE THIS EDITION

The period at a glance 1
Week of 2 November 2
Week of 9 November 7
Week of 16 November 12

A personal trading record. Not investment advice. Trading involves risk of loss. · Made with Harmonized Trades · harmonizedtrades.com

DAY 1 OF 12

Two Closed, Net ▲ +$34

One gain, one loss. KMI the largest gain; XLE the largest loss.

★★★☆☆

BEFORE THE BELL

Two names only: KMI and XLE.

No trades in the first 15 minutes.

FROM THE FLOOR

9:48 AM

KMI through 27. In, half size.

AFTER THE CLOSE

Quiet start to the month. Took what was there and stopped at two trades.

"Quiet start to the month."

FILED UNDER

Patient

THE TAPE

CLOSED	NET	%
KMI	▲ +52.00	+1.93
XLE	▼ −18.00	−0.44
Total	**▲ +$34.00**	

DAY 2 OF 12

Two Closed, Net ▲ +$127

Two gains. AMD the largest gain.

★★★★½

BEFORE THE BELL

AMD only above yesterday's high.

FROM THE FLOOR

10:05 AM

AMD triggered.

2:30 PM

Out at the target.

AFTER THE CLOSE

Plan was one name. Traded one name. Out at the target and left it alone after.

"Plan was one name."

FILED UNDER

Followed plan

THE TAPE

CLOSED	NET	%
AMD	▲ +96.00	+2.46
SPY	▲ +31.00	+0.53
Total	▲ +$127.00	

DAY 3 OF 12

Five Closed, Net ▼ −$56

Two gains, three losses. NKE the largest gain; FROG the largest loss.

★★☆☆☆

FROM THE FLOOR

11:20 AM

Third trade in an hour. Slow down.

AFTER THE CLOSE

Too many trades for a flat tape. Five in, three of them the same idea.

“Too many trades for a flat tape.”

FILED UNDER

Overtraded

THE TAPE

CLOSED	NET	%
NKE	▲ +22.00	+0.73
SPY	▲ +15.00	+0.26
AAPL	▼ −12.00	−0.27
CRDO	▼ −37.00	−1.42
FROG	▼ −44.00	−2.10
Total	**▼ −$56.00**	

DAY 4 OF 12

Two Closed, Net ▲ +$47

Two gains. XLE the largest gain.

★★★★½

BEFORE THE BELL

Earnings tonight for two of mine. Size down today.

AFTER THE CLOSE

Kept size small ahead of earnings. Flat-ish, which is fine on a day like this.

"Kept size small ahead of earnings."

FILED UNDER

Patient · Followed plan

THE TAPE

CLOSED	NET	%
XLE	▲ +28.00	+0.68
KMI	▲ +19.00	+0.70
Total	**▲ +$47.00**	

OPENED TODAY

NKE

DAY 5 OF 12

Two Closed, Net ▲ +$43

One gain, one loss. DOV the largest gain; AMD the largest loss.

Not rated

THE TAPE

CLOSED	NET	%
DOV	▲ +64.00	+1.64
AMD	▼ −21.00	−0.54
Total	**▲ +$43.00**	

DAY 6 OF 12

Five Closed, Net ▲ +$97

Three gains, two losses. NKE the largest gain; AAPL the largest loss.

★★★☆☆

BEFORE THE BELL

Wait for 10:30 before anything.

FROM THE FLOOR

10:34 AM

Still nothing I like.

AFTER THE CLOSE

Slow open, sat on my hands until 10:30. Two small losses on the afternoon fade, both inside the stop.

"Slow open, sat on my hands until 10:30."

FILED UNDER

Patient

THE TAPE

CLOSED	NET	%
NKE	▲ +88.00	+2.93
FROG	▲ +41.00	+1.95
SPY	▲ +12.00	+0.21
DOV	▼ −18.00	−0.46
AAPL	▼ −26.00	−0.59
Total	**▲ +$97.00**	

DAY 7 OF 12

Six Closed, Net ▲ +$188

Four gains, two losses. KMI the largest gain; AAPL the largest loss.

★★★★½

BEFORE THE BELL

Three names: KMI, XLE, AMD.

FROM THE FLOOR

9:55 AM

KMI first.

1:15 PM

XLE giving some back.

AFTER THE CLOSE

Plan was three names. Traded three names. KMI did the work, XLE gave back half of its gain by the close.

"Plan was three names."

FILED UNDER

Followed plan

THE TAPE

CLOSED	NET	%
KMI	▲ +121.00	+4.48
AMD	▲ +47.00	+1.21
XLE	▲ +38.00	+0.93
CRDO	▲ +22.00	+0.85
SPY	▼ −19.00	−0.33
AAPL	▼ −21.00	−0.48
Total	**▲ +$188.00**	

DAY 8 OF 12

Four Closed, Net ▲ +$45

Three gains, one loss. NKE the largest gain; XLE the largest loss.

★★★½☆

BEFORE THE BELL

Earnings day for two of mine. Half size.

AFTER THE CLOSE

Earnings day for two of mine, kept size small. Flat-ish, which is fine on a day like this one.

“Earnings day for two of mine, kept size small.”

FILED UNDER
Patient

THE TAPE

CLOSED	NET	%
NKE	▲ +39.00	+1.30
DOV	▲ +24.00	+0.62
FROG	▲ +11.00	+0.52
XLE	▼ −29.00	−0.71
Total	**▲ +$45.00**	

DAY 9 OF 12

Five Closed, Net ▼ −$63

Two gains, three losses. KMI the largest gain; CRDO the largest loss.

★★☆☆☆

FROM THE FLOOR

9:36 AM

CRDO running. In late.

10:10 AM

Stopped. Looking at AMD.

AFTER THE CLOSE

Chased CRDO at the open and paid for it. Then tried to make it back on AMD. Same result, bigger size.

“Chased CRDO at the open and paid for it.”

FILED UNDER

FOMO · Revenge trade

THE TAPE

CLOSED	NET	%
KMI	▲ +36.00	+1.33
NKE	▲ +28.00	+0.93
SPY	▼ −22.00	−0.38
AMD	▼ −47.00	−1.21
CRDO	▼ −58.00	−2.23
Total	**▼ −$63.00**	

DAY 10 OF 12

Six Closed, Net ▲ +$410

Five gains, one loss. NKE the largest gain; AAPL the largest loss.

★★★★★

BEFORE THE BELL

Levels only. Nothing off the list.

FROM THE FLOOR

11:02 AM

First level hit. In.

3:20 PM

Flat into the weekend.

AFTER THE CLOSE

Waited for my levels and didn't touch anything off the list. Best week-ending day since September.

"Waited for my levels and didn't touch anything off the list."

FILED UNDER

Followed plan · Patient

THE TAPE

CLOSED	NET	%
NKE	▲ +142.00	+4.73
AMD	▲ +97.00	+2.49
KMI	▲ +78.00	+2.89
XLE	▲ +61.00	+1.49
FROG	▲ +49.00	+2.33
AAPL	▼ −17.00	−0.39
Total	**▲ +$410.00**	

DAY 11 OF 12

Two Closed, Net ▲ +$13

One gain, one loss. SPY the largest gain; DOV the largest loss.

★★★☆☆

BEFORE THE BELL

Start of the week. One trade before lunch at most.

THE TAPE

CLOSED	NET	%
SPY	▲ +27.00	+0.47
DOV	▼ −14.00	−0.36
Total	**▲ +$13.00**	

OPENED TODAY

PLTR

DAY 12 OF 12

Nine Closed, Net ▲ +$322

Seven gains, two losses. NKE the largest gain; DOV the largest loss.

★★★★½

BEFORE THE BELL

Watching NKE above 61.50 after the earnings drift.
DOV only if it holds yesterday's low.
Size down on anything gapping more than 3%.
No new option trades before 10:00.

FROM THE FLOOR

8:53 AM

Market flat. Sticking to the list.

10:14 AM

NKE in. Took half at +2%.

1:40 PM

DOV stopped. Followed the rule.

AFTER THE CLOSE

Stayed with the plan most of the day. Both losers were small and both were on the list.
Chased CRDO a little at the open and it worked anyway. That's not a reason to do it again.
Tomorrow: wait for the first 15 minutes.

"Stayed with the plan most of the day."

FILED UNDER

Followed plan · Patient

THE TAPE

CLOSED	NET	%
NKE	▲ +131.00	+4.57
FROG	▲ +74.00	+3.52
CRDO	▲ +68.00	+2.62
KMI	▲ +41.00	+1.52
XLE	▲ +36.00	+0.88
AMD	▲ +33.00	+0.85
SPY	▲ +24.00	+0.41
AAPL	▼ −24.00	−0.55
DOV	▼ −61.00	−1.56
Total	**▲ +$322.00**	

OPENED TODAY

MMM ×2 · PLTR · XOM