HARMONIZED TRADES

Trading Journal

1 – 17 November 2026

Eleven days, as written at the time

THIS JOURNAL IS KEPT BY

Sample trader

All live accounts · Tracking mode

THE PERIOD IN BRIEF

Days journaled	11 of 12 trading days
Trades closed	50 · 33 W, 17 L
Net realized	▲ +$1,207.00
Average day rating	3.4 of 5
Notes written	33

Generated 18 November 2026 from your Day Journal notes.
A personal record. Not investment advice.
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ENTRY 1 · MONDAY

2 November 2026

★★★☆☆

How I traded, not how much I made

NET REALIZED	RECORD	BEST	WORST	NOTES
▲ +$34	1 W · 1 L	KMI	XLE	3
2 closed	50% won	▲ +$52 · +1.93%	▼ −$18 · −0.44%	plan, 1 quick, review

The trades

KMI ..... ▲ +$52.00 XLE ..... ▼ −$18.00

Before the open

Two names only: KMI and XLE.

No trades in the first 15 minutes.

During the day

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.

FILED UNDER PATIENT

ENTRY 2 · TUESDAY

3 November 2026

★★★★☆

How I traded, not how much I made

NET REALIZED	RECORD	BEST	WORST	NOTES
▲ +$127	2 W · 0 L	AMD	–	4
2 closed	100% won	▲ +$96 · +2.46%		plan, 2 quick, review

The trades

AMD ..... ▲ +$96.00 SPY ..... ▲ +$31.00

Before the open

AMD only above yesterday's high.

During the day

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.

FILED UNDER FOLLOWED PLAN

ENTRY 3 · WEDNESDAY

4 November 2026

★★☆☆☆

How I traded, not how much I made

NET REALIZED	RECORD	BEST	WORST	NOTES
▼ −$56	2 W · 3 L	NKE	FROG	2
5 closed	40% won	▲ +$22 · +0.73%	▼ −$44 · −2.10%	1 quick, review

The trades

NKE ▲ +$22.00	SPY ▲ +$15.00	AAPL ▼ −$12.00
CRDO ▼ −$37.00	FROG ▼ −$44.00	

During the day

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.

FILED UNDER — OVERTRADED

ENTRY 4 · THURSDAY

5 November 2026

★★★★☆

How I traded, not how much I made

NET REALIZED	RECORD	BEST	WORST	NOTES
▲ +$47	2 W · 0 L	XLE	–	2
2 closed	100% won	▲ +$28 · +0.68%		plan, review

The trades

XLE ..... ▲ +$28.00 KMI ..... ▲ +$19.00

Opened, still held: NKE

Before the open

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.

FILED UNDER PATIENT FOLLOWED PLAN

ENTRY 5 · FRIDAY

6 November 2026

Not rated

How I traded, not how much I made

NET REALIZED	RECORD	BEST	WORST	NOTES
▲ +$43	1 W · 1 L	DOV	AMD	0
2 closed	50% won	▲ +$64 · +1.64%	▼ −$21 · −0.54%	no notes

The trades

DOV ..... ▲ +$64.00 AMD ..... ▼ −$21.00

ENTRY 6 · MONDAY

9 November 2026

★★★☆☆

How I traded, not how much I made

NET REALIZED	RECORD	BEST	WORST	NOTES
▲ +$97	3 W · 2 L	NKE	AAPL	3
5 closed	60% won	▲ +$88 · +2.93%	▼ −$26 · −0.59%	plan, 1 quick, review

The trades

NKE	▲ +$88.00	FROG	▲ +$41.00	SPY	▲ +$12.00
DOV	▼ −$18.00	AAPL	▼ −$26.00		

Before the open

Wait for 10:30 before anything.

During the day

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.

FILED UNDER — PATIENT

ENTRY 7 · TUESDAY

10 November 2026

★★★★☆

How I traded, not how much I made

NET REALIZED	RECORD	BEST	WORST	NOTES
▲ +$188	4 W · 2 L	KMI	AAPL	4
6 closed	67% won	▲ +$121 · +4.48%	▼ −$21 · −0.48%	plan, 2 quick, review

The trades

KMI	▲ +$121.00	AMD	▲ +$47.00	XLE	▲ +$38.00
CRDO	▲ +$22.00	SPY	▼ −$19.00	AAPL	▼ −$21.00

Before the open

Three names: KMI, XLE, AMD.

During the day

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.

FILED UNDER — FOLLOWED PLAN

ENTRY 8 · WEDNESDAY

11 November 2026

★★★☆☆

How I traded, not how much I made

NET REALIZED	RECORD	BEST	WORST	NOTES
▲ +$45	3 W · 1 L	NKE	XLE	2
4 closed	75% won	▲ +$39 · +1.30%	▼ −$29 · −0.71%	plan, review

The trades

NKE ..... ▲ +$39.00 DOV ..... ▲ +$24.00 FROG ..... ▲ +$11.00
XLE ..... ▼ −$29.00

Before the open

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.

FILED UNDER PATIENT

ENTRY 9 · THURSDAY

12 November 2026

★★☆☆☆

How I traded, not how much I made

NET REALIZED	RECORD	BEST	WORST	NOTES
▼ −$63	2 W · 3 L	KMI	CRDO	3
5 closed	40% won	▲ +$36 · +1.33%	▼ −$58 · −2.23%	2 quick, review

The trades

KMI	▲ +$36.00	NKE	▲ +$28.00	SPY	▼ −$22.00
AMD	▼ −$47.00	CRDO	▼ −$58.00		

During the day

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.

FILED UNDER — FOMO — REVENGE TRADE

ENTRY 10 · FRIDAY

13 November 2026

★★★★★

How I traded, not how much I made

NET REALIZED	RECORD	BEST	WORST	NOTES
▲ +$410	5 W · 1 L	NKE	AAPL	4
6 closed	83% won	▲ +$142 · +4.73%	▼ −$17 · −0.39%	plan, 2 quick, review

The trades

NKE	▲ +$142.00	AMD	▲ +$97.00	KMI	▲ +$78.00
XLE	▲ +$61.00	FROG	▲ +$49.00	AAPL	▼ −$17.00

Before the open

Levels only. Nothing off the list.

During the day

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.

FILED UNDER — FOLLOWED PLAN — PATIENT

ENTRY 11 · MONDAY

16 November 2026

★★★☆☆

How I traded, not how much I made

NET REALIZED	RECORD	BEST	WORST	NOTES
▲ +$13	1 W · 1 L	SPY	DOV	1
2 closed	50% won	▲ +$27 · +0.47%	▼ −$14 · −0.36%	plan

The trades

SPY ..... ▲ +$27.00 DOV ..... ▼ −$14.00

Opened, still held: PLTR

Before the open

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

ENTRY 12 · TUESDAY

17 November 2026

★★★★☆

How I traded, not how much I made

NET REALIZED	RECORD	BEST	WORST	NOTES
▲ +$322	7 W · 2 L	NKE	DOV	5
9 closed	78% won	▲ +$131 · +4.57%	▼ −$61 · −1.56%	plan, 3 quick, review

The trades

NKE	▲ +$131.00	FROG	▲ +$74.00	CRDO	▲ +$68.00
KMI	▲ +$41.00	XLE	▲ +$36.00	AMD	▲ +$33.00
SPY	▲ +$24.00	AAPL	▼ −$24.00	DOV	▼ −$61.00

Opened, still held: MMM ×2 · PLTR · XOM

Before the open

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.

During the day

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.

FILED UNDER FOLLOWED PLAN · PATIENT