Date: **News:**

Set Alarm, Trading DOM, Chart Trader & Eliminate Distractions….DISCIPLINE will make you RICH!!									PnL
Time	Dir	Set-Up	T1	T2	T3	Stop	#Contracts	Notes	
Price Traded at:						1 2 3 4 5			
Time	Dir	Set-Up	T1	T2	T3	Stop	#Contracts	Notes	
Price Traded at:						1 2 3 4 5			
Time	Dir	Set-Up	T1	T2	T3	Stop	#Contracts	Notes	
Price Traded at:						1 2 3 4 5			
Time	Dir	Set-Up	T1	T2	T3	Stop	#Contracts	Notes	
Price Traded at:						1 2 3 4 5			
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Price Traded at:						1 2 3 4 5			
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Price Traded at:						1 2 3 4 5			
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Price Traded at:						1 2 3 4 5			
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Price Traded at:						1 2 3 4 5			
Time	Dir	Set-Up	T1	T2	T3	Stop	#Contracts	Notes	
Price Traded at:						1 2 3 4 5			
Time	Dir	Set-Up	T1	T2	T3	Stop	#Contracts	Notes	
Price Traded at:						1 2 3 4 5			
Time	Dir	Set-Up	T1	T2	T3	Stop	#Contracts	Notes	
Price Traded at:						1 2 3 4 5			
Time	Dir	Set-Up	T1	T2	T3	Stop	#Contracts	Notes	
Price Traded at:						1 2 3 4 5			

Time	ATR	AVG.VOL	VOL	
800				
830				
900				
930				
1000				
1030				
1100				
1130				

Quick Scan	
LOWER LOWS / HIGHER HIGHS	
News Releases	
Avg. Volume > 450 & ATR > 10	
60-Minute Levels OHLC & TrendLines	
FESX Levels (Correlated)	
2-minute Levels & Pattern Set-Up	
1-Minute Trending & Pattern Set-Up	
Stochastic Curl 1&2-Minute	
Volume Bars on 1-min	
Volume on Time & Sales at entry	