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**TradeBook**

For

**TRPCTSAMPLE**

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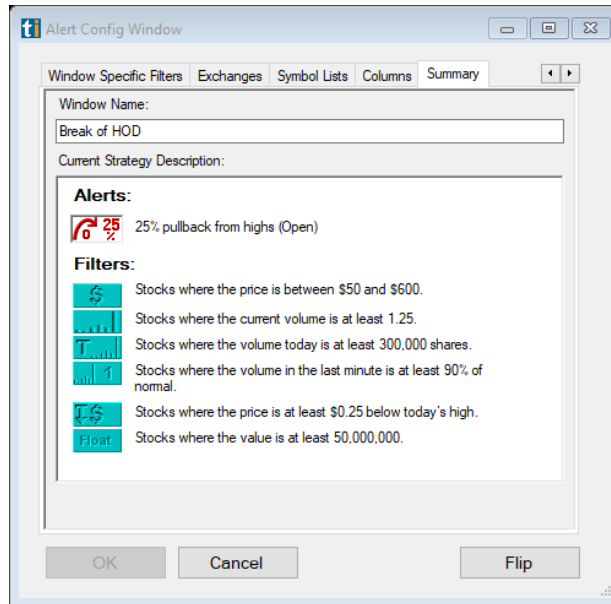


***Technology***

## Trading Tools

**Trading Platform:** DAS Trader Pro offers me the best execution speed which is essential to my order execution. I trade equities, so although this platform is basic in its layout, it offers me the correct level of information I need to make an informed decision with my strategy.

**Trading Scanners:** Trade Ideas allows me to customize an alert window for pullbacks from the high of the day. The scanner alerts me to stocks that have pulled back from the high of day with elevated 1-minute volume within my desired price range. This alert window is a part of my strategy.



**Trading Desk:** I have 3 – 27-inch monitors and laptop monitor. The center and right 27-inch monitors all have the same screen setup (1,2,5,15-minute charts for the stock, 1 min SPY, level 2, market viewer, Time and Sales). This is what I execute trades from. The laptop monitor has TI scanner, indexes, position window, order window, and alert windows. The left screen is for scanning 1-minute thumb charts.

My trading screen is setup to allow for my eyes to process the desired information by focusing in a narrow area without having to be constantly moving. The 1-minute thumbs allow for me to quickly scanner my perment watchlist stocks, stocks in play, and stocks in specific sectors.

**Trading Community:** Bear Bull Traders offers me a community in which I can learn and grow with like minded people. The community seeks to develop traders through educational material designed to develop a trader's skill set.

## Hotkey/Buttons

I choose to utilize the following hotkeys on a stream deck keypad.

- **Long Stop Market + .01 above the HOD:** This calculates the number of shares I can take with a fixed risk per share for an identified stop level to .01 cents above the HOD and places a stop market order.
- **Cancel Last:** This cancels the last order that was placed on the montage
- **Sell:** I have four different sell keys. These cancel any pending orders then sells 25%, 50%, 75%, and 100% of the remaining position.
- **Breakeven:** This places a stop market order for remaining position at my breakeven price
- **BHOD Alert:** This initiates the alert function in DAS to place an Alert
- **Levels:** These hotkeys allow me to place different horizontal line on the chart quickly. They are Entry, TFL, Daily, and R&S levels from the daily chart.

*Journal Tools*

**Microsoft OneNote:** This is used for self-reflection and goal tracking

**Tradervue:** This is used for statistical analysis

**Microsoft Excel:** This is used for statistical analysis and back information

*Journal Criteria for BHOD Strategy*

**Trade Analysis**

Indicators

Great	Good	Alright	Bad	Terrible
4 of 4	3 of 4		≤ 3	Zero

Confirmations

Great	Good	Alright	Bad	Terrible
3 of 3			≤ 3	Zero

Risk Management Plan

Great	Good	Alright	Bad	Terrible
≥ 1:1R Materialized Confident	≥ 1:1 Confident	≥ 1:1	≤ 1:1 Confident	≤ 1:1 Lack of Confidence

Profit Target

Great	Good	Alright	Bad	Terrible
≥ .5R	≥ .2R	≥ 0	0 ≥ -1R	> -1R

Stop Loss

Great	Good	Alright	Bad	Terrible
Confident with Stop Correct Placement	Correct Placement	Confident with Stop	Incorrect Placement	Incorrect Placement Lack of Confidence

Entry

Great	Good	Alright	Bad	Terrible
Close to Planned Entry Confident with Entry No Hesitation	Close to Planned Entry No Hesitation	Close to Planned Entry Hesitation	Hesitation	Lack of Confidence Hesitation Bad Fill

Profit Taking

Great	Good	Alright	Bad	Terrible
Executed Plan A Stop Out plan Executed Risk Plan	Executed Plan A with 1 early exit	Executed Plan A with more than 1 early exits	Did not execute Plan A deviated from it	Did not follow stop plan or risk plan

### Proper Analyzation

<b>Great</b>	<b>Good</b>	<b>Alright</b>	<b>Bad</b>	<b>Terrible</b>
Checked 4 of 4: Indicators Confirmations Risk Entry	3 of 4	2 of 4	1 of 4	0 of 4

### Psychology of the Trade

- The lowest of the three areas is the max assessment for the overall
- Each area of prior, during, and after is an assessment based on emotions at the end of the trade. It is subjective just like emotions themselves are subjective

### Overall Rating

<b>Great</b>	<b>Good</b>	<b>Alright</b>	<b>Bad</b>	<b>Terrible</b>
> 83%	> 66%	> 50%	> .33%	> 0

- A rating of “terrible” will be given if the stop is violated or the reduce risk management plan is violated.
- A rating of “Bad” will be given for any trade taken outside of my TradeBook Edge



***Strategy***



## *Trading Tenets*

- Regardless of the environment, technical or fundamental analysis, the top priority will always be risk management
- The number 1 thing to make me successful is leveraging my discipline.
- You need sufficient self-discipline to follow your trading plan, to avoid getting overexcited or depressed in the markets, and to resist the temptation to make emotional decisions.
- Being good at trading is the result of mastering the skills of trading and recognizing the fundamentals of a good trade.
- Trade by focusing on the process not the outcome.
- Successful traders are patient and resist the temptation to be involved in every move.
- Successful traders need to wait for opportunities where they feel comfortable and confident.
- Do not judge your trading strategy on yourself upon one trade because successful traders think in probabilities
- Successful traders accept the loss and get out of the trade and moves on to the next trade
- You need to constantly analyze the balance of power between buyers and sellers and bet on the winning group

## *Trading Rules*

**Rule 1:** Day Trading is not a strategy to get rich quickly

**Rule 2:** Day Trading is not easy. It is a serious business, and you should treat it as such

**Rule 3:** Day Traders do not hold positions overnight. If necessary, you must sell with a loss to make sure you do not hold onto any stock overnight

**Rule 4:** Always ask, "Is the stock moving because the overall market is moving, or is it moving because it has a unique fundamental catalyst."

**Rule 5:** Success in day trading comes from risk management - finding low-risk entries with a high potential reward. The minimum win:lose ratio for me is 2:1

**Rule 6:** Your broker will buy and sell stocks for you at the Exchange. Your only job as a day trader is to manage risk. You cannot be a successful day trader without excellent risk management skills, even if you are the master of many effective strategies.

**Rule 7:** Retail traders trade only Stocks in Play, high relative volume stocks that have fundamental catalyst and are being traded regardless of the overall market.

**Rule 8:** Experienced traders are like guerrilla soldiers. They jump out at just the right time, take their profit and get out.

**Rule 9:** Hollow candlesticks, where the close is greater than the open, indicate buying pressure. Filled candlesticks, where the close is less than the open, indicate selling pressure.

**Rule 10:** Indicators only indicate; they should not be allowed to dictate.

**Rule 11:** Profitable trading does not involve emotion. If you are an emotional trader, you will lose your money.

**Rule 12:** ....

## Trading Framework

### Daily Stock Selection Criteria:

- I have 11 stocks that I watch daily with 1-minute thumb charts on my middle screen
- Stocks that have a news catalyst move up on the priority list
- Stock's volume should be greater than 80% RVOL after the first 3 minutes or should be increasing significantly as the day progresses

### Other Stock Selection Criteria:

- Stock must gap up or down at least 2% but not more than 10%.
- Stock must have some type of news catalyst
- Stock's volume should be greater than 100,000 shares in the pre-market
- Stock's float should have more than 50 million shares
- Stock's Average True Range should be between 1.00 and 10.00
- Stock's short interest % should not be greater than 30%
- Stock's pre-market trading should be more than normal
- Stock's relative volume should be above 100% at the open

**Daily Max Loss:** \$125

**Daily Profit Goal:** \$250

**Max 30 Day Loss:** \$1500

**Exchanges:** I prefer the NASDAQ but will trade the NYSE

### Additional:

- My daily goal is to get 2 runners above the number of losers I have
- If I get 2 losers, I am done trading for the day unless I have received a winner or a runner.

## Trading Plan (BHOD with Scanner)

Enter a position when there is a buyer who is willing to pay more for the stock than anyone else in the world during the intraday session if it has rising volume into the break.

**Time:** 9:40am – 3:30pm ET

### Indicators:

- The stock has smooth volume
- The stock is pulling back from the HOD
- The HOD is near a significant level (PMH, PML, TFL, ATH, PCL, R/S(x) or Daily)
- RVOL is greater than 90%
- Level 2 is stacking above the HOD at .50 intervals

### Confirmations:

- Begins to “punch” towards the HOD
- Does not consolidate at the HOD
- Has rising volume into the break of the HOD

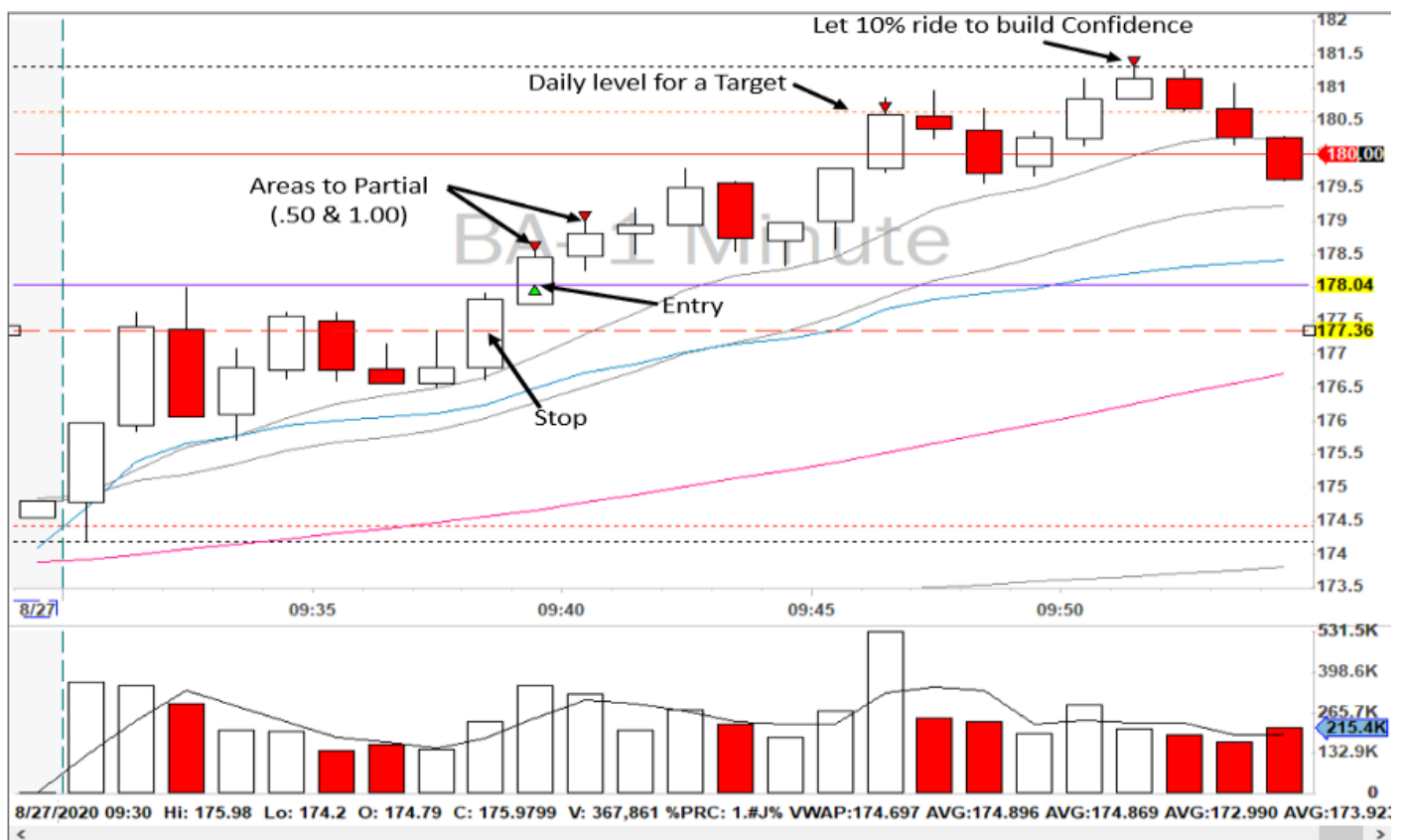
### Entry Signal:

- Stock print's .01 cent above the HOD

**Stop Loss:** Bottom or wick of the previous candle before the entry candle. Stop is moved to the bottom wick of the next 1-minute candle after entry if a partial is not taken before it closes.

**Target:** 1R

**Rules:** Once a partial is taken, the trade should always be exited at break-even



## *Money & Risk Management for BHOD Strategy*

**Risk Per Trade:** \$25

**Profit Target Per Trade:** \$50

**Max Loss Per Trade:** \$25

**Trade Limits:** If I get back-to-back losers, I will quit trading for the day. I must get at least 1 runner or winner to continue trading after two losers even if I have a B/E trade.

**Time Constraints:** I will not trade the first 10 minutes and will end trading at 1530

**Stop Loss Mechanism:** I use mental and moving stops

**Break-even Win%:** 60%

**Scaling up Criteria:** I will scale up when I have a variance of less than 2 from the previous strategy set.

## *Trade Management for BHOD Strategy*

### **Removing Size from the Position Plan:**

- I take 25% off at 1R of the initial risk assessment
- I take 50% off at 2R of the initial risk assessment
- I take 100% off at the profit target

**Adding to the Position Plan:** Currently I do not add to a trade; however, there is a very real possibility for this effective as the stock will almost always come back to test the HOD before either moving up or losing the level.

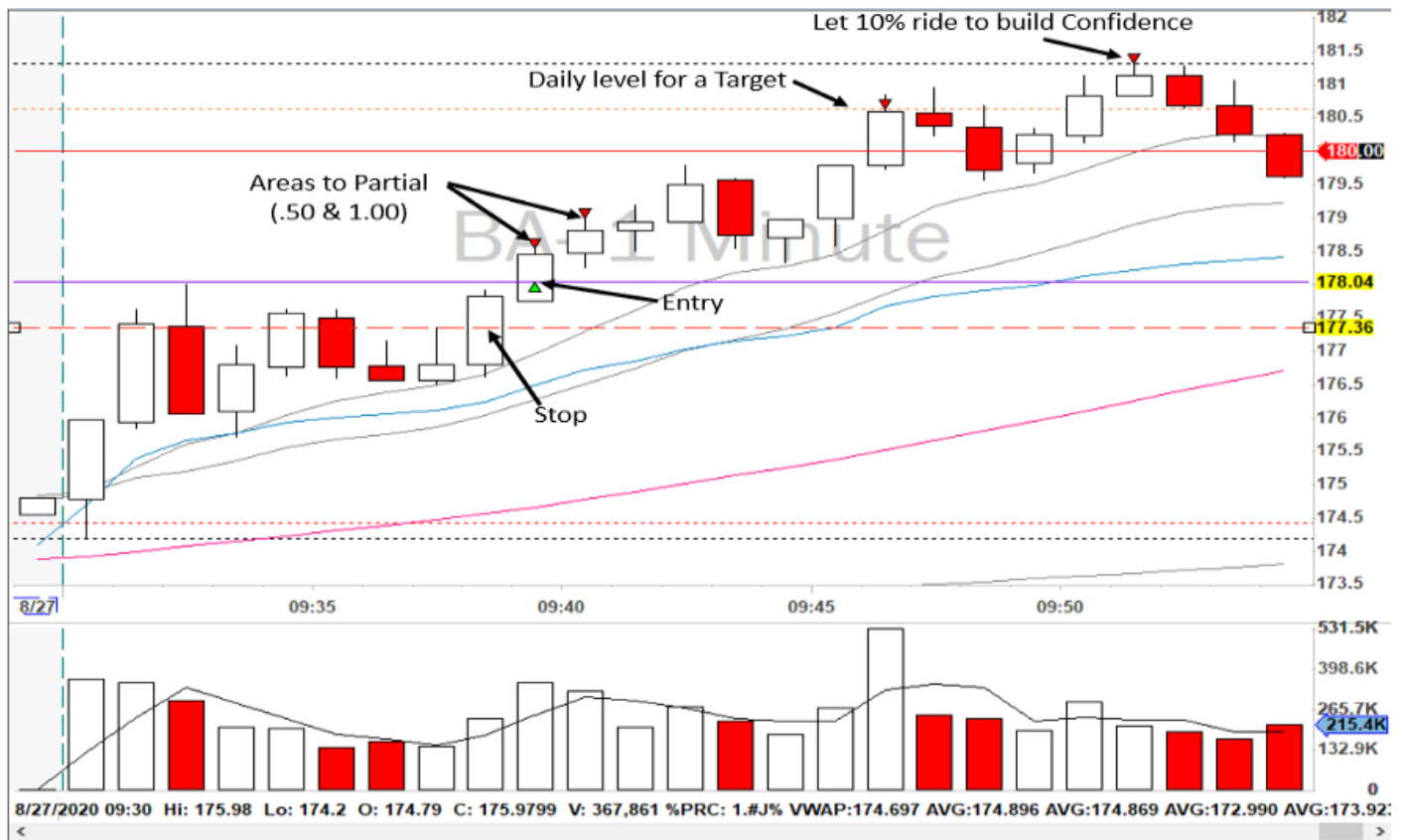
### **Stop Loss Moving Plan:**

- My stop is set to the opening of prior previous candle for the initial entry candle
- I move my stop immediately to the open of the previous candle after entering
- When the candle after my entry candle closes, I move my stop to the lower wick of that candle
- After taking a partial I will always move my stop to breakeven, unless the partial is a bad fill then I will leave the stop as the original plan
- \*\*\*If upon entry I get a bad fill at the top of a wick on a quick pop through and the stock immediately within 1-2 secs drops back down to the HOD or lower I will exit immediately and accept the loss as the trade is no longer valid

**Seeking Realized Rate of Return:** I am seeking 2R.

## Best Trade

This was a BHOD trade. The stock began pulling back after an opening push higher. It found support on the 9 EMA and began pushing higher to the high of the day on increased volume. Upon entry I took partials at my designated areas and took the majority off at the profit target of yesterdays high. I left 10% on to ride higher and build internal confidence.



### Why was it your best trade:

- I was able to separate what I thought was going to happen with what the market was telling me. Although I thought the stock was going to go down, all of my signals were telling me to take a long position.
- I took partials at the appropriate places within my trade management plan

### What did you learn from the trade:

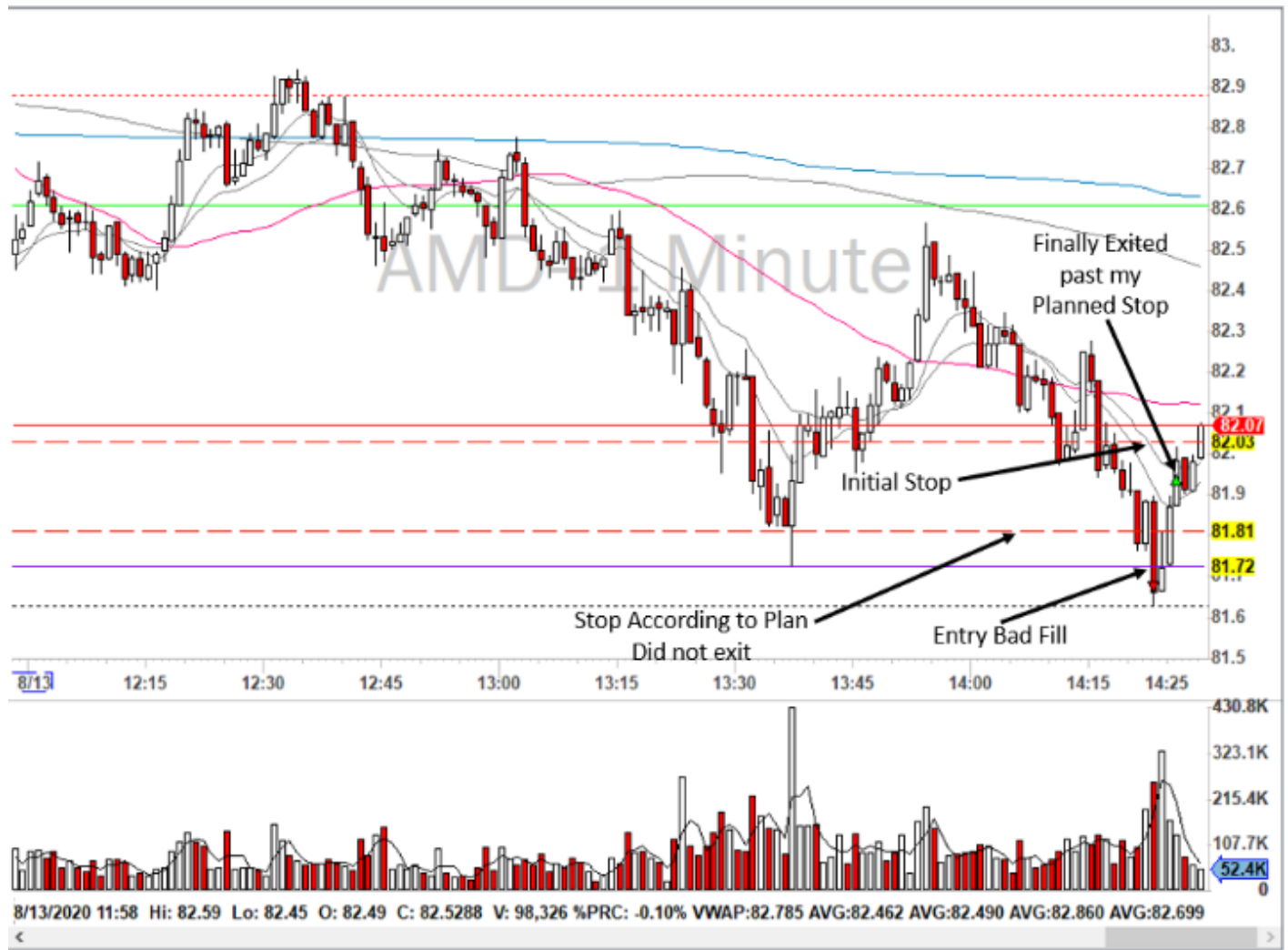
- I learned that being able to separate your bias is vitally important because if I fail to separate my bias from what the market was telling me, I would not have taken the trade.

### How can you repeat the trade:

- I can repeat this trade by reminding myself to be aware of my bias but to read the price action and volume and take trades based on what the market is telling me.

## Worst Trade

This was a BLOD which was not a part of my TradeBook or a part of my game plan for the day but I still took it. The market was weak and when the stock failed to hold above the 50 SMA I decided to take a short going into the break. I had my order set in place and got a bad fill throwing off my risk to reward plan. My next wrong step was, I did not exit at my minimized risk area and let it go past in hopes that it would drop again. The volume setup going into the break was not what I look for. There was nothing working in my favor except that I listened to my bias.



### Why was it your worst trade:

- I did not follow my trading plan with regards to risk
- I forced a setup on the trade outside of my TradeBook.
- This trade was not within my trading plan or my strategies.

### What did you learn from the trade:

- I learned that volume is one of the most important indicators with this strategy and how I trade it. I have to have the volume rising into the break to execute the trade the way I want to.

### How can you prevent repeating the trade:

I can prevent this from happening again by remaining vigilant when I notice I have a bias on a stock. I was bias because the market was selling off, where as I should have been looking at what the market was tell me, which was that \$AMD is going to push higher before selling off again.





***Psychology***

## Trader Personality Profile

- Complete the Trader Personality Profile: <https://aware-profile.daytradingpsychology.com/>

**Agrarian Score: 8**

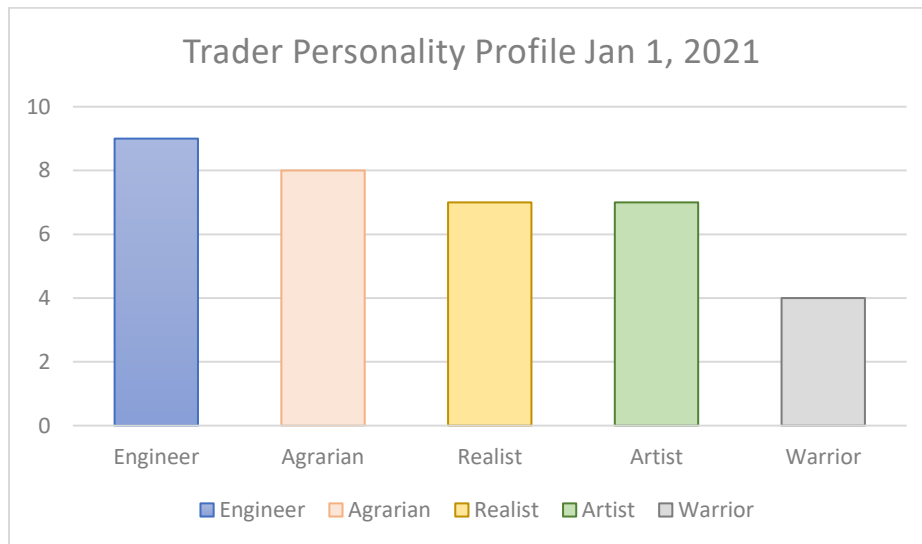
**Warrior Score: 4**

**Artist Score: 7**

**Realist Score: 7**

**Engineer Score: 9**

**Trader Type:** Based on your answers, your Trader Type is Super-Hybrid of at least three of the five standard types. Your most dominant types are: The agrarian, The Realist, and The Engineer.

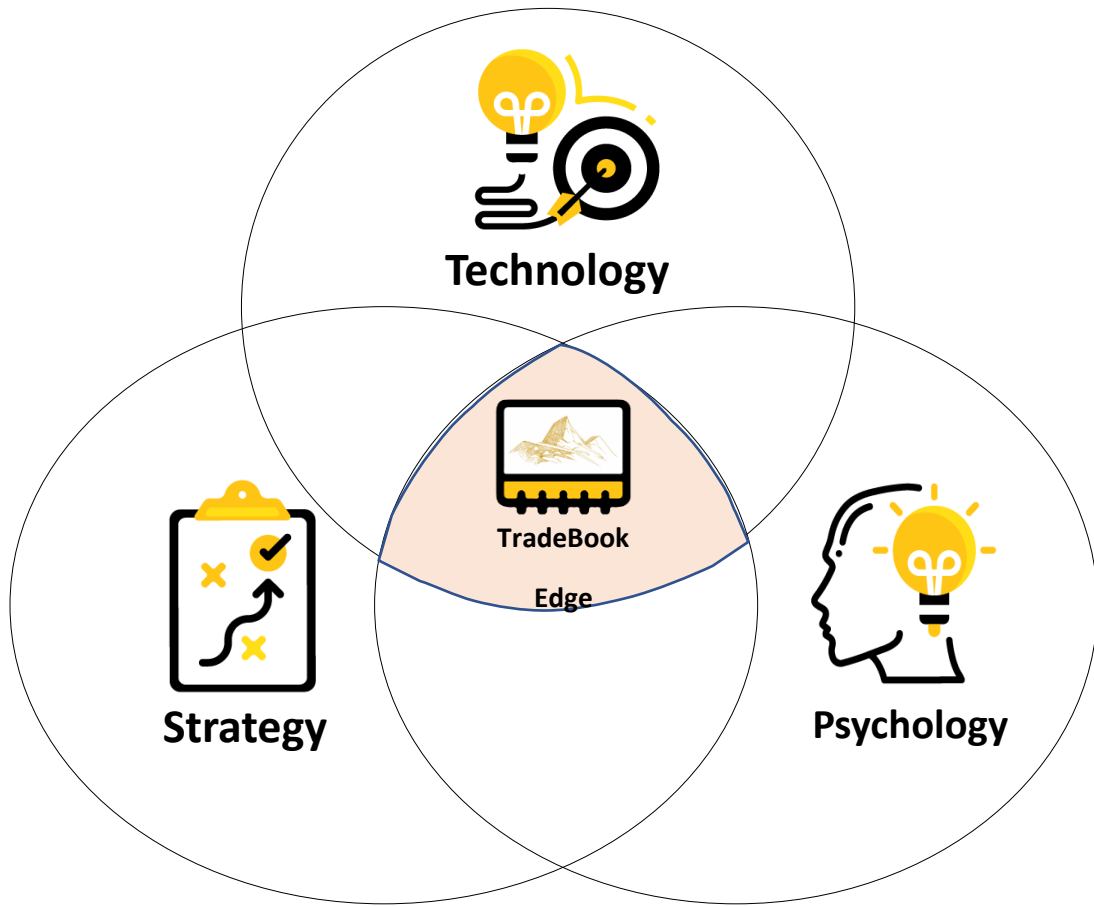


## Performance Profile

Physical	Rating/10	Mental	Rating/10	Technical/Skill	Rating /10	Tactical/ Strategy	Rating/10	Lifestyle	Rating/10
3.5 Mile Run x 5 days	5/10	Handling a losing trade	5/10	Identifying Stocks in Play	8/10	Trade Execution	7/10	Nutrition Diet	2/10
1 hour a day outside of house	4/10	Accepting a lost	3/10	Evaluating Mental Mindset	8/10	TradeBook Development	8/10	Sleep	4/10

## Goals

<b>Goal 1: Achieve an average of \$250 a day utilizing my TradeBook, specifically the BHOD strategy, by the end of bootcamp.</b>			
	Quarterly	Monthly	Daily
<b>Outcome Goals</b>	<ul style="list-style-type: none"> <li>Average \$5000 profit per month during bootcamp</li> </ul>	<ul style="list-style-type: none"> <li>To average \$250 dollars, profit per day during the trading month</li> </ul>	<ul style="list-style-type: none"> <li>Achieve 2 runners above the number of losing trades I have for the day</li> </ul>
<b>Performance Goals</b>	<ul style="list-style-type: none"> <li>100% of trades did not go below my adjusted stop</li> <li>Took 80% of all trades that met my TradeBook Edge</li> <li>80% of all trades have a rating of "Good" in Profit taking</li> <li>80% of all trades have a rating of "Good" or higher in the overall category</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>100% of trades did not go below my adjusted stop</li> <li>Took 80% of all trades that met my TradeBook Edge</li> <li>80% of all trades have a rating of "Good" in Profit taking</li> <li>80% of all trades have a rating of "Good" or higher in the overall category</li> </ul>	<ul style="list-style-type: none"> <li>100% of the time do not let the stock price go below your adjusted stop</li> <li>To successfully take 80% of all trades that met my TradeBook Edge</li> <li>Majority of all trades have a rating of "Good" in Profit taking</li> <li>Majority of all trades have a rating of "Good" or higher in overall category</li> </ul>
<b>Process Goals</b>	<ul style="list-style-type: none"> <li>Listened to affirmations 81 out of 90 days</li> <li>Conducted 100% of trading strategy reviews</li> <li>Conducted 100% of 5-Minute mediation each trading day</li> <li>12 out of 12 weeks exercised 5 out of 7 days each week.</li> <li>Read 91 out of 90 days</li> <li>100% of trading days journal appropriately during bootcamp</li> </ul>	<ul style="list-style-type: none"> <li>Listen to affirmations 27 out of 30 days</li> <li>Conduct a trading strategy review after each strategy set is complete</li> <li>Identify top 3 good, bottom 3 bad, and 3 improvement areas after each strategy set</li> <li>Conducted 5-minute mediation each trading day prior to the market open</li> <li>Exercised 5 out of 7 days each week</li> <li>Read 27 out of 30 days</li> <li>100% of trading days journal appropriately during the trading week</li> </ul>	<ul style="list-style-type: none"> <li>Listen to Affirmations 4 times a day</li> <li>Review Game Plan for the Trading Day</li> <li>Conduct 5-minute mediation before market open</li> <li>Exercise each trading day. Exercise consists of either running, core exercise, or yoga.</li> <li>Read 20 Minutes a day</li> <li>Complete all trading journal activities</li> </ul>



# ***TradeBook Edge***

## *Edge Defined*

**TradeBook Edge 1:** I have the discipline to wait for a proper entry on stocks trading near the high of day based on:

- Trade Ideas Alert window for pullbacks from the HOD
- Volume traded during the day
- Identifying a significant level
- Significance of the pullback from the HOD
- Relative Volume of stock
- The level 2 data on the Ask side
- Rising volume into the break

**TradeBook Edge 2:** The ability to go fishing for runners and preventing the losers from eating up all the bait. I.e., I take trades to find out if the stock is going to run, if it doesn't take off right away, my risk management plan keeps the losses to a minimum while allowing me to move to the next trade to find out if it is a runner. This is based on:

- The movement of the price action after the break
- Ability to assess the stock after the close of the following 1-minute candle.
- Ability to apply maximize risk to a trade while reducing losing trades by half of the risk applied.