

Chart of the Day

Here's a synopsis of the importance of tracking your trades

October 12, 2026

Dan Fitzpatrick presents a quantitative breakdown of trading performance, demonstrating how tracking individual trade metrics removes guesswork and drives systematic portfolio improvement. Examining 176 closed active trade ideas from 2026 across Q1, Q2, and Q3, Dan Fitzpatrick shows how a few outperforming "runner" trades generate the vast majority of quarterly gains, while small, controlled losses keep account drawdowns manageable. Emphasizing that trading memory is naturally unreliable, Dan Fitzpatrick outlines how tracking metrics like win rates, average gain/loss percentages, win-loss ratios, and holding periods allows market participants to evaluate performance objectively using data rather than emotion.

Next Steps:

- ☐ Log Every Trade Metric Systematically: Track all trade entries, exits, stop levels, and holding durations numerically using a trade log tool (such as TradeTrack) or a dedicated spreadsheet.
- ☐ Calculate Quarterly Key Performance Indicators (KPIs): Review closed trades quarterly across five core metrics:
 1. *Batting Average* (Win Rate Percentage)
 2. *Average Gain Per Winning Trade*
 3. *Average Loss Per Losing Trade*
 4. *Win-Loss Ratio* (R-Multiple Profile)
 5. *Average Holding Duration* (Days in Trade)
- ☐ Re-Enter Invalidated Winners Without Bias: Avoid revenge trading, but remain willing to re-enter high-conviction momentum leaders (e.g., CrowdStrike / \$CRWD or Okta / \$OKTA) after a temporary stop-out if technical patterns re-align.
- ☐ Evaluate Portfolio Turnover & Compounding Velocity: Measure portfolio returns relative to average holding periods (e.g., an average gain of +4.5% over a 21-day holding period) to evaluate annual compounding speed against standard buy-and-hold benchmarks.
- ☐ Access Full Strategy Content: Take a 14-day trial for \$7 at StockMarketMentor.com to view Dan Fitzpatrick's complete 90-minute tracking presentation, quarterly data sets, and active trade list updates.

Transcript:

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00:00:02.270 --> 00:00:15.230

Dan Fitzpatrick: Alright, hey, Dan Fitzpatrick here, StockMarketMentor.com. Now, today, I covered... I went through, I think, hell, man, I think it was about 2 hours, but about...

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00:00:15.320 --> 00:00:19.919

Dan Fitzpatrick: Probably 90 minutes of my live session today.

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00:00:19.980 --> 00:00:28.290

Dan Fitzpatrick: Talked about, tracking your trades, how you do it, why you do it, what the benefit is, stuff like that.

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00:00:28.290 --> 00:00:51.189

Dan Fitzpatrick: And, I'm not gonna... on this fits-in-five video, I can't walk you through the whole thing, it's not what this is about, but if you're a member, you should definitely check this out, because it is, in my mind, it's a game changer. And this is why. Because I show you exactly what you need to do. And you can do it on TradeTrack, but...

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00:00:51.710 --> 00:01:03.259

Dan Fitzpatrick: My goal for this is not to pitch you onto TradeTrack. You either want to use my, my approach or not. Seriously, it doesn't matter to me.

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00:01:03.260 --> 00:01:14.170

Dan Fitzpatrick: It doesn't matter to me whether you track your trades or not, because it's not my money, it's yours. But what I'm doing is, I'm showing you the kind of information that you can get

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00:01:14.170 --> 00:01:28.090

Dan Fitzpatrick: by tracking your trades, and it's not just, oh gosh, you know, I did good here, oh, I didn't do so well there, but it's also about what you do with that information, because think about the experience

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00:01:28.090 --> 00:01:36.510

Dan Fitzpatrick: Think about the experience that you have as a trader. Let's say you've been trading for 10 years. Let's say you've been trading for 15 years. Well.

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00:01:36.930 --> 00:01:45.350

Dan Fitzpatrick: Okay, what do you use to base your decision on making the next trade? I mean, why are we here? What's the point?

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00:01:45.800 --> 00:02:05.249

Dan Fitzpatrick: What you use to make a decision on your next trade is the experience that you have, and the experience that you have, think about this, follow along with me, the experience that you have is in your memory banks. So that's really, really, guys, that's all this is, is about memory.

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00:02:07.290 --> 00:02:23.320

Dan Fitzpatrick: Okay, so think about it. There's movies made about this kind of stuff, like, what happens when you lose your memory? If you lose your memory, well, suddenly you don't know anybody, what did you learn in the past? You don't know anything, basically, and so you gotta relearn it.

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00:02:23.520 --> 00:02:36.660

Dan Fitzpatrick: That's kind of how it is with trading. If you lost your memory, like, what's a chart? What's a candlestick other than something that's put in my birthday cake? And by the way, I don't even flippin' remember how old I am.

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00:02:36.660 --> 00:02:44.769

Dan Fitzpatrick: So, the bottom line is, with respect to trading, all you have with respect to experience, or with respect to

14

00:02:44.770 --> 00:03:04.169

Dan Fitzpatrick: How to make the next trade is what you've done in the past, everything that you've learned. So, I've probably beaten a dead horse here, because what I'm... or kicking... whatever you do with a dead horse that you shouldn't be doing, and how the hell did the horse die in the first place? I don't know the answer to that, so I'll just kind of move on.

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00:03:04.170 --> 00:03:17.640

Dan Fitzpatrick: The bottom line is, with respect to the memory that you have, the experience that you have, wouldn't it be more useful to have a memory that you can glean experience from

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00:03:17.640 --> 00:03:27.660

Dan Fitzpatrick: By what you did, like, last quarter, or last month, last year, yesterday, wouldn't it be a good idea to be able to say, oh.

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00:03:28.630 --> 00:03:35.880

Dan Fitzpatrick: I'm doing this now. I've got this amount of profit per gain, this amount of loss.

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00:03:35.880 --> 00:03:54.419

Dan Fitzpatrick: per loss. This is my batting average. This is how much money I'm making. Stuff like that. Wouldn't that be nice to know? And wouldn't it be nice to be able to compare that from this time frame to that time frame? How about, gosh, how would I have done if I had not taken

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00:03:54.530 --> 00:04:09.650

Dan Fitzpatrick: if I had... sorry, my glasses are kind of fogged up with all this. How would I have done if I had not taken a loss more than 10%, or more than 8%, or whatever? And how would I have done if I delete

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00:04:09.900 --> 00:04:25.810

Dan Fitzpatrick: the two biggest trades that I had that are total outliers. Now, how would I have done? These are the types of things that you really need to be aware of if you're actually going to improve your trading. And think about it this way, too.

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00:04:25.960 --> 00:04:50.420

Dan Fitzpatrick: Improving your trading doesn't mean, oh, I need to make more money on my next trade. Oh, I did. That's an improvement. That's not it. That's just you making money on the next trade, which is awesome, I highly encourage it. But what I'm talking about is looking... think about thinking like a baseball player. I want to improve my batting. So, it's not one swing, it's not one home run, or one

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00:04:50.420 --> 00:04:54.579

Dan Fitzpatrick: ground out. It's a series of at-bats over

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00:04:54.580 --> 00:05:01.830

Dan Fitzpatrick: many, many, many games, or even the entire season. And so, when we're talking about improving.

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00:05:02.090 --> 00:05:15.669

Dan Fitzpatrick: That's the operative word. Improving your trading. You have to first know where you are right now, because if you can get a good, solid foundation of where you are right now, then you know what you need to do.

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00:05:15.940 --> 00:05:26.939

Dan Fitzpatrick: to improve. That's, like, the biggest takeaway here, is you don't want to look at your trading performance and say, wow, I did pretty good, what do I need to do in order to suck?

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00:05:27.310 --> 00:05:40.689

Dan Fitzpatrick: Not the deal. You want to be able to know what you need to do in order to improve, and the first thing that you need to do to get to that point is know what the hell am I doing here. So, I talked a lot about, how to do that.

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00:05:40.690 --> 00:05:54.029

Dan Fitzpatrick: And I've got a couple slides for you from this presentation, that I did today. So, if you're a member, I absolutely, I highly recommend that you look at

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00:05:54.060 --> 00:06:13.459

Dan Fitzpatrick: That you look at this full, this full video. It will totally change the way you've, you trade. We had, a little bit fewer members, that showed up today, and that's because of Columbus Day. You know, he's, trying to, trying to figure out

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00:06:15.260 --> 00:06:40.149

Dan Fitzpatrick: What this new landmass is, it's the free world, and who are these funny-looking people with, with headaddresses on and all that, and who, by the way, who did they take the land from, before we're gonna take it from

them? These are questions that are asked on Indigenous Peoples Day. So not a lot of people that showed up today, but if you're a member and you didn't show up, I'm telling you, man.

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00:06:40.150 --> 00:06:44.239

Dan Fitzpatrick: Don't blow it off, okay? You can watch it in fast mode. So.

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00:06:44.240 --> 00:06:46.679

Dan Fitzpatrick: For everybody else, this is the deal.

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00:06:46.700 --> 00:06:48.880

Dan Fitzpatrick: The T in smart.

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00:06:48.880 --> 00:07:13.829

Dan Fitzpatrick: That's my smart trading process, where you've got your strategy and then the stock that fits the strategy. That's fine. Then you look at the market. What's the market doing? Like, what's the sector doing? Is it supporting my trade idea, my stock within my strategy? And then, is it actionable? Is this a right here, right now moment? Or is it more like, okay, I got the stock, I got the strategy.

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00:07:13.830 --> 00:07:15.290

Dan Fitzpatrick: Market's good.

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00:07:15.840 --> 00:07:32.559

Dan Fitzpatrick: I need to wait for a better entry, so I'll watch the stock, I'll watch it like a hawk, I'll set alerts, but the bottom line is, it's not actionable just yet. Once it's actionable, bam, you're in. Before you get there, you gotta get through the smart. What's the risk? What's the reward?

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00:07:32.560 --> 00:07:39.180

Dan Fitzpatrick: Because this is really what frames the whole trade. If you're looking at this and saying, wow, you know, it's pretty risky.

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00:07:39.180 --> 00:07:45.940

Dan Fitzpatrick: And, it's only 3% below where all the support... below all the supply is.

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00:07:46.100 --> 00:07:59.599

Dan Fitzpatrick: Okay, well, what are you... what are you doing? You have to assume that that supply is really supply, and any buyers are going to take the stock up 3%, and then get crushed by the supply, so that doesn't work.

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00:07:59.730 --> 00:08:04.490

Dan Fitzpatrick: But, hey, I've got a low risk on this trade, because I could put the stop

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00:08:04.580 --> 00:08:28.899

Dan Fitzpatrick: at 8%. So suddenly, you're looking at a maximum profit of 3% and a maximum loss at 8%. You gotta flip that upside down to make that worth a trade. So that's the risk-reward, and then finally, it's the tracking, and sure, it's tracking one trade, but I'm talking about tracking all of your trades so I can... so you can see a nice progression. And if it's an ugly progression.

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00:08:28.900 --> 00:08:32.659

Dan Fitzpatrick: Hey, that's good to see, too, because think about it this way.

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00:08:33.320 --> 00:08:49.780

Dan Fitzpatrick: It's an opportunity for growth. You see where you are, you say, wow, you know, I'm really not doing that well. I don't suck, I'm just not doing that well, but at least I know what I'm doing, so I can do better. So this is the whole deal on SMART.

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00:08:50.090 --> 00:09:03.450

Dan Fitzpatrick: And so, I went through the active trade ideas for the entire year, per quarter, and we got a lot of information out of them, but here's just kind of the basics. First of all.

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00:09:03.530 --> 00:09:18.390

Dan Fitzpatrick: If we don't track our trades, you've got your memory. My memory says, you know, wow, I had a rough summer, because guys, you know, the last few months have kind of sucked in a big way. Like, the market was kind of blowing chunks.

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00:09:18.390 --> 00:09:31.490

Dan Fitzpatrick: Breadth got worse and worse and worse to where all the Listerine in the world wouldn't have cleared that bad breath. So you go, okay, well, maybe my stops were too tight, because I took a lot of losses.

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00:09:31.610 --> 00:09:42.429

Dan Fitzpatrick: Of course, then on the other hand, maybe you shouldn't have been in those trades. Or, gosh, I need to win more often because my batting average was bad. Okay, so this is all, like, III.

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00:09:42.430 --> 00:09:54.979

Dan Fitzpatrick: I had a rough summer. My stops may have been too tight. I need to win more often. And it's also just kind of shaped on what your memory is. What'd you do the last trade? I got a question for you.

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00:09:54.980 --> 00:09:57.400

Dan Fitzpatrick: What was your trade six trades ago?

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00:09:57.430 --> 00:10:12.489

Dan Fitzpatrick: How'd you do 10 trades ago? What was your average profit or average loss, over the last 8 trades? What's your batting average over the last 3 weeks? My bet is, you know none of that.

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00:10:12.740 --> 00:10:13.910

Dan Fitzpatrick: None of it.

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00:10:14.320 --> 00:10:29.000

Dan Fitzpatrick: My suggestion is. you know all of it. And you don't have to know it off your top of your head, but if I'm asking you these questions, what you need to be doing if you really, really want to grow as a trader, you need to be saying.

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00:10:29.520 --> 00:10:35.050

Dan Fitzpatrick: Hang on just a sec, Dan. Let me go through my data, and we'll get to that.

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00:10:35.050 --> 00:10:53.000

Dan Fitzpatrick: That's where you should be going. So, if you have a trade log, and the trade log is not just, gosh, you know, I felt pretty good today, so I made a couple of trades. Or, wow, you know, I really felt bad because I made this last trade, and I knew I shouldn't have made it, so golly gee, I'm kind of bummed out.

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00:10:53.430 --> 00:11:08.200

Dan Fitzpatrick: You can put that down, but that's not going to tell you much, except you've got emotional swings. But what we want to see in the trade log is what the numbers are, what changed, okay? How much did they change? Oh, my batting average went down.

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00:11:08.850 --> 00:11:16.120

Dan Fitzpatrick: Okay, well, that's not good. Oh, well, oh, but my profit per trade, or, I mean, my profit on my winners.

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00:11:16.450 --> 00:11:28.199

Dan Fitzpatrick: was really, really good. My losses on my losers weren't that bad, so even though my batting average went down, I was making more money per trade on average. That means

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00:11:28.280 --> 00:11:37.959

Dan Fitzpatrick: including the losses, I was making more money on my trade per average than I was the last quarter, or last year, or...

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00:11:38.000 --> 00:11:48.259

Dan Fitzpatrick: last month, whatever your metric is. These are the kinds of things that you can get from your numbers, and really, like, whether your hunch is true.

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00:11:48.260 --> 00:12:01.759

Dan Fitzpatrick: My stops were probably too tight. Okay, when you have your numbers, you can look at this and see. And I went through this to show, like, okay, these were where... this is where the stops were, this is where the stops were hit.

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00:12:01.760 --> 00:12:09.600

Dan Fitzpatrick: on these various trades that lost money. Now, were the stops too tight? Okay, well, let's figure it out this way.

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00:12:10.120 --> 00:12:14.030

Dan Fitzpatrick: Where was the stock 10 days after I was stopped out?

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00:12:14.170 --> 00:12:15.959

Dan Fitzpatrick: Okay, was it lower?

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00:12:16.080 --> 00:12:34.839

Dan Fitzpatrick: In which case, yay for me, the stop worked. Or, was it higher? In other words, did the stop get hit, and then the stock just went, right up? That's an oh crap trade. And then, oh, well, what about where was the stock 30 days later relative to where my stop was hit? Okay.

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00:12:34.860 --> 00:12:53.749

Dan Fitzpatrick: This is really good information, and it's not... you can go back and look at all your charts if you want to, that'll be fun, but it would be better if you just had it numerically, and then, of course, you can go back and look at certain trades, but to have these numbers at your fingertips.

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00:12:54.280 --> 00:12:55.230

Dan Fitzpatrick: I mean...

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00:12:55.280 --> 00:13:16.010

Dan Fitzpatrick: don't you do that same analysis when you're looking at charts? If you're a fundamental guy, you know, you'll look at earnings or revenue, even profit margins to see if they're expanding, stuff like that. So you kind of do that stuff anyway, but why not do it with trading? And do you know why? I'll tell you why. Because it's not fun.

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00:13:16.340 --> 00:13:22.740

Dan Fitzpatrick: It's really not. It's really not fun to do. But I will tell you this, I'm totally serious.

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00:13:22.990 --> 00:13:26.760

Dan Fitzpatrick: When you get a handle on your numbers.

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00:13:26.910 --> 00:13:41.900

Dan Fitzpatrick: It's totally fun. It's rewarding. And I'll tell you why. Because you know where you are right now, what do I need to do in order to do better than where I am right now? And if that means

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00:13:42.260 --> 00:13:53.130

Dan Fitzpatrick: You know, being more selective in your trades, in other words, trading less, then when you're trading less, you feel good about that, as weird as that sounds.

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00:13:53.130 --> 00:14:06.400

Dan Fitzpatrick: It's holding onto my stocks, to, you know, for a little longer because my average R multiple is 1.4, and that's not very much. And so, oh, man.

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00:14:06.400 --> 00:14:14.330

Dan Fitzpatrick: I just held on to a stock that got me a 2R multiple. Okay, that's pretty good, it's not great.

73

00:14:14.500 --> 00:14:30.810

Dan Fitzpatrick: But it's a lot better than 1.4R. And so the point is, it can... this can be really fun to do once you have a handle on what your numbers are and what you know about, like, what to do with them. So, the bottom line is this.

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00:14:30.810 --> 00:14:40.959

Dan Fitzpatrick: your numbers aren't opinion, it's data, and like the saying goes, you know, facts don't care about your feelings. So, this is what we did.

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00:14:41.720 --> 00:14:51.949

Dan Fitzpatrick: Today. Had a hundred and... 76 closed active trade ideas, from January through September.

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00:14:52.120 --> 00:15:00.270

Dan Fitzpatrick: Okay, and we had 3 quarters. We broke it down by quarter, grouped by the date each trade was closed.

77

00:15:00.270 --> 00:15:25.210

Dan Fitzpatrick: And we looked at 5 numbers per quarter. This is different data sets. The batting average, the average win, the average loss, the win-loss ratio, and also holding period, because this stuff really matters. Okay, and I broke it down. There's a lot of nuances to trading, but I couldn't do that for just an active trade list. This isn't a portfolio, I'm not

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00:15:25.210 --> 00:15:48.729

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Dan Fitzpatrick: managing your money. If I was, I wouldn't be charging you, what I'm charging for a subscription. I would be charging you multiples of that. So, it's not a portfolio. I needed to standardize it, and so the deal was, each trade counted equally. That did not include when you're right on a trade, piling in and going, hell, I gotta buy some more of this, or...

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00:15:48.730 --> 00:16:04.109

Dan Fitzpatrick: When the trade starts to go against you, you've got a small position, maybe it's... they call it a pilot position, where you just take... you're just taking a little nibble to kind of get involved, and then if the trade works, you take some more. If the trade doesn't work.

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00:16:04.670 --> 00:16:22.100

Dan Fitzpatrick: you go ahead and close the position. I didn't do that, I couldn't do that. I had to be, like, ruthlessly simplistic with this, trading performance over the last 3 months. So, each trade counted equally. The percent move.

81

00:16:23.270 --> 00:16:39.989

Dan Fitzpatrick: The percent move from, entry to exit was what we looked at, and the open trades and Q4 are left out until the next quarter's complete, you know, so I'm not talking about that. Now, this is what we got averaging... not averaging.

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00:16:40.170 --> 00:16:56.670

Dan Fitzpatrick: making \$10,000 per trade, based on the number of trades that we made, based on the batting average, stuff like that, all of the stuff that I just mentioned to you, if only briefly, on those 67 trades.

83

00:16:56.880 --> 00:17:00.910

Dan Fitzpatrick: We made, in Q1, \$56,000.

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00:17:01.080 --> 00:17:13.609

Dan Fitzpatrick: Moving forward, in Q2, we had 61 trades, few lower trades, you know, 10% less. We made \$25,000, about half of what we made here. So...

85

00:17:13.710 --> 00:17:28.750

Dan Fitzpatrick: Q2 was a little tougher. And then Q3, we actually gave it back. By the way, we went 67, 61, 48. We had fewer trades this last quarter. We gave \$16,000 back. However.

86

00:17:29.510 --> 00:17:32.140

Dan Fitzpatrick: We made, what, 80,000?

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00:17:32.280 --> 00:17:44.349

Dan Fitzpatrick: 81,000 through Q2, so after this 16, we made 64,000, almost 65,000. Now, here's what... here's what you gotta know.

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00:17:45.550 --> 00:17:49.619

Dan Fitzpatrick: And this is really important because I had, I think we averaged.

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00:17:50.730 --> 00:18:04.529

Dan Fitzpatrick: I don't have this in the... in the slide deck, I don't think, here. But we averaged, say, on... this is including the losers, including the winners and the losers. I think we averaged about

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00:18:04.650 --> 00:18:27.389

Dan Fitzpatrick: 4.5% per trade. And again, that's including the losers. That's taking everything into account. Batting average, whiffed on that one. I flew out, I popped out on this one. Yay, I hit a home run on this one. All of those things combined, if you put them all together, I think I made about 4.5%.

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00:18:27.390 --> 00:18:30.239

Dan Fitzpatrick: Okay, which doesn't sound like much.

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00:18:30.600 --> 00:18:46.210

Dan Fitzpatrick: you know, when you assume, or when you look at, I think the S&P's up, say, 14% this year, and so somebody was asking me a question about that, and it was a good question. If all you're making is 4.5%,

93

00:18:46.210 --> 00:18:57.690

Dan Fitzpatrick: How does that compare to the S&P up 14%? And I'll tell you how, and this is a really important concept for you to understand. It's smokin' hot.

94

00:18:57.800 --> 00:19:05.149

Dan Fitzpatrick: And this is why. Because the average trade duration was 21 days.

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00:19:05.420 --> 00:19:12.099

Dan Fitzpatrick: And so, on every trade in the aggregate, on every trade that we made.

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00:19:12.630 --> 00:19:13.920

Dan Fitzpatrick: we held it.

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00:19:14.070 --> 00:19:22.320

Dan Fitzpatrick: On average, again, the average trade was, we held it for 21 days, and we made 4.5%.

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00:19:22.320 --> 00:19:41.630

Dan Fitzpatrick: That means that 21 days from now, thank you, I'll take that 4.5%. Oh, now I'll make another trade, I'll hold that for 21 days. Thank you, I made another 4.5%. So, what I'm telling you is, and this is, like, Mark Minervini talks about this, he built his

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00:19:41.790 --> 00:19:48.609

Dan Fitzpatrick: really, like, his trading process, and he's made hundreds of millions of dollars. I hate him.

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00:19:48.610 --> 00:20:13.299

Dan Fitzpatrick: So, he's done this by, he calls it compounding. He would rather not buy and hold, but he would rather, and this all has to do with time, you know, do you have time to do that? But he would rather just keep churning his money, just grinding it through, taking a 15% profit, fine, putting it in another trade. Oh, I only made 8% before the stock turned around. You know what? I'll take it. Oh, crap.

101

00:20:13.300 --> 00:20:24.039

Dan Fitzpatrick: I lost 4%, or 8%, or even 10% on this, you know what? That's it, it hit my stop. He'll go, like, over and over and over again, and he compounds.

102

00:20:24.040 --> 00:20:40.040

Dan Fitzpatrick: his winners. He compounds his money, because he keeps churning it. That's what I'm talking about here. If you're holding a trade on average for 21 days, and you're making, on average, 4.5%, okay.

103

00:20:40.640 --> 00:20:42.410

Dan Fitzpatrick: You know what you need to do?

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00:20:42.660 --> 00:20:55.459

Dan Fitzpatrick: You need to get more money, and you need to find more trades, as long as you can keep that average. And if you have a losing quarter, that's fine. As long as your losing quarter isn't

105

00:20:55.990 --> 00:21:01.000

Dan Fitzpatrick: a \$90,000 giveback. And so, this stuff, I'm telling you guys.

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00:21:01.190 --> 00:21:15.450

Dan Fitzpatrick: This is really, really important, and what I'm saying is, you should... maybe you've actually turned this off already, because you go, yeah, everybody talks about tracking their trades. You know what? Only profitable traders really talk about traffic.

107

00:21:15.470 --> 00:21:35.299

Dan Fitzpatrick: about, tracking their trades. So, you know, if you haven't lost enough money yet, then don't do it. And that's fine. Again, not my money. So, but this is what you gotta understand. The pattern behind these good quarters is that a few winners carry the quarter. Like, I've shown you what the...

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00:21:35.380 --> 00:21:36.580

Dan Fitzpatrick: Oh, I guess it's...

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00:21:36.580 --> 00:22:00.619

Dan Fitzpatrick: What, 4.7%, 4.1%. But anyway, the point is, you're gonna have a few good winners that carry the quarter. Like, the top 3 winners in the first quarter was the leveraged gold ETF SanDisk, actually 2 SanDisk trades, and that's what happens. You trade one, you go, okay, I'm out of here, and then, oh, sh...

110

00:22:00.740 --> 00:22:07.299

Dan Fitzpatrick: Hell, it's working again. I'll get in again. So... 47%.

111

00:22:07.360 --> 00:22:20.540

Dan Fitzpatrick: came from just a few trades. Hence, you gotta let your profits run. Q2, okay? We had a lot on that one as well. We had 79%.

112

00:22:20.600 --> 00:22:28.390

Dan Fitzpatrick: of the quarter's total gain based on these three trades, okay? And then finally, on Q3.

113

00:22:28.470 --> 00:22:33.030

Dan Fitzpatrick: The best trade RCUS for 16%.

114

00:22:33.310 --> 00:22:36.620

Dan Fitzpatrick: Like... None. No runner-up.

115

00:22:36.960 --> 00:22:48.599

Dan Fitzpatrick: no runner showed up. So, we actually lost money again, minus 3.4% on this. And so, this is the deal, though, and this is really important, too.

116

00:22:48.600 --> 00:23:03.380

Dan Fitzpatrick: I don't want you to be slinking away, when you get stopped out on a trade. And it is easy to get stopped out on a trade. We got stopped out, look at this, we got stopped out on CrowdStrike on July 30th. Crap.

117

00:23:03.380 --> 00:23:11.290

Dan Fitzpatrick: Okay, put it on again. We got stopped out on August 18th. Damn it. Two in a row. We bought it back.

118

00:23:11.380 --> 00:23:18.939

Dan Fitzpatrick: at... on, September 14th, at \$230, okay? Overall.

119

00:23:19.250 --> 00:23:33.420

Dan Fitzpatrick: we got 19%. An open gain at \$275. In other words, when you add all these together, we made really, really good money, and that's by recognizing that we're just

120

00:23:33.450 --> 00:23:57.950

Dan Fitzpatrick: shaken out, as opposed to a big change in the trend. And then it's really the same thing here. We're stopped out on 9-11, stopped out again on 9-14, or excuse me, we bought back on 9-14, same day as we bought this back, and then \$14 higher than the exit. So, these are the things that I'm just telling you guys, you need to know this stuff.

121

00:23:57.950 --> 00:24:12.099

Dan Fitzpatrick: This is how you can do this. You need to log every trade, your entry, your stop, your exits, your dates, do it in TradeTrack, or do it on an Excel spreadsheet, however you want to do it. TradeTrack does it all for you.

122

00:24:12.580 --> 00:24:17.129

Dan Fitzpatrick: You want to score each quarter with these numbers.

123

00:24:17.590 --> 00:24:40.779

Dan Fitzpatrick: And then also, you find out what moved. In other words, what did you do this quarter that you weren't doing last quarter, and is it better or worse? And also, like, test your hunches. If you have a feeling about a certain thing, fine. Go through the numbers. Check it out. Look and see, look at a histogram, on your software and say, like, okay, what if I had only taken

124

00:24:40.780 --> 00:24:53.630

Dan Fitzpatrick: 6% loss is a maximum. What if I'd traded more? What if I'd increased my trade size? What if I had, what if I had increased my position size

125

00:24:53.700 --> 00:24:56.029

Dan Fitzpatrick: After a stock has run.

126

00:24:56.110 --> 00:25:14.139

Dan Fitzpatrick: through R1, meaning I've made \$1 for every dollar that I'm risking with my stop. Stuff like that. If you can do this type of thing, guys, I'm just telling you, you're gonna wind up doing really, really well in your trading, and well for you.

127

00:25:14.450 --> 00:25:27.420

Dan Fitzpatrick: May not be well for me, may not be well for anybody else, but it's well for you. I think that some of you that are watching this, you're probably monster traders. You're doing really, really well.

128

00:25:27.950 --> 00:25:46.639

Dan Fitzpatrick: But you would still do even better if you're tracking your trades. Others, you may be really struggling. Look, I'll be the first to say it, though I don't think I am the first to say it. This last quarter has been pretty tough, pretty choppy, so maybe you're in the mix of people who are saying, you know what, crap.

129

00:25:46.660 --> 00:26:06.350

Dan Fitzpatrick: I don't know if trading's for me. I've been getting absolutely chopped up like an onion going into a taco. I don't, you know, I don't know what I'm doing. Okay, if you track your trades, you're gonna know what you have done. And once you know what you have done, then you can figure out what you need to do.

130

00:26:06.780 --> 00:26:10.290

Dan Fitzpatrick: In order to get to a better spot. Okay, so...

131

00:26:10.290 --> 00:26:31.139

Dan Fitzpatrick: That's all I got for you here. A little bit longer than I had anticipated, but I do, again, I think this is super important, and I'll say it one more time. Members, check out the video, I go into a lot more detail. If you're not a member, seriously, man, I want you aboard. Seven bucks is all you need to pay.

132

00:26:31.620 --> 00:26:47.409

Dan Fitzpatrick: \$7. I think probably a vente latte might be more than that now. But if you do that, you get 14 days. You can get all the information you need. You can go on the website, download it all, go ahead and hoodwink me, take all of my stuff.

133

00:26:47.410 --> 00:26:52.499

Dan Fitzpatrick: I don't care, as long as you learn from it, alright? That's it. See you guys next time.