

RF 10/10 Trading Sessions 2012								**Training sessions just 1-2 hours long
Date	Currency	Trending	Couter-trend	Pips Captured	Cummulative Pips	Wins	Losses	Notes
1/3/2012								No Trades in session
1/4/2012	eurjpy	x		8	8	x		No follow - up 20 at one point moved stop
1/4/2012	usdcad	x		-28	-20		x	No Follow - NFP week
1/4/2012	eurjpy	X		57	37	x		EO for after session
1/4/2012	eurusd	x		39	76	x		MO for after the session
1/5/2012	gbpusd	x		30	106	x		EO
1/5/2012	eurjpy	x		47	153	x		EO
1/5/2012	gbpjpy	x		3	156	x		RF1010 - no follow through
1/5/2012	gbpusd	x		0	156	x		RF1010 - no follow through
			<b>Week 1</b>	<b>+156</b>				<b>NFP week- and 4 day week</b>
1/9/2012	nzdusd	x		52	208	x		Alert for after session- went in Asian
1/9/2012	eurjpy	x		58	266	x		Alert for after session - hit 2nd target after pllbk
1/10/2012	eurgbp	x		-30	236		x	Alert for after session- went in Asian
1/10/2012	gbpusd	x		50	286	x		Alert for after session- went in Asian
1/11/2012	eurusd	x		-30	256	x	x	EO- no follow through
1/11/2012	usdchf	x		0	256	x	x	BE trade
1/11/2012	audusd	x		40	296	x		Alert for after session- went in Asian
1/11/2012	gbpusd	x		30	326	x		Alert for after session- went in Asian
1/12/2012	usdchf	x		0	256	x		BE trade
1/12/2012	usdchf	x		1	257	x		2nd part entered of above -went +17 then retrace
1/12/2012	audusd	x		43	290	x		Alert for after session- went in London
1/13/2012	eurusd	x		0	290	x		Fundie - BE part 1
1/13/2012	usdcad	x		27	316	x		RF1010
1/13/2012	eruusd	x		-30	286		x	Fundie - BE part 2
			<b>Week 2</b>	<b>+130</b>				<b>YUK week again - starts but no finish</b>

1/17/2012	nzdusd	x		110	296	x		session recap trade
1/18/2012	gbpusd	x		-30	266		x	session recap trade
1/18/2012	nzdusd	x		0	266			take off at B/E-was +12
1/18/2012	usdchf	x		60	326	x		session recap trade
1/18/2012	eurjpy	x		30	356	x		session recap trade
1/18/2012	gbpjpy	x		30	386	X		Went to all target next day
1/19/2012	gbpusd	x		51	437			rf1010 after fundie
1/19/2012	usdchf	x		36	473	x		session recap trade
1/19/2012	euraud	x		54	527	x		session recap trade
1/20/2012	audusd	x		0	527	x		Took off @ BE-fundie no go
			<b>Week 3</b>	<b>+241</b>				
1/23/2012	audjpy	x		-30	493		x	stopped out by 2 pips- then went- traded it again
1/23/2012	eurjpy	x		51	544	x		session recap trade
1/24/2012	gbpusd	x		51	595	x		session recap trade
1/24/2012	gbpjpy	x		67	662			session recap trade
1/24/2012	audjpy	x		50	712	x		session recap trade
1/24/2012	eurjpy	x		64	776	x		session recap trade
1/25/2012	audusd	x		83	859	x		RF1010
1/25/2012	nzdusd	x		79	938	x		RF1010 went to next target another 80 PIPS*
1/25/2012	usdcad	x		50	988	x		session recap trade
1/25/2012	eurjpy	x		-30	958		x	session recap trade-went after stop hit
1/25/2012	gbpusd	x		-30	928		x	session recap trade-went after stop hit
1/25/2012	usdcad	x		-30	898		x	session recap trade-went after stop hit
1/25/2012	nzdusd	x		59	957	x		session recap trade
			<b>Week 4</b>	<b>+430</b>				
1/30/2012					957			No Trades IN session
1/30/2012	audjpy	x		36	993	x		session recap trade
1/30/2012	audusd	x		38	1031	x		session recap trade
1/30/2012	nzdusd	x		32	1063	x		session recap trade
1/31/2012	gbpusd	x		60	1123	x		session recap trade
1/31/2012	audjpy	x		0	1123	x		was positive but took off at BE before fundie
2/1/2012	gbpsd	x		0	1123	x		up 20 pips - no follow through BE
2/1/2012	gbpsd	x		30	1153	x		buy limit IC alert
2/1/2012	audusd	x		60	1213	x		session recap trade

2/1/2012	eurusd	x		40	1253	x		ic alert-
2/1/2012	eurusd	x		17	1270	x		ic alert- move stop no follow
2/2/2012	audjpy	x		0	1270	x		tool off at BE before Fundie
			<b>Week 5</b>	<b>+313</b>				

2/6/2012								Session closed - had a grandson!
2/7/2012	audusd	x		-30	1240		x	My bad - put wrong number in EO
2/8/2012					1240	x		no trades in session
2/9/2012	eurjpy	x		40	1280	x		no follow through
2/10/2012	gbpusd	x		0	1280	x		
			<b>Week 6</b>	<b>+10</b>				
2/13/2012	euraud	x		0	1280	x		session recap trade- took off at BE
2/13/2012	nzdusd	x		-32	1250		x	session recap trade-no follow through
2/13/2012	auadjpy	x		30	1280	x		session recap trade-no follow through
2/13/2012	gbpusd	x		66	1346	x		Trade alert in session
2/13/2012	gbpusd	x		1	1347	x		session recap trade-no follow through
2/14/2012	audusd	x		43	1390	x		RF1010
2/14/2012	gbpusd	x		41	1431	x		Retrace and enter alert in room
2/14/2012	audjpy	x		40	1470	x		EO in session
2/14/2012	nzdusd	x		-31	1439		x	RF1010 Turned instantly- wo
2/15/2012	gbpjpy		x	-38	1431		x	Break out trade- no follow
2/15/2012	eurusd	x		1	1432	x		session recap trade-FOMC took out @ +1
2/15/2012	euraud	x		-31	1401			session recap trade - stopped out then went to target
2/15/2012	audjpy	x		-30	1371		x	session recap trade - stopped out then went to target
2/15/2012	usdchf	x		43	1414	x		session recap trade
2/15/2012	usdjpy	x		62	1476	x		EO in session
2/15/2012	eurusd	x		72	1548	x		session recap trade
2/16/2012	audjpy	x		17	1565	x		pulled back before going to target
2/16/2012	usdchf	x		34	1599	x		RF1010
2/16/2012	gbpjpy	x		55	1654	x		RF1010
			<b>Week 7</b>	<b>+374</b>				

much better -market  
requiring more EO-s  
which is less control  
for losses

January		957	Big 300 pip trade on XAG also*
February		697	Much better week
March			
April			
May			
June			
Total Trades		78	
Total Losses		16	
Ave PIP capture/td		21.2	includes losses and break evens
Ave Month		957	
Totals		1,654	
			* not counted in total