Mark Douglas “The Exercise”

20 Mechanical Trades With No Subjectivity. Once all Criteria is Met, Enter and Wait for your Predefined Target

Setup: Purge And Pop

Continuation (Bullish) Criteria:

- ADDQ Above +1000
- QQQ .20% Above VWAP
- No more than 3 VWAP crosses before 10am est.
- If VWAP crosses are violated, only consider trades following a BOS (HOD/LOD)
- Technical Formation Present

Continuation (Bearish) Criteria:

- ADDQ Below -1000
- QQQ .20% Below VWAP
- No more than 3 VWAP crosses before 10am
- If VWAP crosses are violated, only consider trades following a BOS (HOD/LOD)
- Technical Formation Present

Reversal (Bullish) Criteria:

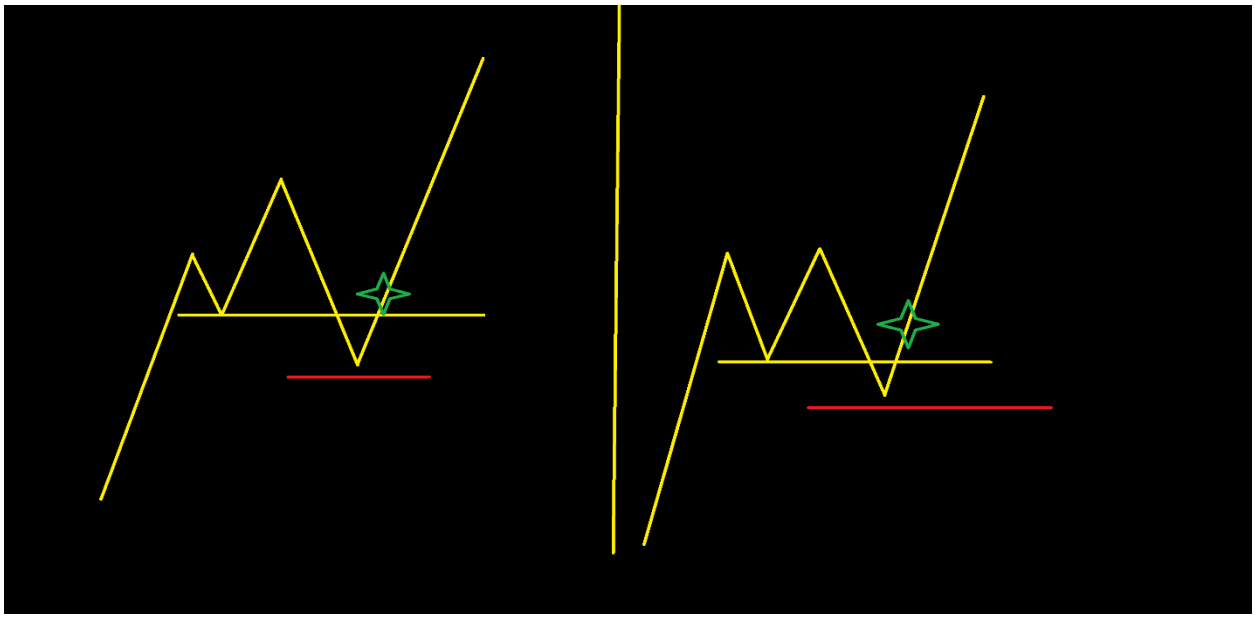
- ADDQ +450 from LOD
- QQQ .20% Above VWAP
- No more than 3 VWAP crosses before 10am
- If VWAP crosses are violated, only consider trades following a BOS (HOD/LOD)
- Technical Formation Present

Reversal (Bearish) Criteria:

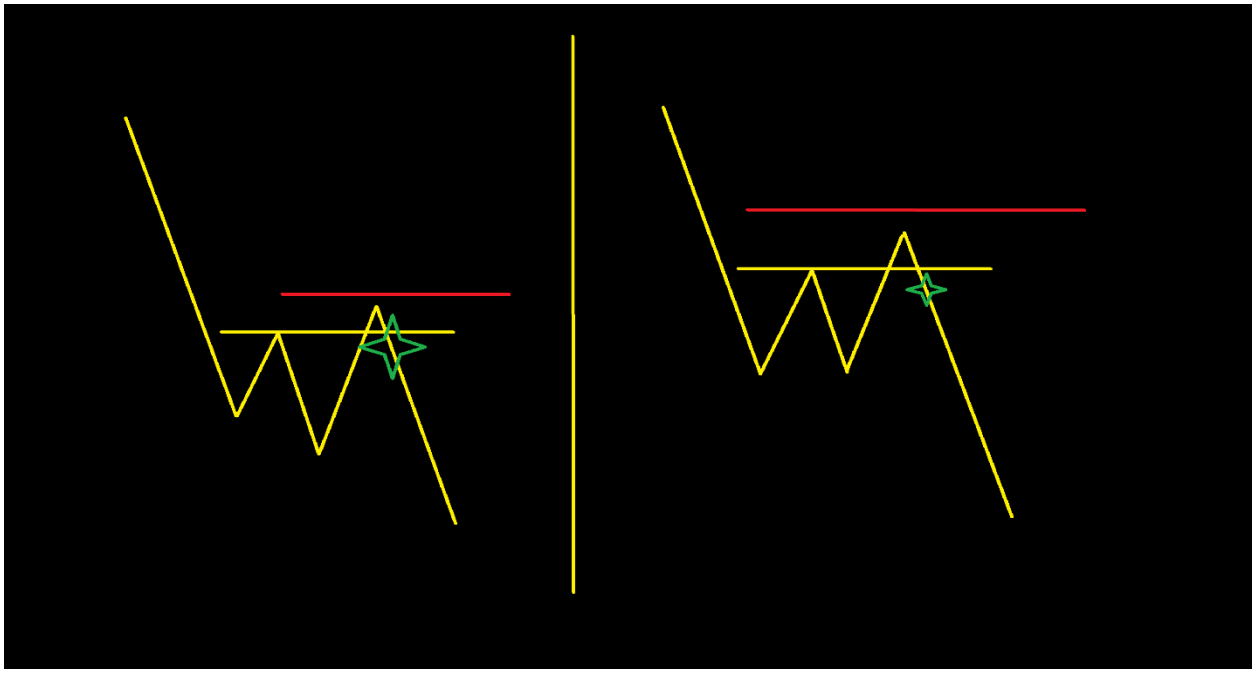
- ADDQ -450 from HOD
- QQQ -.20% Below VWAP
- No more than 3 VWAP crosses before 10am
- If VWAP crosses are violated, only consider trades following a BOS (HOD/LOD)
- Technical Formation Present

Technical Formations:

Bullish Formations:



Bearish Formations:



Risk Parameters

Risk: .50% Per Trade

Target: 1% Per Trade

No Adds, No Early Exits

Get in and Wait for the Outcome!!!