OPEN OUTCRY · EST. FOR THE RETAIL FUTURES TRADER

THE DEEPER PLAYBOOK

BACKTESTS · POSITION SIZING · THE TRADE JOURNAL

The full companion to the eight strategies on the trading floor — how each setup is built, how the numbers stack up, how to size every trade, and the journal that turns discretion into data.

v1.0 — August 2026 · openoutcry.me

01

How to use this playbook

READ THE STRATEGY · RUN THE NUMBERS · JOURNAL EVERYTHING

How to use this playbook

This book is the companion to the eight strategies published on the trading floor at https://openoutcry.me. It exists because a strategy is not a list of rules — it is a repeatable process with measurable economics. Each strategy chapter gives you four things:

1. **The setup, entry and exit rules** — the same plain rules as the website, written so you can execute them without improvising.
2. **An illustrative backtest snapshot** — win rate, average result in R and expectancy, built from the ranges published on the site. These are illustrative, not your numbers: every trader, market regime and data window changes them.
3. **A sizing example** — how a $25,000 account risking 0.5% per trade would trade the strategy on a representative instrument.
4. **Its place in the journal** — the fields that matter most when you log that strategy, and what to review weekly.

Three ideas run through everything:

1. **Think in R, not in dollars.** R is your planned risk on a trade. Recording every result as a multiple of R lets you compare a two-tick scalp with a five-day swing on one scale, and makes expectancy — the only number that matters — computable.
2. **Verify before you trust.** The win rates on the site and in this book are illustrative backtest ranges, not guarantees. Backtest any strategy on your own historical data before risking live capital — and treat the first months of live trading as a continuation of that verification, at small size.
3. **The journal is the edge.** Eight strategies with a journal will outperform twenty without one, because the journal is what turns experience into a measured, improvable process. Chapter 10 gives you the template.

If you only read two chapters, read Chapter 10 (position sizing) and Chapter 11 (the journal). They are the difference between a strategy that survives contact with a losing streak and one that doesn't.

02

Opening range breakout

MOMENTUM · MORNING SESSION

BEST ON	ES, NQ, RTY
SESSION	09:30–11:00 ET
RISK:REWARD	1 : 2
HOLD TIME	30–90 min
FREQUENCY	Daily setup

Illustrative win rate 45% · Risk:reward 1 : 2 · Full detail on the website — https://openoutcry.me (tap the strategy card).

Opening range breakout

The setup

Every session opens with a burst of two-sided volume as overnight positioning gets resolved. That burst usually settles into a tight range within the first 15–30 minutes — this is the "opening range." Mark its high and low the moment that window closes. That box is your reference line for the rest of the setup: everything above it favors longs, everything below it favors shorts.

Entry rules

1. **Wait for the close** — a candle must close beyond the range, not just poke a wick through it.
2. **Check volume** — the breakout candle's volume should be visibly higher than the range-forming candles. A breakout on thin volume is the setup's most common false signal.
3. **Enter on the next bar's open**, or on a shallow pullback into the range edge if one occurs within the first few candles.

Exit rules

1. **Stop loss** sits at the opposite edge of the opening range — if you're wrong, the range has failed as a whole and there's no case left for the trade.
2. **First target** is 1.5–2x the width of the opening range, projected from the breakout point.
3. **Runner** — once the first target prints, trail the remainder using the 9-period moving average or the most recent swing low/high.

Risk management

Range width varies day to day — a narrow range means a tight, cheap stop; a wide range means a bigger stop and should size down accordingly. Skip the setup entirely on days where the opening range is unusually wide relative to the last 10 sessions — that's often chop, not conviction, and the breakout success rate drops noticeably.

Illustrative backtest snapshot

Built from the win-rate and risk:reward ranges published on the website. Your numbers will differ — backtest on your own data before trading live.

Metric	Illustrative value
Win rate (illustrative)	45%
Average result	+0.35 R
Expectancy per trade	+0.35 R
Worst losing streak	~7 trades
Typical frequency	~18 trades / month

Sizing a real trade

Sizing example — $25,000 account, 0.5% risk = $125. On MES with an 8-point stop (32 ticks × $1.25 = $40 per contract), that is 3 contracts and $120 of risk. Round down, never up.

ORB · MES · 8-point stop

Journal fields that matter most here

Contract and size, exact entry trigger (which rule fired), stop distance in ticks, actual R:R at the fill, result in R, and whether every rule was followed. For this strategy, the discipline flag matters more than for most.

03

VWAP mean reversion

RANGE · SESSION-ANCHORED

BEST ON	CL, GC, ZN
SESSION	Range-bound days
RISK:REWARD	1 : 1
HOLD TIME	15–45 min
FREQUENCY	2–4 per session

Illustrative win rate 60% · Risk:reward 1 : 1 · Full detail on the website — https://openoutcry.me (tap the strategy card).

VWAP mean reversion

The setup

Plot VWAP and standard-deviation bands around it — 1.5 and 2 SD are the usual defaults. On a day that isn't trending — no news catalyst, no clean higher-highs or lower-lows structure — price tends to oscillate around VWAP rather than escape it. Confirm the range condition first: this strategy loses its edge fast on a genuinely trending day.

Entry rules

1. **Wait for the extension** — price needs to tag or briefly pierce the 1.5–2 SD band, not just approach it.
2. **Confirm rejection** — a candle that closes back inside the band, ideally with a visible wick beyond it, before entering.
3. **Fade the extreme** — short at the upper band, long at the lower band, entering on the confirmation candle's close.

Exit rules

1. **Stop loss** goes just beyond the extension high or low — if price keeps extending, the range condition has likely broken down.
2. **Target** is VWAP itself. This is a reversion trade, not a trend trade — take the full position off there rather than pushing for more.
3. **Skip re-entry** on the same side until price has traded back through VWAP at least once.

Risk management

The single biggest way this strategy loses money is fading a breakout day as if it were a range day. Check higher-timeframe structure and any scheduled catalysts before the session — inventory data on CL, a rate decision near ZN — and stand aside entirely if one is due during your trading window.

Illustrative backtest snapshot

Built from the win-rate and risk:reward ranges published on the website. Your numbers will differ — backtest on your own data before trading live.

Metric	Illustrative value
Win rate (illustrative)	60%
Average result	+0.20 R
Expectancy per trade	+0.20 R
Worst losing streak	~5 trades
Typical frequency	~45 trades / month

Sizing a real trade

Sizing example — $25,000 account, 0.5% risk = $125. On CL with a $0.40 stop (4 ticks × $10 = $40 per contract), that is 3 contracts and $120 of risk. Wide stops call for smaller size — the reversion is a high-frequency, low-R-per-trade edge.

VWAP · CL · $0.40 stop

Journal fields that matter most here

Contract and size, exact entry trigger (which rule fired), stop distance in ticks, actual R:R at the fill, result in R, and whether every rule was followed. For this strategy, the discipline flag matters more than for most.

04

Kill-zone gap fill

LIQUIDITY · 10–11AM NY

BEST ON	ES, NQ
SESSION	10:00–11:00 ET
RISK:REWARD	1 : 3
HOLD TIME	30–75 min
FREQUENCY	3–4x per week

Illustrative win rate 50% · Risk:reward 1 : 3 · Full detail on the website — https://openoutcry.me (tap the strategy card).

Kill-zone gap fill

The setup

Identify an obvious recent swing low — the kind of level where resting stop-losses would cluster. During the 10–11am NY window, watch for price to spike below that low on a sharp wick, then reverse violently enough that it leaves an imbalance behind: three candles where the first candle's high sits below the third candle's low. That gap is the fair value gap (FVG).

Entry rules

1. **Confirm the sweep** — the wick must trade through the prior swing low, not just approach it, then close back above it.
2. **Mark the gap** — the three-candle imbalance zone left behind by the reversal.
3. **Enter on the retrace** — when price pulls back into the gap zone, enter in the direction of the reversal, not against it.

Exit rules

1. **Stop loss** sits just beyond the sweep wick — if that low gets taken out again, the setup has failed.
2. **Target** is the prior session's opposing liquidity pool — typically the most recent untested swing high.
3. **Scale out** a portion at a 1:1.5 partial and let the remainder run to the full liquidity target.

Risk management

This setup depends on genuine stop-hunting behavior, which is far more reliable in liquid, heavily-traded contracts during their busiest window. Outside the 10–11am kill zone, or on contracts with thinner participation, sweeps are more often just noise rather than an engineered liquidity grab — skip the setup outside that window.

Illustrative backtest snapshot

Built from the win-rate and risk:reward ranges published on the website. Your numbers will differ — backtest on your own data before trading live.

Metric	Illustrative value
Win rate (illustrative)	50%
Average result	+1.00 R
Expectancy per trade	+1.00 R
Worst losing streak	~6 trades
Typical frequency	~12 trades / month

Sizing a real trade

Sizing example — $25,000 account, 0.5% risk = $125. On MNQ with a 60-point stop (30 ticks × $0.50 = $15 per contract), that is 8 contracts and $120 of risk. The 1:3 payoff structure is what pays for the 50% win rate.

KILL-ZONE · MNQ · 60-point stop

Journal fields that matter most here

Contract and size, exact entry trigger (which rule fired), stop distance in ticks, actual R:R at the fill, result in R, and whether every rule was followed. For this strategy, the discipline flag matters more than for most.

05

Trend pullback

TREND-FOLLOWING · MULTI-DAY

BEST ON	GC, CL, ZN, 6E
SESSION	Any — trend-based
RISK:REWARD	1 : 3+
HOLD TIME	1–5 days
FREQUENCY	Several per trend

Illustrative win rate 40% · Risk:reward 1 : 3+ · Full detail on the website — https://openoutcry.me (tap the strategy card).

Trend pullback

The setup

Confirm an established trend first: price consistently above a rising 20-period EMA, making higher highs and higher lows over multiple sessions. Once that structure is in place, wait for price to pull back toward the EMA rather than chasing new highs — pullbacks in a real trend are where the better entries are found, not the breakouts themselves.

Entry rules

1. **Let the pullback develop** — price should trade down to, or slightly through, the EMA on lighter volume than the trend legs.
2. **Wait for the reclaim** — a candle that closes back above the EMA after touching it is the trigger, not the touch itself.
3. **Enter on the reclaim candle's close**, or on the following bar's open.

Exit rules

1. **Stop loss** goes just below the pullback's low — if that level breaks, the pullback has become a reversal.
2. **No fixed target** — this is a let-it-run setup. Trail the stop along the EMA or the most recent higher low as the trend extends.
3. **Take partial profit** only at clearly exhausted structure — a sharp acceleration or an obvious prior high — and trail the rest.

Strategy 5 — Trend pullback

Risk management

This is the lowest win-rate setup in the playbook by design — most pullbacks that fail do so quickly and cheaply, while the trend legs that follow a successful reclaim can run for days. Size each entry so a full string of losers is survivable, and don't average into a pullback that keeps failing — that's a sign the trend itself may be turning.

Illustrative backtest snapshot

Built from the win-rate and risk:reward ranges published on the website. Your numbers will differ — backtest on your own data before trading live.

Metric	Illustrative value
Win rate (illustrative)	40%
Average result	+0.60 R
Expectancy per trade	+0.60 R
Worst losing streak	~9 trades
Typical frequency	~8 trades / month

Sizing a real trade

Sizing example — $25,000 account, 0.5% risk = $125. On GC with a $1.00 stop (10 ticks × $10 = $100 per contract), that is 1 contract. Multi-day holds carry overnight gap risk, so size as if the stop is wider than it looks.

TREND · GC · $1.00 stop

Journal fields that matter most here

Contract and size, exact entry trigger (which rule fired), stop distance in ticks, actual R:R at the fill, result in R, and whether every rule was followed. For this strategy, the discipline flag matters more than for most.

06

Order-flow scalp

HIGH FREQUENCY · TAPE READ

BEST ON	MES, MNQ, ES, NQ
SESSION	Any liquid window
RISK:REWARD	1 : 1
HOLD TIME	Seconds–minutes
FREQUENCY	10–30 per session

Illustrative win rate 62% · Risk:reward 1 : 1 · Full detail on the website — https://openoutcry.me (tap the strategy card).

Order-flow scalp

The setup

Watch the order book and time-and-sales at a level price keeps returning to without breaking — a round number, a prior session's close, a value area edge. What you're looking for is absorption: repeated aggressive selling (or buying) into the level that fails to push price through it, meaning a larger passive order is soaking up the flow.

Entry rules

1. **Confirm absorption** — several attempts to break the level on rising volume with no follow-through.
2. **Wait for the imbalance flip** — the moment aggressive orders start hitting the opposite side in size.
3. **Enter with the aggressive side**, immediately once the imbalance confirms — this setup punishes hesitation more than any other in the playbook.

Exit rules

1. **Fixed target** — 2 to 4 ticks on ES/NQ, taken mechanically rather than judged in the moment.
2. **Stop** is equally tight, usually 2 to 3 ticks, placed just past the level that was being defended.
3. **No trailing** — this is a scalp, not a swing. Take the fixed target and look for the next setup.

Strategy 6 — Order-flow scalp

Risk management

Frequency is the whole game here, which means commissions and slippage matter more than in any other strategy on this page — a great setup with poor execution costs turns into a losing one fast. Trade the tightest-spread, most liquid contracts only, and track fills against theoretical entries weekly to catch execution drift early.

Illustrative backtest snapshot

Built from the win-rate and risk:reward ranges published on the website. Your numbers will differ — backtest on your own data before trading live.

Metric	Illustrative value
Win rate (illustrative)	62%
Average result	+0.24 R
Expectancy per trade	+0.24 R
Worst losing streak	~5 trades
Typical frequency	~150 trades / month

Sizing a real trade

Sizing example — $25,000 account, 0.5% risk = $125. On NQ with a 3-tick stop (3 × $5 = $15 per contract), that is 8 contracts and $120 of risk. At this frequency, commissions are part of the risk — count them in every calculation.

SCALP · NQ · 3-tick stop

Journal fields that matter most here

Contract and size, exact entry trigger (which rule fired), stop distance in ticks, actual R:R at the fill, result in R, and whether every rule was followed. For this strategy, the discipline flag matters more than for most.

07

Gap-and-go

MOMENTUM · PRE-MARKET TO OPEN

BEST ON	ES, NQ, CL
SESSION	Open, first 15 min
RISK:REWARD	1 : 2
HOLD TIME	20–60 min
FREQUENCY	On gap days only

Illustrative win rate 48% · Risk:reward 1 : 2 · Full detail on the website — https://openoutcry.me (tap the strategy card).

Gap-and-go

The setup

Compare the day's open against the prior session's close. A gap worth trading is a large one relative to that instrument's normal daily range — a small gap is just overnight noise. Once the open prints, give it the first 5–10 minutes to show whether the market is defending the gap or immediately trying to fill it back toward yesterday's close.

Entry rules

1. **Confirm the hold** — price should stay clear of the gap-fill level (yesterday's close) through the opening minutes rather than probing back into it.
2. **Look for a base** — a brief, tight consolidation just above (or below, on a gap down) the open is a healthier sign than an immediate vertical move.
3. **Enter on the break** of that consolidation's high, in the direction of the gap.

Exit rules

1. **Stop loss** sits at the gap-fill level — if price trades back through yesterday's close, the gap thesis has failed.
2. **Target** is a measured move: the size of the gap itself, projected from the breakout point.
3. **Trail the balance** once the first target hits, using the day's rising low sequence.

Risk management

Gap size relative to average true range matters more than the gap in absolute points — the same 10-point gap means very different things on a quiet day versus a volatile one. Check the economic calendar before trading a gap; a gap driven by a scheduled release behaves differently than one from unexplained overnight order flow, and sizing should reflect that uncertainty.

Illustrative backtest snapshot

Built from the win-rate and risk:reward ranges published on the website. Your numbers will differ — backtest on your own data before trading live.

Metric	Illustrative value
Win rate (illustrative)	48%
Average result	+0.44 R
Expectancy per trade	+0.44 R
Worst losing streak	~7 trades
Typical frequency	~6 trades / month

Sizing a real trade

Sizing example — $25,000 account, 0.5% risk = $125. On MNQ with an 80-point stop to the gap-fill level (40 ticks × $0.50 = $20 per contract), that is 6 contracts and $120 of risk. Gaps that gap again are the tail risk — keep size modest on news-driven gaps.

GAP-AND-GO · MNQ · 80-point stop

Journal fields that matter most here

Contract and size, exact entry trigger (which rule fired), stop distance in ticks, actual R:R at the fill, result in R, and whether every rule was followed. For this strategy, the discipline flag matters more than for most.

08

News/event straddle

DEFINED RISK · SCHEDULED CATALYST

BEST ON	CL, GC, ZN
SESSION	Scheduled release times
RISK:REWARD	1 : 2
HOLD TIME	5–30 min
FREQUENCY	Weekly / event-driven

Illustrative win rate 44% · Risk:reward 1 : 2 · Full detail on the website — https://openoutcry.me (tap the strategy card).

News/event straddle

The setup

In the 10–15 minutes before a scheduled, high-impact release, price on the relevant instrument typically tightens into a narrow range as participants wait rather than commit. Mark the high and low of that narrow pre-release range — this becomes the bracket. Place a buy-stop just above it and a sell-stop just below it, both with the same fixed stop-loss distance.

Entry rules

1. **Set both orders** before the release — you should not be manually reacting to the headline in real time.
2. **Whichever side triggers** becomes your live position; cancel the untouched order immediately once one fills.
3. **Do not chase** if price gaps straight through both levels without a fill — that's a sign of a scale of move the bracket wasn't sized for.

Exit rules

1. **Stop loss** is the width of the bracket itself, placed on the opposite side of your entry.
2. **Target** is 1.5–2x the bracket's width, taken once the initial expansion move is clearly underway.
3. **Time stop** — if the position hasn't reached target within 15–20 minutes, tighten the stop rather than let a fading move round-trip back to breakeven.

Risk management

Size the bracket for the specific release, not a fixed number — CPI and FOMC produce very different volatility than a routine inventory report. Widen the bracket enough to avoid getting stopped out by pre-release noise, but keep it tight enough that the reward-to-risk still holds up. Slippage on the fill is real during these windows — factor it into position size rather than assuming a clean entry.

Illustrative backtest snapshot

Built from the win-rate and risk:reward ranges published on the website. Your numbers will differ — backtest on your own data before trading live.

Metric	Illustrative value
Win rate (illustrative)	44%
Average result	+0.32 R
Expectancy per trade	+0.32 R
Worst losing streak	~8 trades
Typical frequency	~4 trades / month

Sizing a real trade

Sizing example — $25,000 account, 0.5% risk = $125. On ZN with a bracket width of 8 ticks (8 × $15.625 = $125 per contract), that is 1 contract. Never widen the bracket to fit a bigger size — size down to the bracket.

STRADDLE · ZN · 8-tick bracket

Journal fields that matter most here

Contract and size, exact entry trigger (which rule fired), stop distance in ticks, actual R:R at the fill, result in R, and whether every rule was followed. For this strategy, the discipline flag matters more than for most.

09

Inside-day breakout

SWING · LOW FREQUENCY

BEST ON	ES, GC, ZN, 6E
SESSION	Daily close, swing hold
RISK:REWARD	1 : 2
HOLD TIME	1–4 days
FREQUENCY	A few per month

Illustrative win rate 52% · Risk:reward 1 : 2 · Full detail on the website — https://openoutcry.me (tap the strategy card).

Inside-day breakout

The setup

Scan daily charts for an "inside day" — one whose entire high-to-low range sits within the prior day's range (the "mother bar"). This is a compression signal: the market has stopped expanding, which usually means the next directional move is being built up rather than resolved. The tighter the inside day relative to the mother bar, the more coiled the setup.

Entry rules

1. **Mark both levels** — the inside day's high and low — the moment it closes.
2. **Wait for a daily close** beyond either level; an intraday poke through doesn't count.
3. **Enter at the next day's open** in the direction of the breakout, or use a stop order at the inside day's high/low itself for an intraday trigger.

Exit rules

1. **Stop loss** sits at the opposite side of the inside day — a failed breakout that reverses back through it has invalidated the setup.
2. **Target** is roughly 2x the inside day's range, projected from the breakout level.
3. **Multi-day hold** — this setup often needs a few sessions to play out; don't manage it on an intraday timeframe.

Risk management

Inside days are common; good ones — with real compression after a real trend, not just a quiet holiday session — are not. Filter for inside days that follow a clear prior trend or sit at a meaningful technical level, and skip the ones that show up simply because volume dried up overnight. Overnight and weekend gap risk is real on a multi-day hold, so size positions with that in mind.

Illustrative backtest snapshot

Built from the win-rate and risk:reward ranges published on the website. Your numbers will differ — backtest on your own data before trading live.

Metric	Illustrative value
Win rate (illustrative)	52%
Average result	+0.56 R
Expectancy per trade	+0.56 R
Worst losing streak	~6 trades
Typical frequency	~3 trades / month

Sizing a real trade

Sizing example — $25,000 account, 0.5% risk = $125. On MES with a 10-point stop to the opposite side of the inside day (40 ticks × $1.25 = $50 per contract), that is 2 contracts and $100 of risk. Multi-day holds: keep size below the intraday comfort level.

INSIDE DAY · MES · 10-point stop

Journal fields that matter most here

Contract and size, exact entry trigger (which rule fired), stop distance in ticks, actual R:R at the fill, result in R, and whether every rule was followed. For this strategy, the discipline flag matters more than for most.

10

Position sizing & risk

THE ONLY PART OF TRADING YOU FULLY CONTROL

Position sizing & risk

You cannot control whether a trade wins. You can control exactly how much it costs you when it loses. Sizing is that control, and it is a math problem, not a feeling problem.

The R framework

Define R as the dollar amount you plan to risk on a trade — the distance from entry to stop, times contract value. Record every result as a multiple of R: a winner worth two stop distances is +2R, a stop-out is −1R. Over a sample of trades, average result per trade is your expectancy. If it is positive, size up gradually; if it is not, no amount of sizing fixes it.

How much to risk per trade

Start at 0.25–0.5% of account equity per trade. Move toward 1% only after a statistically meaningful sample (50+ trades) shows positive expectancy. Halve size after any −5% month and earn the size back with results, not with conviction.

Dollars at risk by account size

Account	0.25%	0.5%	1%
$5,000	$12.50	$25	$50
$10,000	$25	$50	$100
$25,000	$62.50	$125	$250
$50,000	$125	$250	$500
$100,000	$250	$500	$1,000

The sizing formula

Contracts = floor(dollars at risk ÷ (stop distance in ticks × tick value)) — always round down. If the formula returns zero contracts, the stop is too wide for your risk; take the trade on a micro contract or skip it.

Tick values at a glance

Contract	Tick value	Typical scalper stop	Risk per contract
MES	$1.25	3-8 points	$3.75-$10
MNQ	$0.50	30-80 points	$15-$40

ES	$12.50	4-8 points	$50-$100
NQ	$5.00	20-60 points	$100-$300
RTY	$5.00	3-6 points	$15-$30
CL	$10.00	0.20-0.60	$20-$60
GC	$10.00	0.80-2.00	$80-$200
ZN	$15.625	4-10 ticks	$62.50-$156
6E	$6.25	20-50 ticks	$125-$312

Approximate ranges for illustration — stops come from your setup, not from this table.

Surviving the streak

Every strategy has losing streaks. The question is whether your account survives them. This table shows total drawdown after a run of consecutive −1R losses at different risk levels — the case for small size is arithmetic, not psychology.

Drawdown after consecutive losses

Risk per trade	5 losses	8 losses	12 losses	16 losses
0.25%	1.2%	2.0%	3.0%	3.9%
0.5%	2.5%	3.9%	5.8%	7.7%
1%	4.9%	7.7%	11.4%	14.9%
2%	9.6%	14.9%	21.5%	27.7%

Compounding losses — each row assumes risk is recalculated on the shrinking balance.

The rules that keep you in the game

1. **Risk 0.25–0.5% until you have evidence.** A 50-trade sample with positive expectancy earns the right to 1%.
2. **Never average into a loser.** Adding to a losing position converts a defined risk into an undefined one — the one thing sizing is supposed to prevent.
3. **Halve after −5%.** Drawdown is the market telling you something changed — your edge, your execution, or the regime. Cut size, review the journal, and earn it back.
4. **Round down, always.** Three and a half contracts is three contracts. Fractional risk is where accounts die.
5. **Count commissions as risk.** On a 150-trade-per-month scalp, round-trip costs can exceed the stop distance. Net expectancy is what matters.

Scaling

Scale size only on evidence: a stable expectancy across 100+ trades and a drawdown you actually survived. Scale by 25% steps, and scale back down immediately after any month that exceeds your worst backtested losing streak. Funded-account traders should read the program's scaling rules before adding size — many tie account size to payout consistency.

11

The trade journal

TURN DISCRETION INTO DATA

The trade journal

A journal is not a diary — it is a database you fill by hand. Its job is to answer three questions after every block of trades: Do I have a real edge? Is my execution leaking it? Is my risk behaving? The fields below are deliberately minimal; the discipline is in filling every one of them, win or lose, immediately after the trade closes.

The fields

1. **Date & time** — session context matters: opening-range trades and kill-zone trades live in different regimes.
2. **Contract & size** — instrument, direction, number of contracts.
3. **Setup** — the strategy number (01–08) and the specific trigger that fired.
4. **Entry / stop / target** — actual fills, not intended levels.
5. **Risk & R:R** — dollars at risk and the planned reward multiple.
6. **Result** — outcome in R (+2R, −1R, 0R for breakeven).
7. **Discipline flag** — did you follow the plan exactly? Y/N. This single flag predicts long-term results better than any other field.
8. **Notes** — one or two lines on the tape, the fill, or your state. Screenshots live with the entry marker, not the story.

A worked example

Opening range breakout, long — exactly how the journal entry reads when it is done right:

Field	Entry
Date / time	Mon 17 Aug 2026 · 09:41 ET
Contract & size	1 × MES long
Setup	01 ORB — close beyond 15-min range high (7,764.50) on 1.4× range-avg volume
Entry	7,765.25
Stop	7,757.25 (opposite range edge, 8 pts)
Target	7,781.25 (2× range width)

Risk & R:R	$40.00 · 1 : 2
Result	+2R ($80.00)
Discipline	Y — plan followed; no hesitation on the trigger
Notes	Tight consolidation after entry; trailed final 0.5R with the 9-EMA after first target.

The weekly review

Every Friday, 15 minutes, same four checks:

1. **Win rate and average R** for the week, per strategy.
2. **Expectancy** — sum of R ÷ number of trades. Negative three weeks in a row means stop trading that setup and re-verify it.
3. **Execution leakage** — how many discipline flags were N, and how many R did they cost? This number should approach zero.
4. **One change** — a single concrete improvement for next week. Not five. One.

The blank template

Print this page, or copy the layout into your own journal. One block per trade.

TRADE LOG — STRATEGY ____	
Date / time	
Contract & size	
Setup	
Entry	
Stop	
Target	
Risk & R:R	
Result (R)	
Discipline (Y/N)	
Notes	

Weekly review — week of ___________

Win rate	
Average R	
Expectancy (total R ÷ trades)	

Discipline flags (N) & R cost	
One change for next week	

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The funding board

TRADE IT WITH THEIR CAPITAL

The funding board

Funded-account programs sell access to a simulated evaluation: hit the profit target without breaching the drawdown rules, and you trade the firm's capital for a profit split. The ten programs below are the ones covered on the website — ranked by nothing but the order you evaluate them in. Terms change often; always verify the current offer on each program's site.

Program	Eval (from)	Split	Drawdown	Payouts
Apex Trader Funding	~$50	Up to 95%	Trailing	Every 5 qualifying days
TopStep	~$49	Up to 90%+	Static daily loss	Every 10 trading days
MyFundedFutures	~$45	Up to 90%	Static or trailing	Same-day on select plans
Alpha Futures	~$40	Up to 95%	Trailing	14-day cycle
Bulenox	~$25	Up to 90%	Static (no trailing)	7-day cycle (first ~10 days)
Lucid Trading	~$100	90/10	EOD trailing	Fast — no fixed windows
TradeDay	~$59	Up to 95%	EOD / Intraday / Static	Next-business-day
Earn2Trade — Gauntlet Mini	~$68	Up to 90%	EOD trailing	Per partner plan
FundedNext (Futures)	~$80	Up to 80%	Static or trailing	24-hour guarantee
Take Profit Trader	~$170	80/20 (90/10 PRO+)	Trailing	From day one (after buffer)

Typical promotional ranges as of writing — verify current terms on each program's site before paying any evaluation fee.

How to choose

1. **Drawdown style first.** If you are new to evaluations, static drawdown rules (TopStep, Bulenox, MyFundedFutures plans) are easier to manage than trailing.
2. **Match the payout cadence to your style.** Scalpers need frequent payouts (Lucid, Take Profit Trader, TradeDay); swing traders can tolerate longer cycles.
3. **Read the consistency rules.** Some programs cap how much of your profit one day can produce. If you trade news events, a 50% consistency rule will bite.
4. **Check payout evidence** — independent reviews and forums — before paying any evaluation fee. The industry has had failures alongside the established payers.

Every program link on the website is an affiliate link — we may earn a commission if you purchase through them, at no extra cost to you. That never changes what we write about a program, and it is why the site can stay free to read.

OPEN OUTCRY

The deeper playbook

contracts, playbooks & funding — read before the bell

DISCLAIMER

Open Outcry is provided for educational purposes only and is not financial advice. Futures trading involves substantial risk of loss and is not suitable for all investors. You can lose more than your initial capital.

Win-rate and risk:reward figures shown in this book and on the website are illustrative backtest ranges, not guarantees of future performance. Verify every strategy on your own historical data before trading live capital. Market quotes shown on the website are delayed (typically 10-15 minutes) and provided for reference only.

Funded-account programs are third-party services; review each provider's own terms before purchasing an evaluation. Some links to funded-account programs are affiliate links, and we may earn a commission if you purchase through them at no extra cost to you.

v1.0 — August 2026 · https://openoutcry.me ·