

NQ/ES FUTURES TRADING CHEAT SHEET

Quick Reference Guide for Day Trading & Scalping

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Quantum Navigator Trading System



MARKET SPECIFICATIONS

NQ (E-mini NASDAQ-100)

- Symbol: NQ
- Micro Contract: MNQ (1/10 size)
- Point Value: \$20 per point (NQ) / \$2 per point (MNQ)
- Typical Daily Range: 200-500 points
- Margin Required: ~\$1000 (NQ) / ~\$500 (MNQ) less with some brokers

ES (E-mini S&P 500)

- Symbol: ES
- Micro Contract: MES (1/10 size)
- Point Value: \$50 per point (ES) / \$5 per point (MES)
- Typical Daily Range: 40-80 points
- Margin Required: ~\$500 (ES) / ~\$250 (MES)

Trading Hours (EST)

- Open: Sunday 6:00 PM - Friday 5:00 PM
- Best Times: 9:30 AM - 11:30 AM (Market Open)
- Secondary: 2:30 PM - 4:00 PM (Power Hour)
- AVOID: 11:30 AM - 2:30 PM (Lunch Chop)

QUANTUM NAVIGATOR ENTRY SIGNALS

BUY SIGNALS (Long Entry)

- ✓ Green Entry Arrow and BUY signal appears on chart
- ✓ White Dot showing candle close and entry point
- ✓ Background color shifts to green
- ✓ Volume increasing on breakout
- ✓ Higher swing low confirmed

SELL SIGNALS (Short Entry)

- ✓ Red Entry Arrow and SELL signal appears on chart
- ✓ White Dot showing candle close and entry point
- ✓ Background color shifts to red
- ✓ Volume increasing on breakdown
- ✓ Lower swing high confirmed

DO NOT TRADE When:

- ✗ Price inside choppy range (no clear trend)
- ✗ Volume extremely low (lunch hour)
- ✗ Major news event in next 15 minutes
- ✗ You've hit daily loss limit
- ✗ No clear signal from indicators

POSITION SIZING CALCULATOR

The 1-2% Risk Rule

Formula:

Position Size = (Account Size × Risk %) ÷ Stop Loss Points

Example 1: \$10,000 account, 1% risk, 20-point stop

= (\$10,000 × 0.01) ÷ 20 = 0.5 contracts (round to 1 MNQ)

Example 2: \$50,000 account, 2% risk, 25-point stop

= (\$50,000 × 0.02) ÷ 25 = 2 contracts (2 NQ)

STOP LOSS PLACEMENT

For NQ (NASDAQ-100)

- Tight Stop: 15-20 points
- Normal Stop: 20-30 points
- Wide Stop: 30-40 points
- Never exceed: 50 points

For ES (S&P 500)

- Tight Stop: 5-8 points
- Normal Stop: 8-12 points
- Wide Stop: 12-16 points
- Never exceed: 20 points

Where to Place Stop Loss:

1. Below swing low (for longs)
2. Above swing high (for shorts)
3. Below support zone (for longs)
4. Above resistance zone (for shorts)

RULE: Place stop BEFORE entering trade. Never move it further away.

PROFIT TARGETS

Three-Target System

TARGET 1: Take Partial Profits (50% of position)

- NQ: 1.5x your risk (30 points if 20pt stop)
- ES: 1.5x your risk (12 points if 8pt stop)
- This locks in profits and removes pressure

TARGET 2: Trail Stop or Fixed Target

- NQ: 2.5x your risk (50 points if 20pt stop)
- ES: 2.5x your risk (20 points if 8pt stop)
- Exit remaining 50% here

TARGET 3: Let Runners Go (Optional)

- Trail by 10-15 points (NQ) or 5-8 points (ES)
- Let market take you out
- Captures big trend days

Trailing Stop Technique:

- Move stop to breakeven after 1x risk achieved
- Trail by 50% of current profit
- Example: Up 40 points → trail stop 20 points behind



DAILY TRADING SCHEDULE

Pre-Market (8:30 AM - 9:30 AM)

- ☐ Check overnight price action
- ☐ Mark key support/resistance levels
- ☐ Review economic calendar
- ☐ Check VIX (volatility index)
- ☐ Determine market bias (bullish/bearish/neutral)

Market Open (9:30 AM - 11:30 AM) ★ PRIME TIME

- ☐ Wait 5 minutes for opening volatility to settle
- ☐ Take signals according to system
- ☐ Maximum 3-5 trades this session
- ☐ Follow position sizing rules
- ☐ Take profits at targets

Lunch Hour (11:30 AM - 2:30 PM) ✗ AVOID

- Step away from computer
- Review morning trades
- NO trading during this chop zone

Afternoon Session (2:30 PM - 4:00 PM)

- ☐ Reduce position size 50%
- ☐ Only take A+ setups
- ☐ Maximum 2-3 trades
- ☐ Be aware of reversal potential

After Hours (4:00 PM+) ⚠ EXPERIENCED ONLY

- Reduced liquidity
- Wider spreads
- Only trade if extremely confident



THE PERFECT TRADE CHECKLIST

Before Entering ANY Trade:

✓ 1. Signal Quality

- Is there a clear Quantum Navigator signal?
- Is price above/below the 200 ema and where is VWAP?
- Is momentum indicator confirming direction?

✓ 2. Market Context

- Are we in a trending or ranging market?
- Is volume sufficient (not lunch hour)?
- Any major news in next 30 minutes?

✓ 3. Risk Management

- Have I calculated position size (1-2% max)?
- Do I know exactly where my stop loss goes?
- Do I know my profit targets?

✓ 4. Emotional State

- Am I trading my system or my emotions?
- Have I hit my daily loss limit? (STOP if yes)
- Am I chasing or following the plan?

If ANY answer is NO → DO NOT TRADE



DAILY RISK LIMITS

Maximum Daily Loss Rule

Stop trading if you lose 2% of your account in one day

Examples:

- \$10,000 account → Stop at -\$200
- \$25,000 account → Stop at -\$500
- \$50,000 account → Stop at -\$1,000

When you hit this limit:

1. Close all positions
2. Turn off computer
3. Walk away
4. Review trades tomorrow
5. NO revenge trading

Maximum Daily Win Rule

Consider stopping after +3% gains

Why? Prevents giving back profits through overconfidence

Examples:

- \$10,000 account → Consider stopping at +\$300
- \$25,000 account → Consider stopping at +\$750
- \$50,000 account → Consider stopping at +\$1,500

Banking wins is more important than "getting more"



KEY MARKET LEVELS TO WATCH

Daily Levels (Mark These Each Morning)

1. Previous Day High/Low
2. Overnight High/Low
3. Current Day Opening Price (15 minutes)
4. Round Numbers (e.g., 24,000 on NQ, 6,500 on ES)
5. Weekly High/Low

Support & Resistance Rules:

- Price tends to bounce at these levels
- Breakouts above resistance = momentum up
- Breakdowns below support = momentum down
- Use these for target placement



QUICK TRADING SCENARIOS

Scenario 1: Strong Trending Day (Up)

- Signal: Multiple green arrows, price above 200ema
- Action: Take longs only, ignore shorts
- Management: Trail stops, let winners run
- Exit: When trend color background goes red or red arrow appears

Scenario 2: Strong Trending Day (Down)

- Signal: Multiple red arrows, price below 200ema
- Action: Take shorts only, ignore longs
- Management: Trail stops, let winners run
- Exit: When color background goes green or green arrow appears

Scenario 3: Choppy/Ranging Day

- Signal: Price bouncing through 200ema repeatedly
- Action: Reduce position size 50% or sit out
- Management: Quick scalps only, tight stops
- Exit: At first resistance/support, don't hold

Scenario 4: News-Driven Volatility

- Signal: Massive spikes, wide candles
- Action: Stay OUT or extreme caution
- Management: Wait 15 minutes for dust to settle
- Exit: If caught in trade, exit immediately at breakeven

TRADING PSYCHOLOGY REMINDERS

Before Every Trade:

- "Am I following my system or my emotions?"
- "Do I know my exit before I enter?"
- "Is this trade worth the risk?"

During the Trade:

- "Trust the process"
- "Let the system work"
- "Don't micromanage"

After a Winner:

- "One trade doesn't make me a genius"
- "Stay humble, follow the plan"
- "Don't overtrade from excitement"

After a Loser:

- "Losses are part of all trading"
- "Did I follow my rules?" (If yes, move on)
- "No revenge trading"

****REMEMBER:** You only need 40-50% win rate with proper risk management to be VERY profitable.
My system will have you winning way more.**

MOST COMMON MISTAKES (AVOID THESE!)

- ✗ Trading without a stop loss
- ✗ Moving stop loss further away when losing
- ✗ Taking random trades without signals
- ✗ Overtrading (more trades ≠ more profit)
- ✗ Trading during lunch hour chop
- ✗ Revenge trading after losses
- ✗ Not taking profits at targets
- ✗ Position sizing too large
- ✗ Trading when emotional, tired, or sick
- ✗ Ignoring the daily loss limit

EMERGENCY CONTACTS & RESOURCES

Quantum Navigator Support:

- Email: contact@qntrader.com
- Website: www.QNTrader.com
- Phone: +1-661-221-3248

Broker Technical Issues:

- Have your broker's 24/7 support number saved
- Know how to close all positions quickly
- Test your platform's panic button

Market Hours & Holidays:

- CME Group Website: www.cmegroup.com
- Check for early closes and holiday trading

YOUR NEXT STEPS

1. Print This Cheat Sheet → Keep next to your monitor
2. Mark Your Levels → Every morning before trading
3. Set Your Limits → Calculate max loss/position size
4. Follow Your Signals → Trust the Quantum Navigator system
5. Journal Your Trades → Track what works and what doesn't
6. Review Daily → End-of-day analysis for improvement

DAILY AFFIRMATIONS

Morning:

"I will follow my system today. I will manage my risk. I will stay disciplined."





During Trading:

"I trust my strategy. I accept that losses are part of the process. I let winners run."

Evening:

"I showed up, I followed my rules, I'm improving every day."

Remember: Consistent profitability comes from:

-  Following your system religiously
-  Managing risk on every trade
-  Controlling emotions
-  Being patient for A+ setups

You don't need to trade every day to make money. You need to trade the RIGHT setups every day.



WANT THE COMPLETE SYSTEM?

This cheat sheet is just the beginning. The full Quantum Navigator system includes:

- AI-powered TradingView indicators
- Complete video training course
- Live trading examples
- Risk management templates
- Prop firm strategies

[Visit: www.QNTrader.com](http://www.QNTrader.com)

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