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
✅ Orange Triangle 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
✅ Orange Triangle 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 indictaor 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

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