



# **A+ Setups Only**

## **How to Separate Noise from True Opportunity**

PRESENTED BY:

Megan Marlow

# Webinar Goal

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- Understand if your strategy is specific enough
- Know what constitutes as an A+ setup

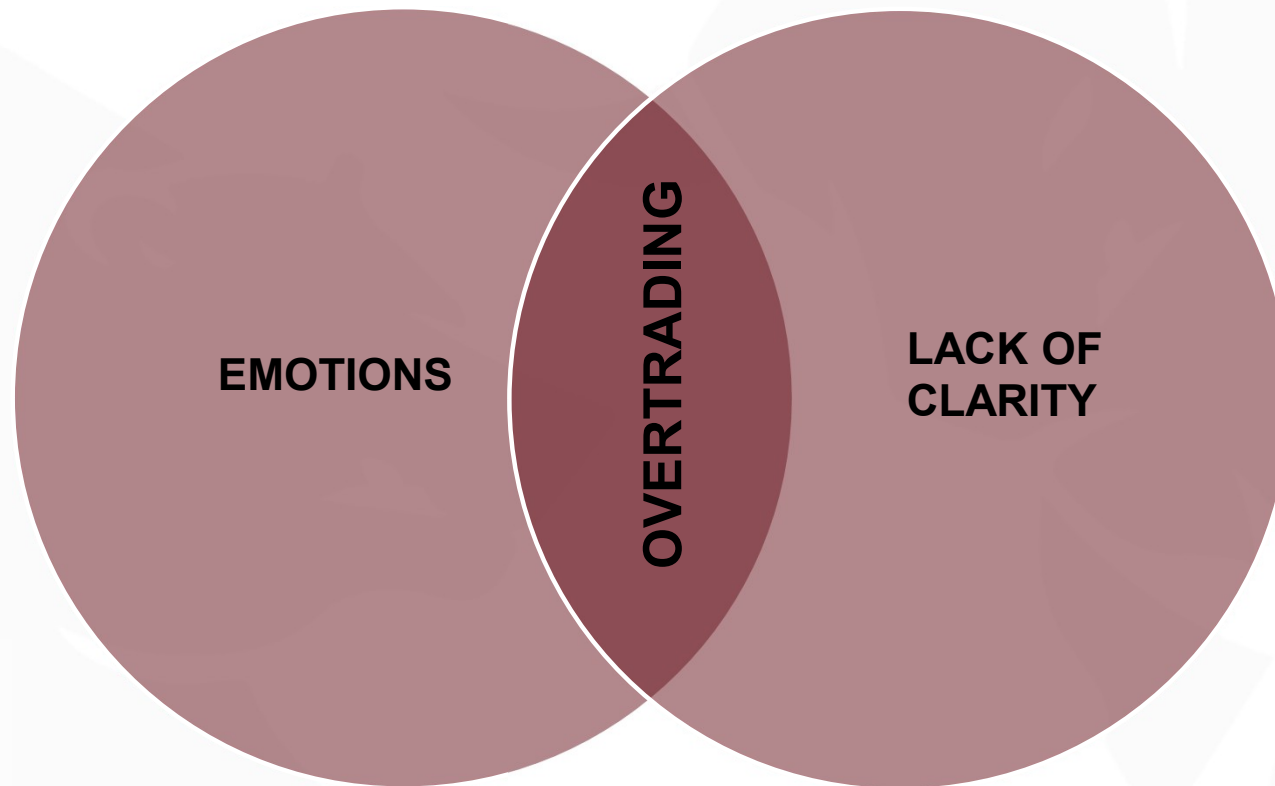
# Overview

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- Why traders confuse noise with opportunity
- The 5 questions of every A+ setup
- C Tradebook vs A+ Tradebook
- Building your personal Setup Card / Scoring Sheet
- Turning a C strategy into an A+ strategy
- The A+ Mindset

# Why Do We Overtrade?

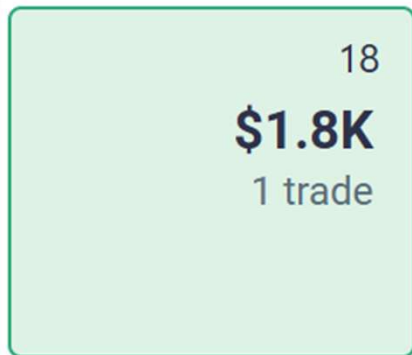
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# The Cost of Trading Noise

Trade Count: 1  
Trade Quality: A+

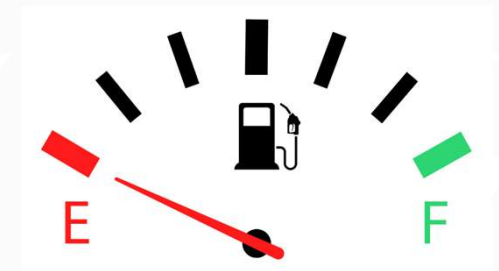
Trade Count: 3  
Trade Quality: C



Stress



Mental Capital Drain



# What Makes a Setup A+?

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## C Trade

Noise. No edge.  
No trade.

## B Trade

Missing 1-2 pieces.  
Trade small size / no trade

## A+ Trade

Meets *all* criteria.  
High conviction.  
Trade full size.

# The 5 Questions of Every A+ Setup

# Why This Stock?

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*Question: Why did you choose this stock today?*

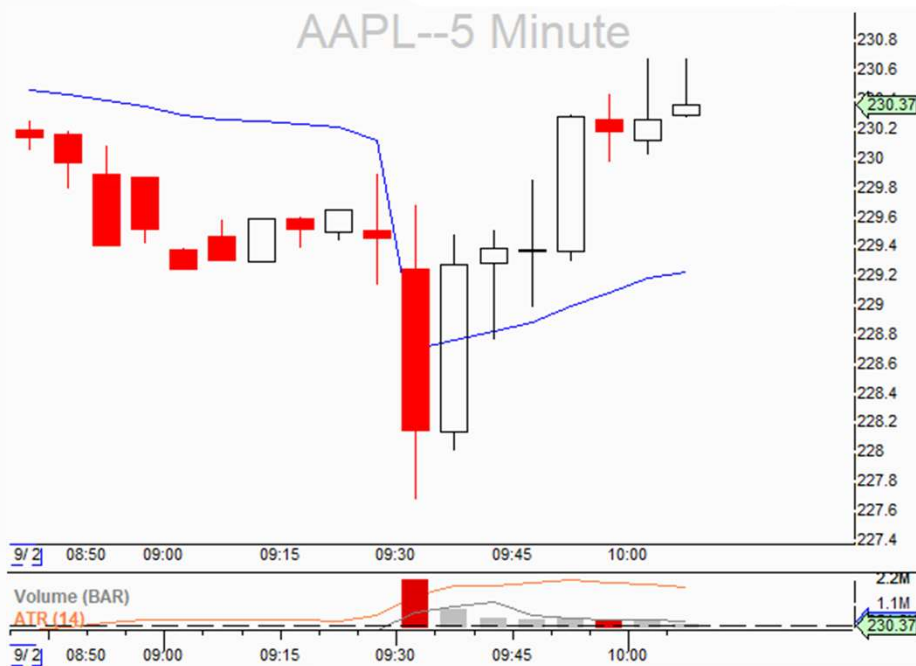
**Megan was watching it.  
Everyone was talking about it.  
"I love my new Tesla."**



**Pre-market vol > 500k  
Fresh catalyst w/ PM reaction  
PM RVOL > 1  
Clear trend  
Price > \$10  
PM holding above VWAP  
Demand nearby support**

# Why This Area?

Question: What makes this area worth your attention?



# Where's My Risk?

Question: *Where am I wrong? Where is the thesis no longer valid?*



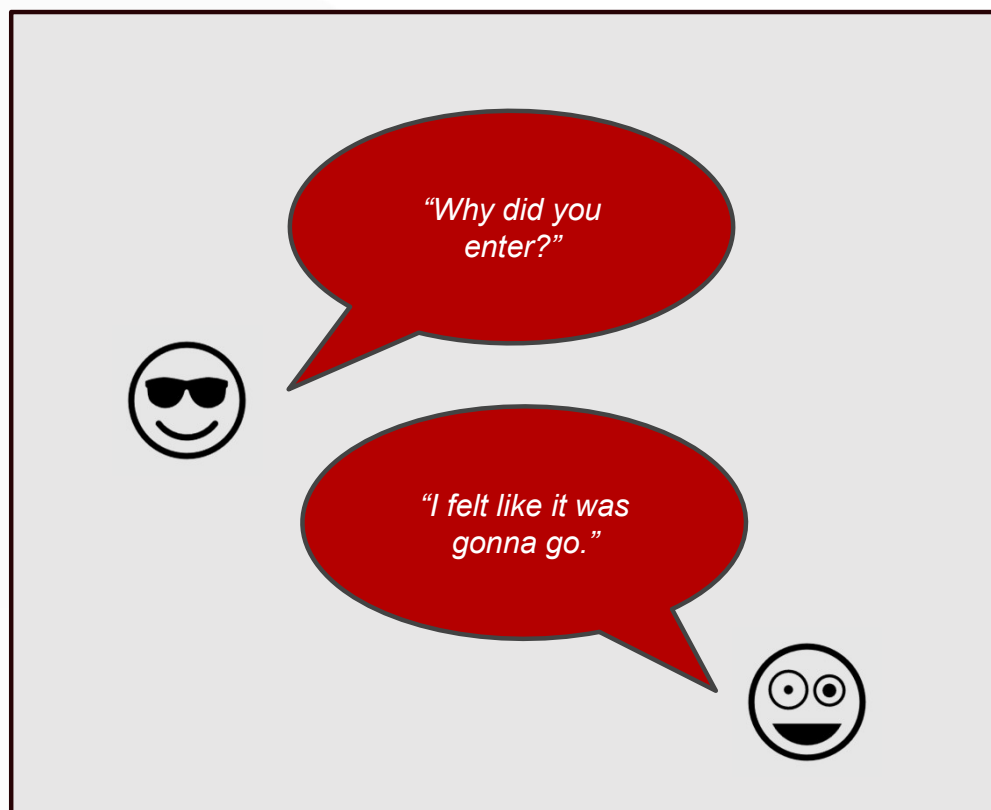
Capital Risk

Timeframe Risk

Structure Risk

# What's My Trigger?

Question: *What's your entry signal? Why are you getting into this trade?*



# What's My Target?

*Question: Does it make sense or is it a pipe dream? Is it worth the risk?*



# Tradebook #1

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## [ABCD Pattern]

*Description: I look for trends, reversals or a break of range for an opportunity to jump in.*

**Time:** Any

### **Stock Selection:**

- I use stocks in play from the BBT morning show

### **Setup Identification:**

- Pattern forming on any time frame
- Trend reversal
- Break of a range
- Pullback in the trend

# Tradebook #2

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## **Supply and Demand Reversal/Breakout Strategy with VPA**

**Description:** This strategy combines supply and demand zone identification across weekly, daily, and hourly timeframes with volume and price action analysis to pinpoint high-probability reversal or breakout trading opportunities

**Time:** 9:30AM to 4:00PM

### **Stock Selection:**

- Pre-market volume over 1M
- ATR at least 2 and above
- Price over \$10
- Marked supply/demand zones close to opening price, less than half on the stocks ATR
- Supply/Demand zone selection on the Weekly, Daily, or 60min chart
  - Probability of rejection or breakout is highest if identified on all weekly, daily and hourly chart, otherwise, weekly > daily > hourly.
  - Supply/demand zones must be touched at least twice in hourly chart. The more touches, the stronger the zone. Candle touching the zone must be long with high volume.
  - Having a catalyst while approaching the level makes it a stock in play, but not necessary

### **Setup Identification:**

- Reversals: 5 min chart
  - As price approaches the zones, look for signs of weakness
  - Volume gradually going down
  - Reversal candles: doji, hammer, shooting star, hangman, engulfing ,spinning top candle with high volume
  - Flip on lvl 2 (orders are going to the opposite direction in a stepwise fashion)
  - Tape signals:
    - Long = BID/ASK stepping up
    - Short = BID/ASK stepping down
- Breakout: 5 min chart
  - As price approaches the zones, look for signs of strength
  - volume increasing in the direction of the trend
  - Pullbacks must have low volume
  - lvl 2 remains in the direction of the trend. (Orders above the zone stacked in stepwise fashion).

# Non-Negotiables & Mandatory Criteria

Stock	has fresh news	volume & spread	Chart structure	A+ conditions	Setup quality	selected
NVDA	1: no/small impact - News time: News: competitor	0: low or normal - Vol: S:	0: mid point of range -	<input type="checkbox"/> Changing fundamental in the news <input type="checkbox"/> Key levels match other key levels <input type="checkbox"/> Levels in tight range <input type="checkbox"/> Hold gap end <input type="checkbox"/> 1+ ATR to next dense S/D area Mandatory for A+ <input type="checkbox"/> Market reaction from volume <input type="checkbox"/> Market reaction from price <input type="checkbox"/> Outside or at the edge of the heavy s/d zone <input type="checkbox"/> Vwap consistency	Low -	Maybe -
PEP	1: no/small impact - News time: morning News: new investor	1: higher than usual - Vol: 111 S:0.18	2: outside or near edge of ... - 2-way open breakout	<input type="checkbox"/> Changing fundamental in the news <input type="checkbox"/> Key levels match other key levels <input type="checkbox"/> Levels in tight range <input checked="" type="checkbox"/> Hold gap end <input checked="" type="checkbox"/> 1+ ATR to next dense S/D area Mandatory for A+ <input checked="" type="checkbox"/> Market reaction from volume <input checked="" type="checkbox"/> Market reaction from price <input checked="" type="checkbox"/> Outside or at the edge of the heavy s/d zone <input checked="" type="checkbox"/> Vwap consistency	A -	Yes -
SPY	1: no/small impact - News time: not sure News: tariff illegal	1: higher than usual - Vol:891 S:0.02	1: outside or near edge of ... - gap down to previous support range	<input type="checkbox"/> Changing fundamental in the news <input type="checkbox"/> Key levels match other key levels <input type="checkbox"/> Levels in tight range <input checked="" type="checkbox"/> Hold gap end <input checked="" type="checkbox"/> 1+ ATR to next dense S/D area Mandatory for A+ <input checked="" type="checkbox"/> Market reaction from volume <input checked="" type="checkbox"/> Market reaction from price <input checked="" type="checkbox"/> Outside or at the edge of the heavy s/d zone <input checked="" type="checkbox"/> Vwap consistency	A- -	Yes -

# Build Your Setup Card/Grading System

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Setup Name:

Criteria 1 = 1pt

Criteria 2 = 1pt

Criteria 3 = 1pt

Criteria 4 = 1pt

Criteria 5 = 1pt

Setup Name: Break & Retest Continuation

Criteria 1 = 1pt | Fresh catalyst

Criteria 2 = 1pt | Clear PM 5-min trend

Criteria 3 = 1pt | Risk/Reward  $\geq$  3:1

Criteria 4 = 1pt | Near 1H demand zone

Criteria 5 = 1pt | PM RVOL  $\geq$  1

# Tradebook #1: Turning C into A+

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## C Strategy

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[ABCD Pattern]

*Description: I look for trends, reversals or a break of range for an opportunity to jump in.*

Time: Any

Stock Selection:

- I use stocks in play from the BBT morning show

Setup Identification:

- Pattern forming on any time frame
- Trend reversal
- Break of a range
- Pullback in the trend

## A+ Strategy

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# The A+ Mindset

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- Trade less, trade better.
- Consistency comes from discipline, not frequency.
- Patience is a skill, developed easier with clarity.
- Ask: “Is this *a* trade, or is this *my* trade?”

# Reflection

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Is my strategy specific enough?  
Do I know what constitutes as A+?  
What changes do I need to make for better clarity?



megan@bearbulltraders.com