

Focus & Progress Report

Weekly report · 13 - 20 Sep 2026 · W38

THIS WEEK

Chop week — half size, patience.

Compression / Test Zone: nothing broken, nothing confirmed, so half size is the ceiling, not a base to build from. The alt backdrop is the friendly part — Bitcoin gave room back, Ether has led for a month, and the rest of the alt market is slowly gaining share. What's missing is fuel: money left the Bitcoin funds and the stablecoin pool stopped growing, so zones fill slower than the charts suggest. CEX and DeFi both in play, neither favored. Work one good setup, let the zone come to you, don't chase. If Bitcoin closes a day below ~\$76,000, let the posted zones re-set first. Nothing filling is a result, not a miss.

Early / New Coins (Still Setting Up)

LINK GRAM SPK VVV TAO ODAI

WATCH (Nearing Entry/ Re-Entry)

CAKE AEON ZRO INJ

Runners (Adjusting SL / Take Profit)

AAVE THETA DRB TIBBIR

MACRO — WEEK AHEAD

What the tape is likely to do · not a buy list

BTC

TRAIL

Expansion already printed. Price is Chopping 75,462 – 82,363

Holding near \$76,800 after a -3.9% week, still above the shelf that matters, but with money leaving the Bitcoin funds and coins moving back onto exchanges, so the bid is thinner than the price implies.

BTC.D

FALLING

Bitcoin dominance rolling over, indicating the beginning of money flows to select Alts

At 58.84%, flat over the month but off its early-September peak, meaning Bitcoin is giving a little room back rather than eating the market.

OTHERS.D

RETESTING

Confirmed Trendline break, retesting now

At 29.6% and slowly gaining share, so the rest of the alt market has room to work — just slower than a breakout week.

Focus & Progress Report

1. Bottom line

This is a chop week. Half size on posted names.

The alt backdrop underneath actually looks decent — but the fuel that powers big moves left the market over the last seven days.

That combination means slower fills, not no fills.

Work one good setup. Let the zone come to you. Watch for entries, and do not chase.

2. Macro risk environment

Regime: chop / test zone. Nothing is broken, and nothing is confirmed. The market is waiting.

Size rule: half size. Treat that as the ceiling for the week, not a starting point you build up from.

The wider backdrop turned less friendly this week, which is why the tape feels heavy even though prices haven't broken down.

What this means for your trades:

Take the zone or take nothing. A setup you miss is not a loss.

One position working beats three half-watched ones.

The stop is the decision. Set it when you enter, not after.

What this means for your trades:

- Fuel is leaving the market. Do not size like a breakout week.
- Fills will be slower and moves will be shorter. Take the level or take nothing.
- Set the stop before you enter. The stop is the decision.

3. BTC, ETH, and the rest

Bitcoin's share — giving a little room back. It pushed higher early in the month and has handed some of that back over the past week.

Ether vs Bitcoin — leading. Ether has beaten Bitcoin for a month now and held up best of anything last week. Quality risk is waking up.

The rest of the alt market — gaining share, slowly. Everything that isn't Bitcoin or Ether is picking up a little ground.

Flows: out. Money left the Bitcoin funds this week and the stablecoin pool stopped growing. Ether was the one place money actually went in.

What this means:

Posted CEX day trades: Ether leading is the friendliest read on the board. Cleaner follow-through is more likely — but only from the zone, not from the middle.

Posted DeFi swings: the rest of the alt market gaining share gives these room to work. Give them time. Don't force the entry.

Both books are in play. Neither one gets extra size this week.

4. Positioning and risk standing

Half size.

CEX and DeFi both in play, balanced. No preference between them.

Watch for entries. Do not chase.

One rule for the next 48–72 hours: if Bitcoin closes a day below last week's low near \$76,000, let the posted zones re-set before you take anything new. Everything else stays the same.

5. What to expect next

- Expect slower fills than the charts make it look. Patience is the edge this week.
- If money starts coming back into the Bitcoin funds, the tape loosens and zones start filling faster.
- If nothing fills, that's a result, not a miss.

BTC MACRO · 3D

13 Sep · No Confirmed Break · trail, do not chase



Bitcoin closed the week near \$76,800, down about 3.9%, and the important thing is where it stopped rather than how far it fell. It swept last week's low around \$76,000 on Thursday and bought it back the same session, so the shelf that has held since the start of the month is still intact.

What weakened underneath is the demand side: money came out of the Bitcoin funds for four straight sessions (roughly -\$460M) after a strong start to the month, and coins moved back onto exchanges for the first time in weeks — a reversal of the withdrawals that supported the earlier push. The early-September run to \$82,300 has now been fully handed back, and the first real sign of strength returning would be a daily close back above the \$79,900–80,400 area.

Longer term nothing is broken — Bitcoin still trades well above its multi-year trend line — but with sentiment only at mild greed and the forced selling from last week already flushed out, this is a market holding a floor rather than building a base. Treat it as context for your alt entries: above the shelf, zones can work; a daily close below it and you let everything re-set.

ETH MACRO • 3D

13 Sep • No Confirmed Break • trail, do not chase



Ether is the one genuinely constructive story on the board. It finished the week around \$2,480, down just 0.8% — the best performance of any major — while money moved into the Ether funds (+\$197M, including the single largest daily inflow on either asset) and more than 100,000 ETH left exchanges, continuing a decline in exchange balances that has now run for three straight months.

Against Bitcoin it is up roughly 8% over the month and 3% over the week, and Ether's share of the total market has climbed to a seven-month high. In plain terms: quality risk is waking up, and that usually means posted CEX names can follow through more cleanly than they did a month ago.

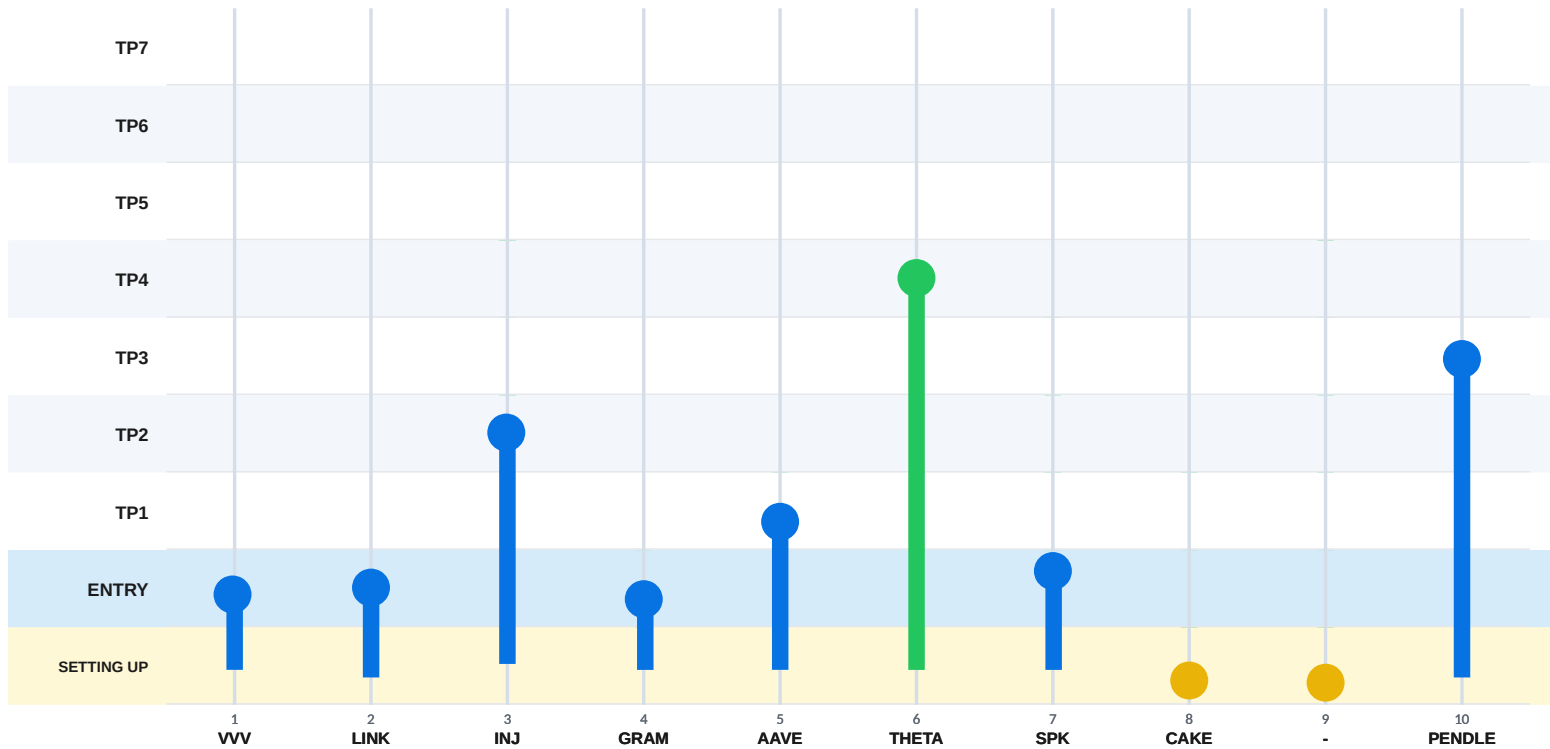
Two caveats keep this from being a green light. First, much of the money arriving in Ether appears to be rotating out of Bitcoin rather than being new money entering crypto — that caps how far the move can run if Bitcoin simply stabilises. Second, on genuinely weak days Ether still trades as the higher-beta asset, falling harder than Bitcoin. So use Ether's leadership as a reason to be more confident in the zone, not a reason to size up or to chase strength in the middle of a range.

IN PLAY

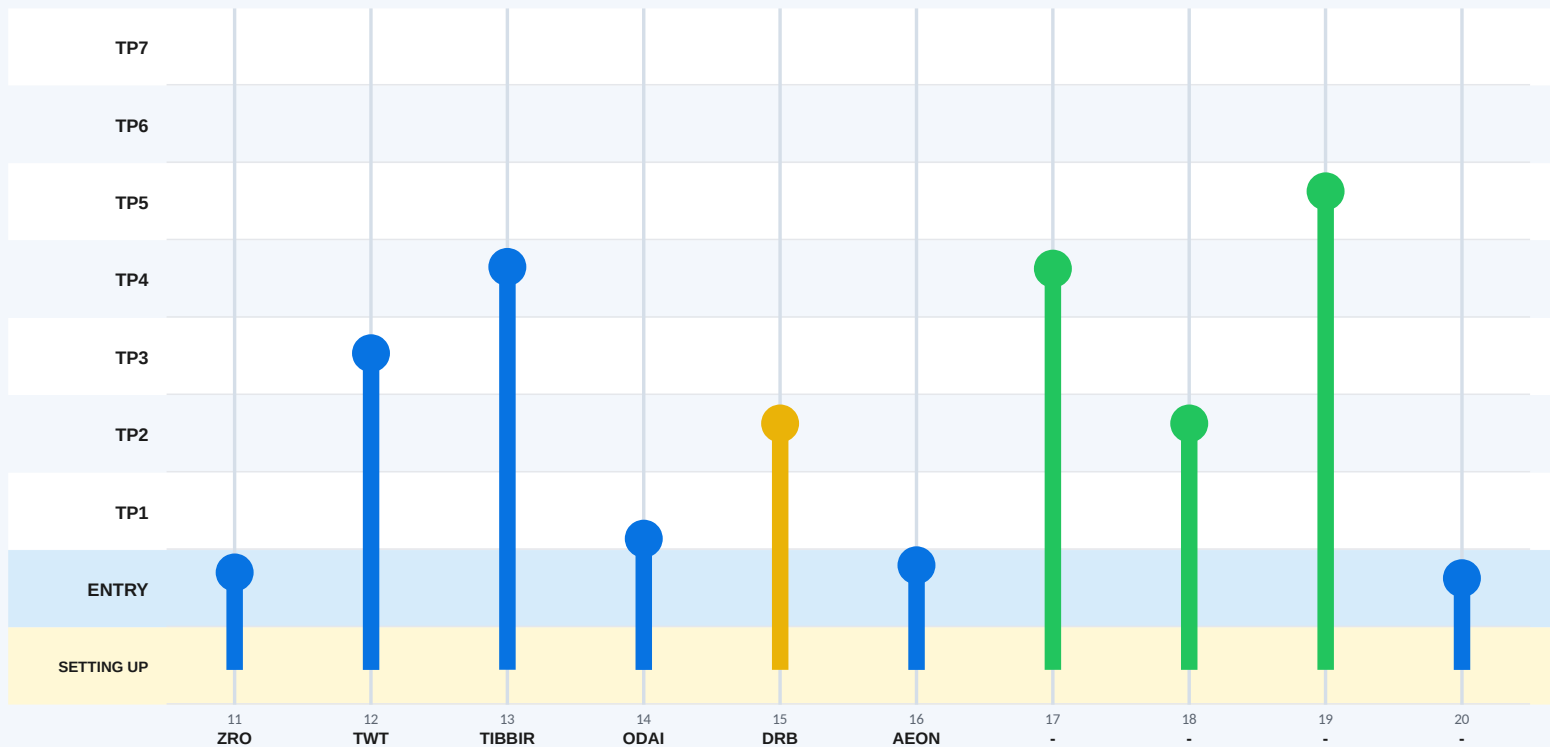
Official cards only · 2% per name

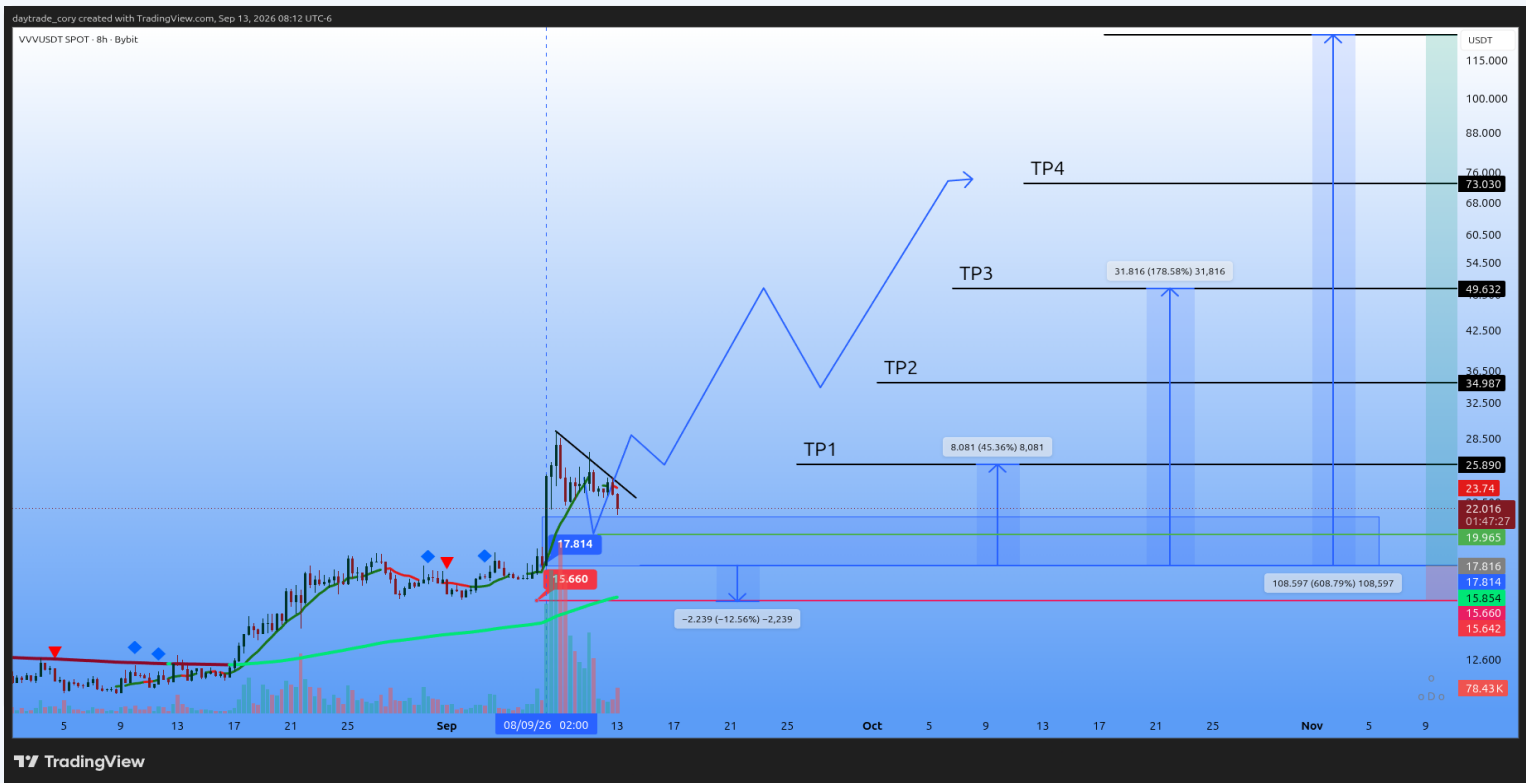
Ticker			
VVV	WATCH	17.814 – 21.285	Watch and Wait for Entry Range
LINK	IN_ZONE	11.624 – 11.907	Retraced from TP2 to Entry Range, showing early signs of bottom
INJ	IN_ZONE	5.765	Retracing from TP3, expecting a bottom at TP2 range possibly lower
GRAM	IN_ZONE	2.602 – 2.651	No clear break of trend, Early Entries Only
AAVE	IN_ZONE	122.69	Ranging sideways, potential bottom around TP1 range though wait for confirmed break
THETA	TP4	0.1725	Strong reversal off of Trendline Support to TP4 now climbing to TP5
SPK	IN_ZONE	extended 14D	Cooled to entry, building support now
CAKE	WATCH	extended 14D	Fell below Stop Loss, no support on entry = no trade
TAO	WATCH	card ladder	Fell below Stop Loss, no support on entry = no trade
PENDLE	TP2	2.014	Rallied off of TP1 range as anticipated, can adjust SL to TP2
ZRO	IN_ZONE	1.039 – 1.088	Hit TP1 before retracing, holding EMA Support momentum almost bottomed at Entry
TWT	IN_ZONE	0.542 – 0.552	Momentum bottomed at TP2 range, no confirmed break of trend yet
TIBBIR	IN_ZONE	189M TP3	8H momentum bottomed/ primed – looking good for a reversal/ add to positions
ODAI	IN_ZONE	258K – 344K	Add Opportunistically – Dev confirmed launch end of next week – end of month
DRB	WATCH	16.84M Entry Range	Hit TP2, retracing towards Entry Range now 8H momentum turned to downside
AEON	IN_ZONE	1.65M – 2.23M marketcap	Confirmed break of trend, retesting now

SETUP PROGRESS

[Open book only](#) · [marker = last official print](#)


SETUP PROGRESS

[Open book only](#) · [marker = last official print](#)


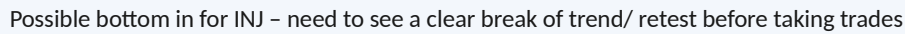
VVV
IN_ZONE
17.814 - 21.285


Coming down into Entry Zone now – patience here, we can add 50% in the zone and wait for 2nd 50% on break of trendline/ retest

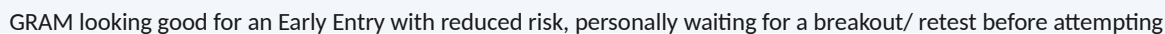
LINK
IN_ZONE
11.624 - 11.907


LINK Hit TP2 nicely before retracing all the way to Stop Loss Range – watch for clear break of trend/ support on Entry before taking trades

6.00 – 6.08



1.330 – 1.408



AAVE

IN_ZONE

119.786 - 126.07



AAVE finding its bottom, no confirmed reversal yet but good support in this range and okay for early entries with TP1 as Stop Loss

THETA

TP4

0.194



Nice Retest for THETA - 8H momentum still wide open, I expect upwards grind into TP5 before a possible retest of TP4 range

SPK

IN_ZONE

0.0188 - 0.0195



SPK double bottom retest, no confirmed 4h trigger wave yet – Good for Early Entries but 50% allocation with the rest for confirmed breakout/ retest

CAKE

WATCH

2.290 - 2.318



CAKE spiked through to TP1 before retracing to Stop Loss Range – If it can regain Entry it'll make a nice trade, otherwise move to other coins

PENDLE

TP2 - TP3

2.095 - 2.229



Nice push for PENDLE after recommended re-entry, Stop Loss updated adjusted to TP2 and bullish pattern in play that puts us at TP5 Target

ZRO

IN_ZONE

1.023 - 1.066



ZRO indicating a possible bottom reversal – looking decent for Early Entries with 2nd allocation on confirmed breakout/ retest

TWT
IN_ZONE
0.560 - 0.573


Momentum bottomed at TP2 range, no confirmed break of trend yet but looking decent for Early Entries with 0.520 Stop Loss

TIBBIR
IN_ZONE
184M - 195M


TIBBIR discounts, showing a strong bottom here and worth a DCA on any red candles

ODAI

IN_ZONE

260K - 344K



ODAI looking good for adding to positions, Product Release end of this week (Unofficial/ Rumor)

DRB

WATCH

21.29M Range



DRB showing early signs of a bottom but still needs a couple more candles to confirm, could be worth starting to DCA with normal SL

AEON

IN_ZONE

1.65M - 2.73M



Confirmed breakout / retesting for AEON, will keep an eye on momentum to bottom with adjusted Stop Loss Range to 1.78M mc

WINS

Completed TP targets · % from Entry Line · no blended win rate

Ticker	Target	Profit	Time	Date hit
TIBBIR	TP3	+86.70%	60D 16H	15 Aug
HYPE	TP4	+37.83%	14D 8H	23 Aug
MORPHO	TP5	+33.25%	6D 20H	23 Aug
AERO	TP3	+31.23%	21D 8H	26 Aug
LINK	TP6	+30.76%	7D 12H	21 Aug
DRB	TP1	+26.27%	12H	31 Aug
HYPE	TP3	+25.76%	12D 8H	19 Aug
UNI	TP4	+20.93%	9D 12H	2 Aug
TAO	TP2	+17.17%	8D 8H	26 Aug

HIGHLIGHT WIN

Mapped ladder tagged • from Entry Line

WINNING TRADE - HYPE

TP5 HIT


SETUP SHARED
AUG 7, 2026

TP5 ACHIEVED
SEP 9, 2026

HYPE / USDT • 8h • MEXC

ORIGINAL ANALYSIS

#HYPE formed a bull flag with momentum primed for a breakout — TP1 is EMA resistance, TP3 local supply. Conservative until TP4 holds as support.



HYPE / USDT • 8h • MEXC



Another DTM
SUCCESS!

We hit TP5
for #HYPE

PROFIT
+53.22%

TIME
27D 12H



DISCIPLINE • STRATEGY • EXECUTION • SUCCESS

WINNING TRADE - VVV

TP5 HIT


SETUP SHARED
JUL 25, 2026

TP5 ACHIEVED
SEP 8, 2026

VVV / USDT • 8h • BYBIT

ORIGINAL ANALYSIS

#VVV breaking the multi-week descending channel on the 8h. Entries in the 13.25-13.72 demand zone — TP1 first resistance, expect a retest of the entry range before the push into TP2+.



VVV / USDT • 8h • BYBIT



Another DTM
SUCCESS!

We hit TP5
for #VVV

PROFIT
+62.10%

TIME
45D



DISCIPLINE • STRATEGY • EXECUTION • SUCCESS

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WALLETS

Jupiter · Solana

<https://jup.ag/wallet>Mobile and browser extension. jup.ag/wallet**DEX**

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<https://matcha.xyz>

Aggregator desk for EVM swaps.

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DeFi system, DEXs, lending, stablecoins, real yield.

COURSE

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Day Trade training path.

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