

Questions to answer throughout the day:

- What is the market doing?
- What is the market trying to do?
- How well is it getting it done?

LastPrice	DailyVolu	ATR 2 mi
1606.25	219,228	0.853

06:30:46 AM 1.74 :1 NYSE | 1.06 :1 NASD

Paper both sides on open

06:47:01 AM Not enough sleep last night. First two trades pulled out of early way way to emotional on the trade.

Another day of Couldda, Wouldda, Shouldda...

Locals are going short from 1611 up ...

06:46 Ben: SEP S&P opening range 1606-1606.50

07:00:27 AM 1.49 :1 NYSE | 2.09 :1 NASD 1615.00 401,559 1.17

08:01:48 AM 1.77 :1 NYSE | 2.05 :1 NASD 1617.00 665,330 1.2

09:00:32 AM 1.63 :1 NYSE | 1.84 :1 NASD 1617.25 827,080 1.07

10:19:29 AM 1.02 :1 NYSE | 1.15 :1 NASD 1612.25 999,119 0.951

Took break at 9:30 Vol still light for the day. Trend down. Was able to pull some money out. Currently SOH for a bit until settled back in. Didn't get enough sleep last night :(Glad that I didn't go to auto trading while gone. Still don't have a well tested strategy, and I am a bit TICKED OFF to find out that RENKO CHARTS can not be back tested using my NT7 platform. (Well from all that I have read to date recently.)

11:00:14 AM 1.55 :1 NYSE | 1.08 :1 NASD 1608.50 1,111,68 1.08

Trading poorly today, head just not in it.

12:01:28 PM 2.18 :1 NYSE | 1.51 :1 NASD 1604.75 1,367,31 1.34

01:02:18 PM 1.55 :1 NYSE | 1.02 :1 NASD 1607.75 1,626,62 1.4

CC locals remain on offer/ Didn't hear paper

01:16:37 PM 1.5 :1 NYSE | 1.02 :1 NASD 1607.25 1,661,34 1.23

Hard time concentrating today. Have to be sure to get full nights sleep or I can't expect to trade well.

Elephant Stomps/TINYS

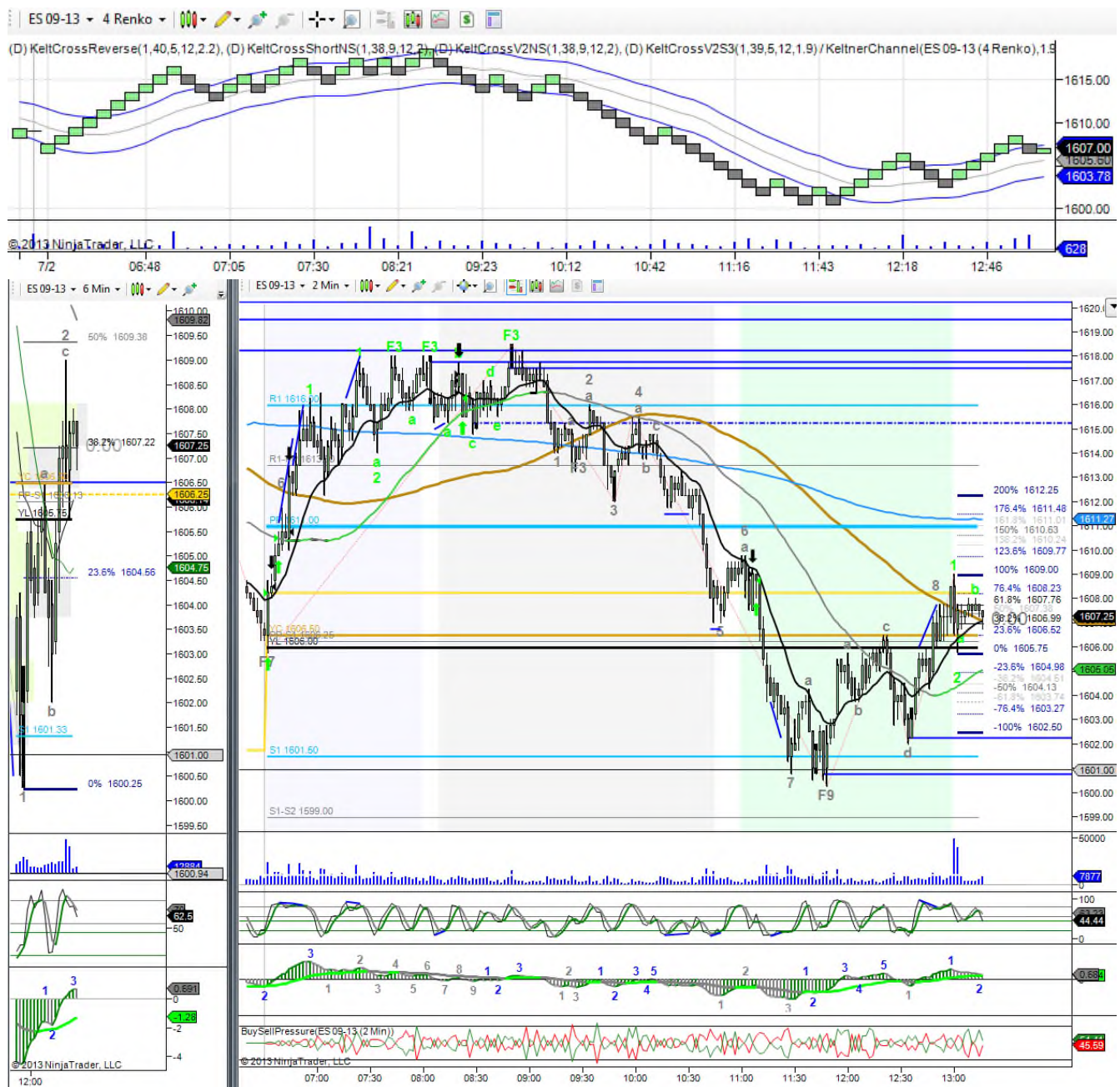
ES 09-13		
Ask	1607.00	371
Bid	1607.00	686
Volume	1661349	
12:59:29 PM	1608.50	500
12:59:24 PM	1608.25	500
12:55:05 PM	1607.25	734
11:46:35 AM	1600.50	499
11:15:59 AM	1604.00	600
11:10:34 AM	1606.50	500
10:12:01 AM	1614.00	501
9:48:57 AM	1613.50	612
7:41:44 AM	1617.75	733
7:21:46 AM	1617.25	800
6:37:30 AM	1610.50	547
6:30:10 AM	1606.75	604

SP_Pit Opening Range =	1606.50	DELTA
Sp Pit	1606.00	0.50
SP_Pit Day High -	1618.50	
Day Low -	1600.50	18.00
Closing Range High -	1607.50	
Low -	1607.00	0.50
Settle -	1607.20	
Net Change -	0.50	

ES Opening	1613.50	DELTA
15 MIN Range = Hi		
Lo	1605.75	7.75
VAL High -	1619.75	
POC -	1618.75	
VAL Low -	1611.75	8.00

NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.

ES	Volume	Change
OPEN	219	
10	401	182
11	665	264
12	827	162
1	* 959	132
2	1111	152
3	1367	256
Cash CLOSE	1626	259
PIT CLOSE	1661	35



Trade-#	Instrument	Account	Strategy	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Entry name	Profit	Cum. profit	Commission	MAE	MFE	ETD
1	ES 09-13	Sim101		Long	1	1608.25	1608.5	7/2/2013 6:32 AM	7/2/2013 6:33 AM		8.48	8.48	4.02	0	25	16.52
2	ES 09-13	Sim101	KeltCrossV2NS	Long	1	1610.5	1610.75	7/2/2013 6:36 AM	7/2/2013 6:42 AM	Buy	8.48	16.96	4.02	37.5	62.5	54.02
3	ES 09-13	Sim101		Short	1	1616.5	1616.25	7/2/2013 8:18 AM	7/2/2013 8:21 AM		8.48	25.44	4.02	62.5	12.5	4.02
4	ES 09-13	Sim101		Short	1	1617	1616.25	7/2/2013 8:18 AM	7/2/2013 8:21 AM		33.48	58.92	4.02	25	37.5	4.02
5	ES 09-13	Sim101		Short	1	1617.25	1616.25	7/2/2013 8:19 AM	7/2/2013 8:21 AM		45.98	104.9	4.02	0	50	4.02
6	ES 09-13	Sim101		Short	1	1609	1608.75	7/2/2013 11:04 AM	7/2/2013 11:06 AM		8.48	113.38	4.02	0	12.5	4.02

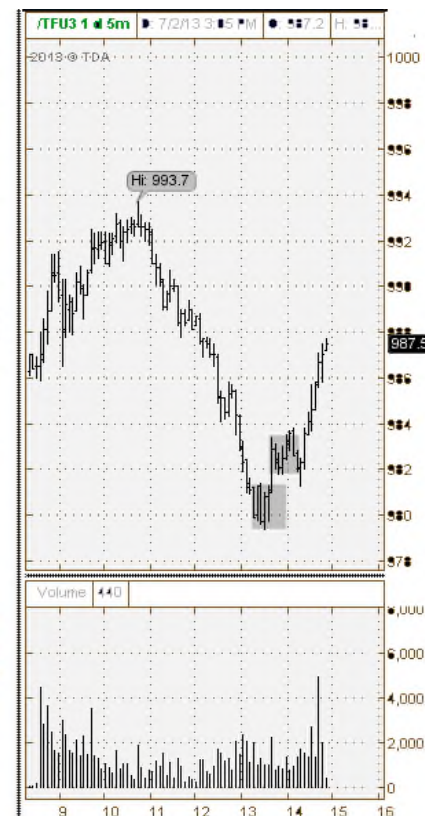
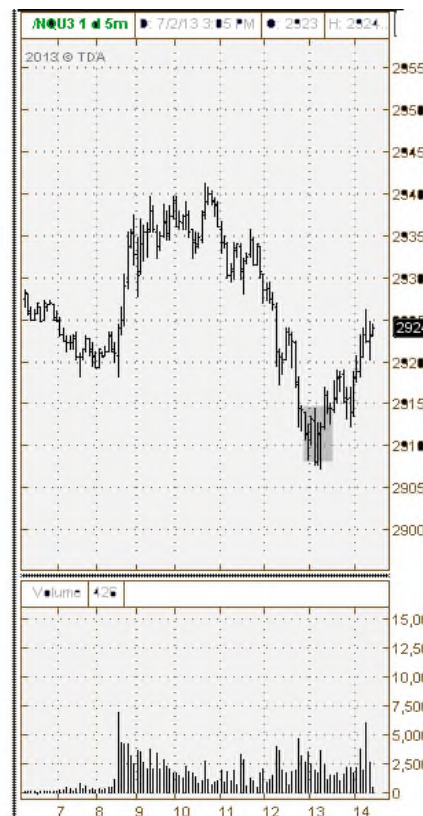
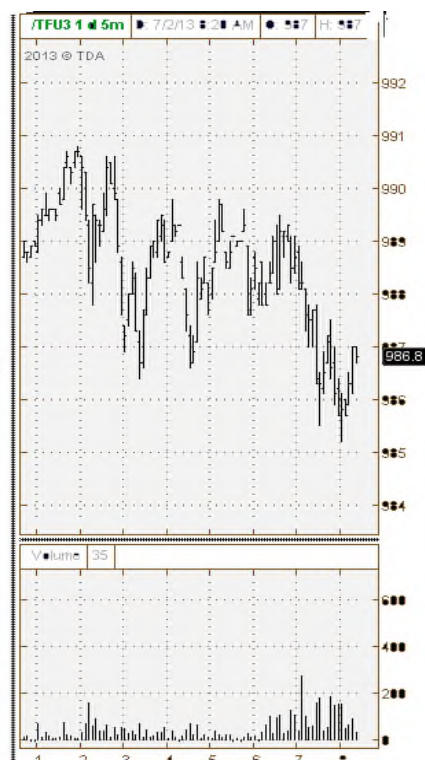
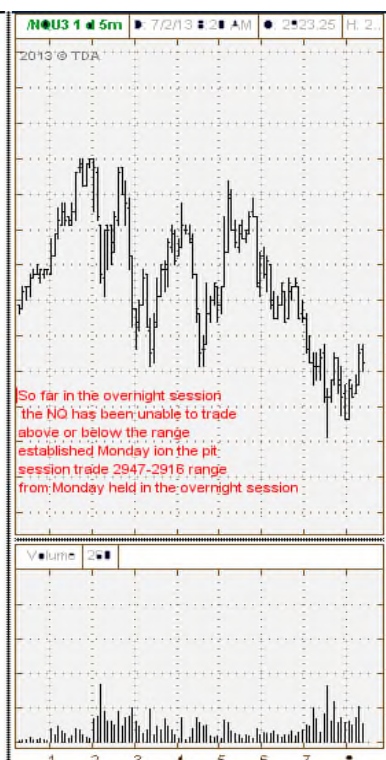
All trades on SIM. Entries Trade 1&2 sound exits premature. Trades 3,4,5 were in CHOP dangerous though as late in wave count and could have continued more north. Trade 6 late to the party and nervous exited way early and did not see the drop coming; although looking back there were signs.

07/02/13

Tuesday

06:14:36 AM

Two Charts Courtesy of: Ben Lichtenstein WWW.TradersAudio.COM
 Screenshot MarketCast Think or Swim by TDAmeritrade



07/02/13

Tuesday

3

02JUL13.odt

Still not back to trading real money as yet. I am building up a little confidence where I had depleted both capital and confidence in the past. Still lacking a solid system for entries and exits however I am getting a feel for the market.

What I did well today:

- I managed to pull the trigger and get out in front of some trades.
- I did spot some of the chop trend for the day.

What could I have done better:

- I was starting the day off at a disadvantage in that I didn't have enough sleep so I could be sure to get more sleep tonight.
- Take more time in the trade
- Place realistic OCO Stop and Target orders immediately after entering a trade. I placed targets but not stops today. Fear of getting **CHOPPED UP**. This is a bad habit of which I have to break.

What will I do tomorrow to make things better:

- I will be sure to get enough sleep.
- Tomorrow is a unique day so will have to use Automatic Trade Management for entries.
- Today I will spend some more time learning my C# programming so that I will better understand the dynamics of my Ninja Trader Trading Platform.