

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
1634.00	272,793	0.767

Elephant Stomps/TINYS

ES 09-13		
Ask	1637.25	30
Bid	1636.75	6
Volume	1316733	
12:29:06 PM 1634.00 566		
7:46:24 AM 1637.50 601		
7:41:41 AM 1636.50 500		
7:40:01 AM 1636.75 600		
7:20:26 AM 1637.75 500		
7:14:47 AM 1636.75 500		
6:56:51 AM 1636.00 625		
6:56:31 AM 1635.75 571		
6:52:10 AM 1635.75 551		
6:47:44 AM 1636.00 583		

06:30:25 AM **6.07 :1 NYSE** | **3.67 :1 NASD**

SP open Range 34 – 34.7

Paper two sided off open/ No read on locals

07:00:22 AM **3.68 :1 NYSE** | **1.56 :1 NASD** 1636.50 453,230 1.05

08:00:52 AM **2.97 :1 NYSE** | **1.36 :1 NASD** 1636.75 706,162 1.11

09:00:22 AM 1633.00 852,247 0.933

10:00 AM ← Totally missed. How and where was my brain.

11:01:10 AM **2.43 :1 NYSE** | **-1.03 :1 NASD** 1635.25 1,036,64 0.885

12:00:27 PM **2.28 :1 NYSE** | **1.04 :1 NASD** 1635.75 1,100,60 0.753

01:00:19 PM **1.89 :1 NYSE** | **1.18 :1 NASD** 1634.75 1,262,93 0.933

CC: Big Paper Buyers on CC/ locals remain short

02:31:16 PM 1637.00 1,316,73 0.557

ES Opening	1635.75	DELTA
15 MIN Range = Hi		
Lo	1632.00	3.75
VAL High -	1626.25	
POC -	1619.00	

missed nums. Also * in column for times I missed volume.

ES	Volume	Change
OPEN	272	
10	453	181
11	704	251
12	852	148
1	* 944	92
2	1036	92
3	1100	64
Cash CLOSE	1262	162
PIT CLOSE	1316	54

SP_Pit	1634.70	DELTA
Opening Range =		
Sp Pit	1634.00	0.70
SP_Pit	1639.50	
Day High -		
Day Low -	1631.30	8.20
Closing Range	1635.80	
High -		
Low -	1635.30	0.50
Settle -	1635.50	
Net Change -	8.20	

Day is done. Even with a full nights sleep didn't feel like I was seeing the market clearly; although with today's chop there really was not that much to see.

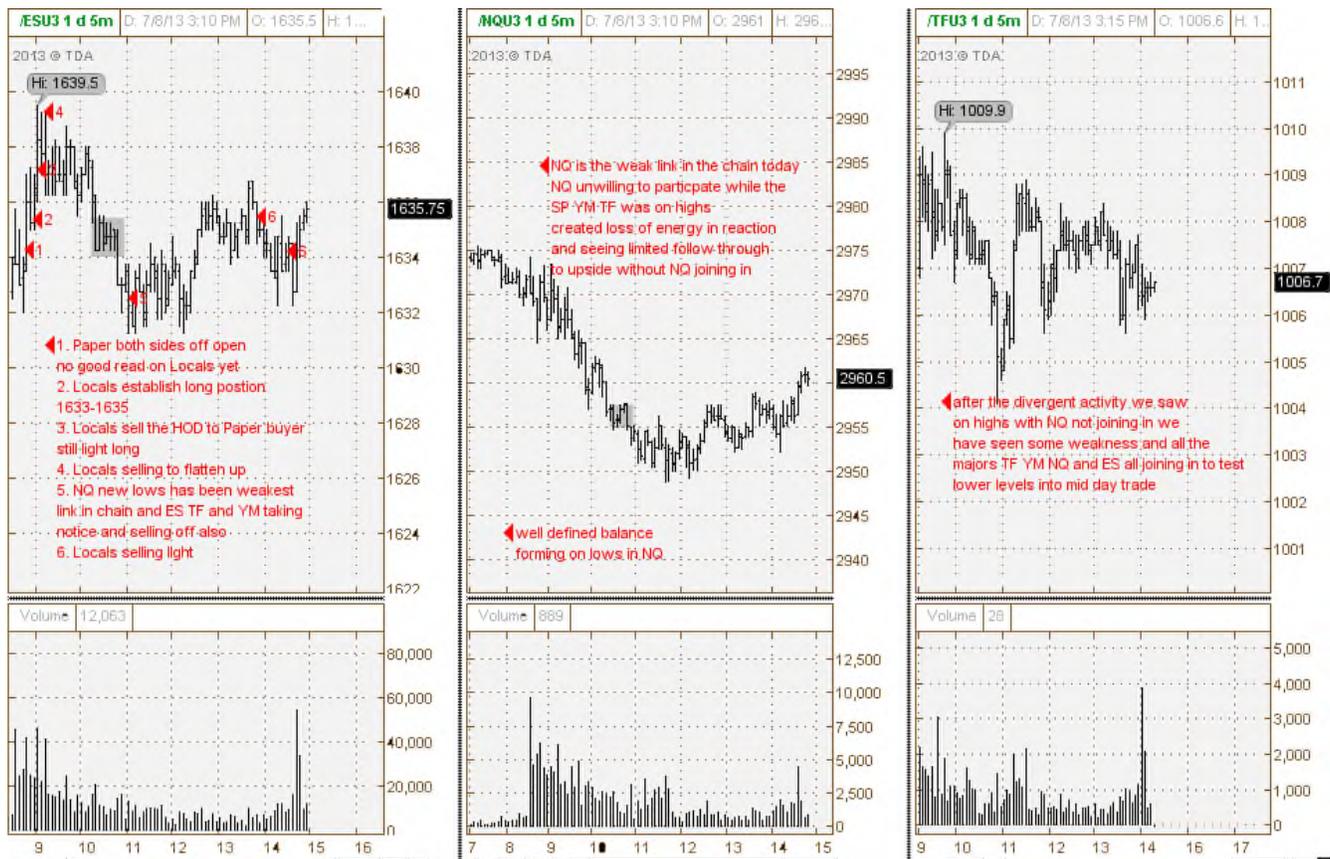
Have to update my daily checklist to include video capture. I totally forgot to do a video capture of my trade. I think will need Entry, Exit, and updates for video captures. That way I will be able to know exactly where my head was at in a trade and what the trade looked like real time.

My one trade of the day. Held onto for twenty mins and decided against waiting for a reversal against me that never came. Market just seemed to much like may chop higher today.

Trade-#	Instrument	Account	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Profit	Cum. profit	Commission	MAE	MFE	ETD
1	ES 09-13	Sim101	Short	1	1636.75	1636.5	7/8/2013 7:15 AM	7/8/2013 7:35 AM	8.48	8.48	4.02	62.5	12.5	4.02



Chart Courtesy of: Ben Lichtenstein WWW.TradersAudio.COM
 Screenshot MarketCast Think or Swim by TD Ameritrade



What I did well today:

- I managed to pull the trigger and get out of one trade.
- I did spot a chop trend for the day.

What could I have done better:

- I am still pulling out of trades only to have them go more in my direction after exiting the trade. I could in the future use my video journal to help keep me in trades and review my original stop and targets along the way.
- Take more time in the trade

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.