

Courtesy of: Ben Lichtenstein WWW.TradersAudio.COM
Screenshow MarketCast Think or Swim by TD Ameritrade
◀ The SP YM NQ and TF have shown little conviction in the overnight trade and have yet to trade above/below the highs/lows from Tuesday.

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

Elephant Stomps/TINYS

06:32:34 AM

1.19 :1 NYSE | 1.31 :1 NASD 1647.25 217,615 0.74

OPEN: Aggressive paper buyers/ SOLLY BIGGEST/ GS SWISSy / MS also buy

06:34 Ben: SEP S&P opening range 1645.50-1646.50

07:00:45 AM 1.15 :1 NYSE | 2.12 :1 NASD 1647.50 313,173 0.845

08:02:35 AM 1.39 :1 NYSE | 1.05 :1 NASD 1643.75 497,571 0.904

Didn't sleep well last night. Not trading two reasons. Chop trade light vol. Need more sleep here. Not good to trade sleepy.

09:00 AM I was here but my brain wasn't ARGE

10:00:11 AM 1.27 :1 NYSE | 1.18 :1 NASD 1644.75 674,781 0.689

Still CHOP light vol day/ also light sleep/ best SOH

11:00:41 AM 1.35 :1 NYSE | 1.13 :1 NASD 1645.50 735,664 0.678

FOMC mins and BOUNCE FAST. All small orders though on T&S.

12:00:19 PM 1.47 :1 NYSE | 1.22 :1 NASD 1644.25 1,137,35 1.73

01:00:30 PM 1.23 :1 NYSE | 1.53 :1 NASD 1647.25 1,362,65 1.42

CC: Paper bulk BUYERS GS GOOD buyer on CC

01:15:50 PM 1.2 :1 NYSE | 1.53 :1 NASD 1648.75 1,410,03 1.37

Locals able to find Paper sellers on PC// GS continued to BUY after CC all the way to PC

ES 09-13		
Ask	1644.50	378
Bid	1644.25	111
Volume	1140324	
11:57:29 AM	1643.25	500
11:48:02 AM	1643.00	686
11:46:44 AM	1645.25	681
11:15:17 AM	1651.00	800
11:15:17 AM	1651.00	710
11:05:06 AM	1651.00	500
8:08:05 AM	1643.00	742
6:48:24 AM	1647.50	550

ES Opening	1647.50	DELTA
15 MIN Range = Hi		
Lo	1645.00	2.50
VAL High -	1648.00	
POC -	1646.50	
VAL Low -	1643.00	5.00
missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	217	
10	313	96
11	497	184
12	* 574	77
1	674	100
2	735	61
3	1137	402
Cash CLOSE	1362	225
PIT CLOSE	1410	48

SP_Pit	1646.50	DELTA
Opening Range =		
Sp Pit	1645.50	1.00
SP_Pit	1652.50	
Day High -		
Day Low -	1642.00	10.50
Closing Range	1649.00	
High -		
Low -	1648.30	0.70
Settle -	1648.60	
Net Change -	3.00	

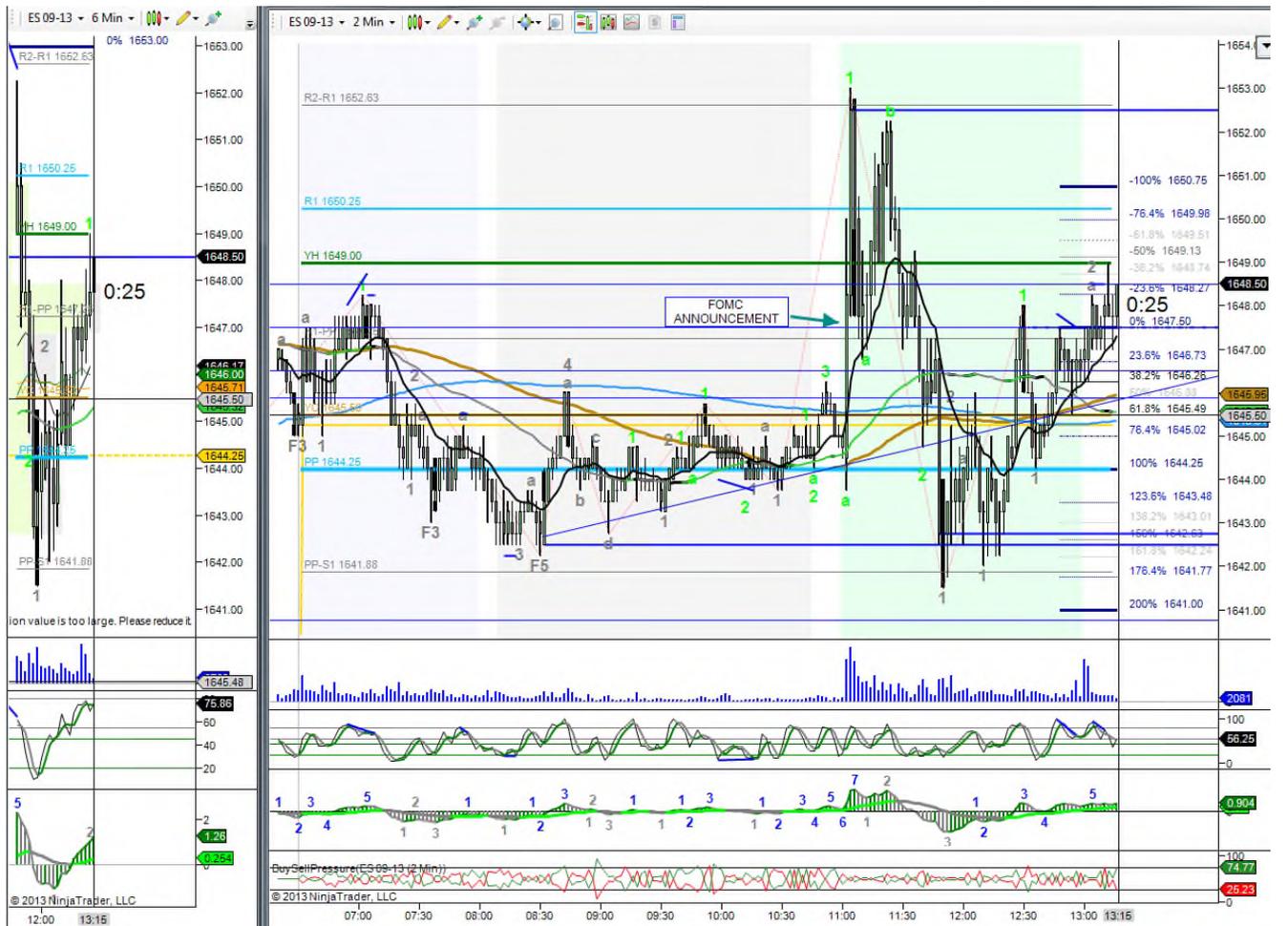
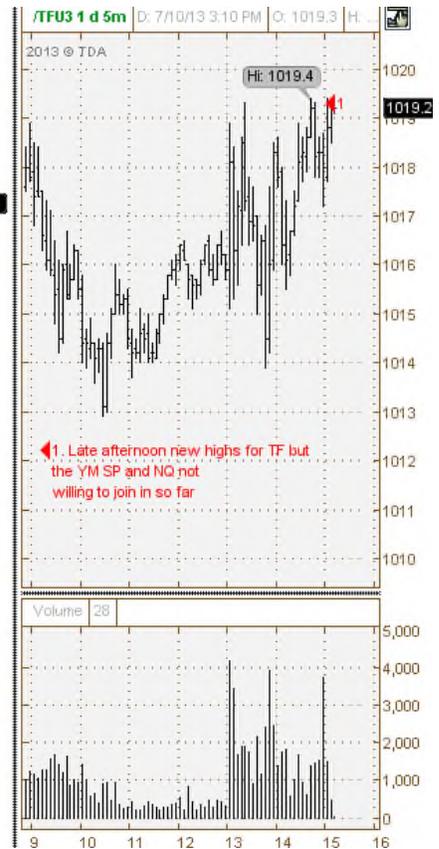
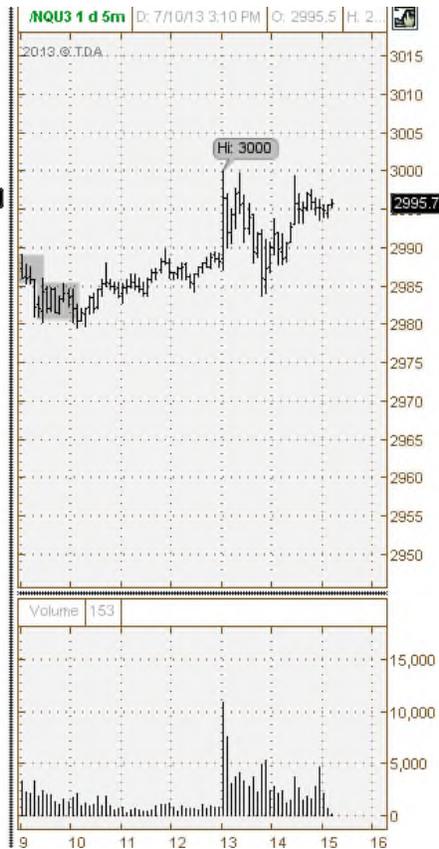


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What I did well today:

- I recognized CHOP DAY EARLY
- Also didn't have enough rest decided not to trade
- Maintained calm and observed market action
- Continued C# training

What could I have done better:

- Made even better use of my time and stayed on task better.
- Set up AUTO TRADING with conservative entry/exits to gain ticks with minimum risk.
(Although hard to do as because lack of rest could not trust totally market)

What will I do tomorrow to make things better:

- More sleep
- ATM and Check Sheets for trading.
- C# programming.