

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?

06:30:41 AM 1.71 :1 NYSE|1.74 :1 NASD

Russell on RIP/ Paper bought OPEN

06:32 Ben: SEP S&P opening range 1675.20-1676 // Paper now both sides

.Locals now light on offer coming on 0700 Russel was on rip earlier coming off as well.

07:00:40 AM 1.57 :1 NYSE|1.29 :1 NASD 1674.25 290,206 0.869

08:02:13 AM 1.72 :1 NYSE|1.38 :1 NASD 1675.50 433,035 0.823

09:00:38 AM 2.08 :1 NYSE|1.61 :1 NASD 1677.50 533,265 0.674

10:03:38 AM 1.94 :1 NYSE|1.71 :1 NASD 1676.00 598,442 0.541

11:00:30 AM 2 :1 NYSE|1.83 :1 NASD 1677.50 645,656 0.514

12:03:17 PM 2.18 :1 NYSE|1.65 :1 NASD 1678.50 736,339 0.548

01:00:31 PM 1.75 :1 NYSE|1.74 :1 NASD 1677.75 865,255 0.608

paper both sides CC/ Super light volume

01:23:09 PM 1.75 :1 NYSE|1.74 :1 NASD 1677.50 903,611 0.57

Paper both sides, more buying though. SUPER LIGHT VOL

LastPrice	DailyVolu	ATR 2 mi
1675.75	156,517	0.699

Elephant Stomps/TINYS

T & S			L			
ES 09-13						
Ask	1677.50		399			
Bid	1677.50		435			
Volume	903611					
12:59:57 PM 1677.50 597						
6:45:33 AM 1672.75 500						
6:32:04 AM 1676.50 500						

ES Opening	1677.00	DELTA
15 MIN Range = Hi		
Lo	1672.50	4.50
VAL High -	1671.00	
POC -	1670.00	
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	156	
10	290	134
11	433	143
12	533	100
1	598	65
2	645	47
3	736	91
Cash CLOSE	865	129
PIT CLOSE	903	38

SP_Pit	1676.00	DELTA
Opening Range =		
Sp Pit	1675.20	0.80
SP_Pit	1679.40	
Day High -		
Day Low -	1672.70	6.70
Closing Range		
High -	1677.70	
Low -	1677.30	0.40
Settle -	1677.50	
Net Change -	7.40	

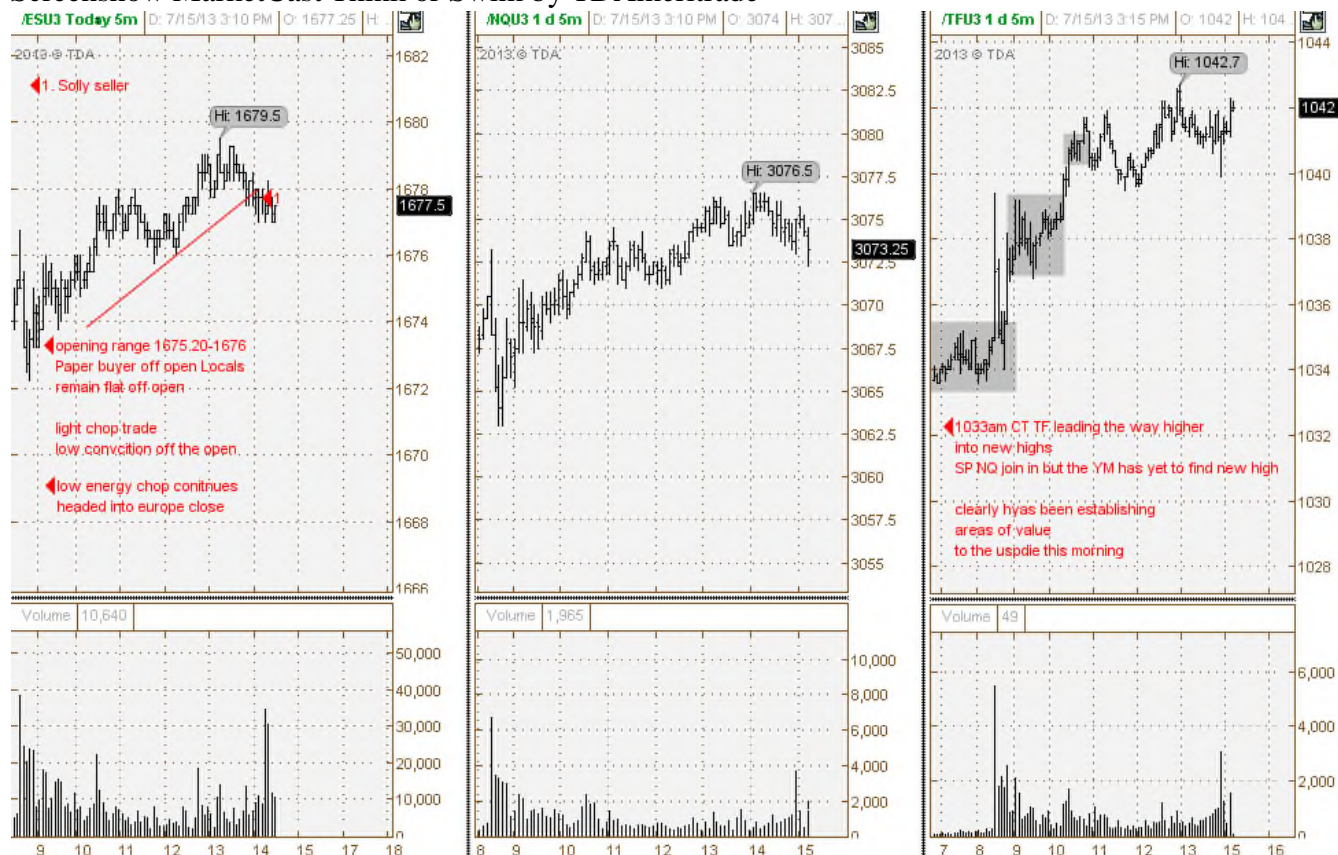
06:11:42 AM



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Chart Courtesy of: Ben Lichtenstein WWW.TradersAudio.COM

Screenshow MarketCast Think or Swim by TDAmeritrade



What I did well today:

- Market never met volume threshold for trading ES today

What could I have done better:

- Maybe have low volume trading plan.

What will I do tomorrow to make things better:

- No change. Same plan and action. If not tradable market then I won't trade.