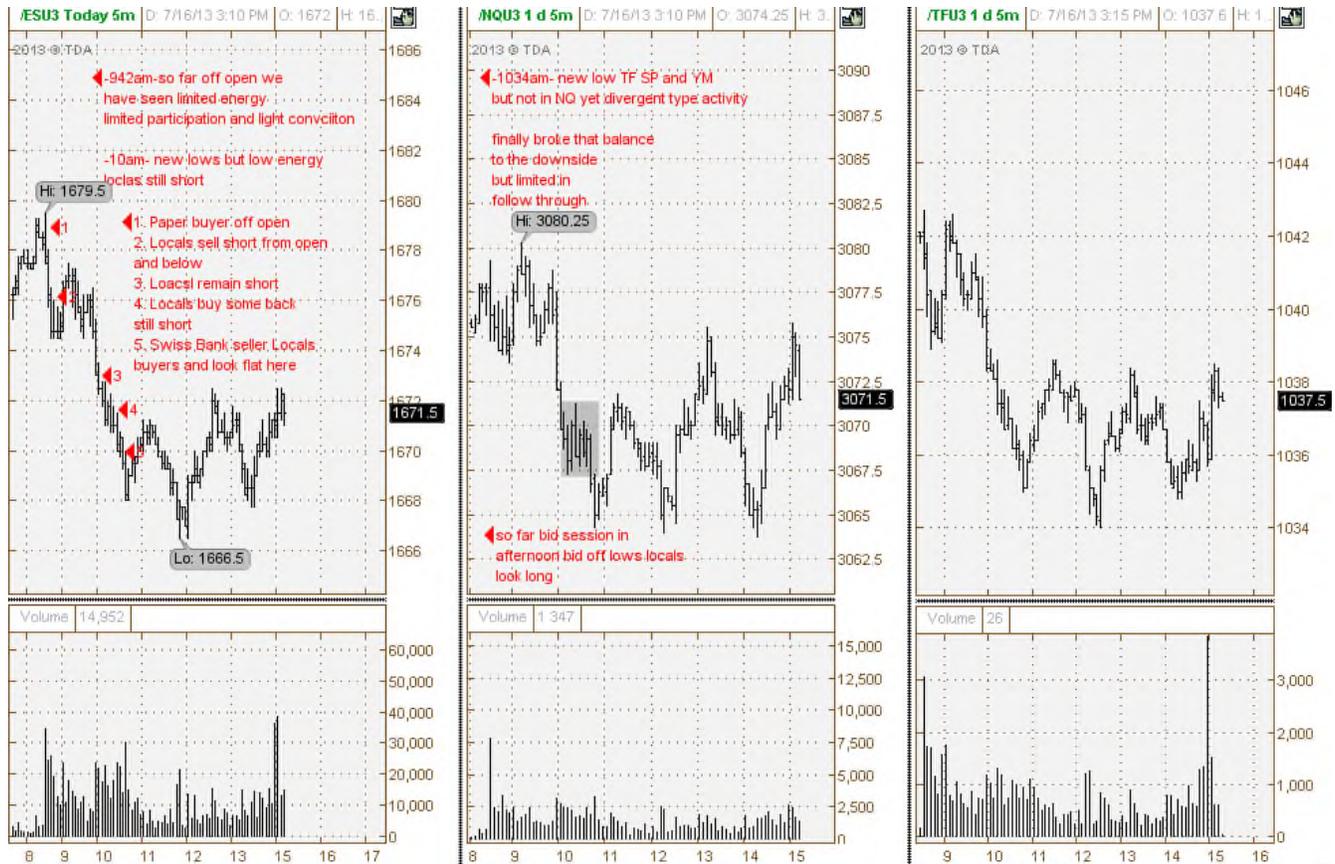


Chart Courtesy of: Ben Lichtenstein WWW.TradersAudio.COM
 Screenshot MarketCast Think or Swim by TDAmeritrade



What I did well today:

- Today I took my trade courtesy of my Keltner Channel Cross Strategy.
- With the light volume I decided to change out of a Strategy type trading to just straight profit target trade. Also did not use stop to avoid getting taken out by a tick only. With light vol day there was a lot of manipulation going on.

What could I have done better:

- I could have closed one contract to get up on my trade and then let the other ride, however I was scared of a bounce at the level or just below my target. The bounce never happened
- I could have more programmed strategies ready for the trading day.
- More sleep. I was a bit tired today, not enough rest last night.

What will I do tomorrow to make things better:

- -Full nights sleep.
- Better documentation / tracking of trades
- Be sure to be more away of general market conditions