

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?

06:30:33 AM **5.01 :1 NYSE | 1.87 :1 NASD**

LastPrice	DailyVolu	ATR 2 mi
1676.75	284,992	0.98

Paper buys open/ Locals sell and buy back on screen.

06:32 Ben: SEP S&P opening range 1677-1677.50 / Locals LIGHT SHORT

07:00:44 AM **2.88 :1 NYSE | 1.44 :1 NASD**

1675.50	457,772	1.15
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08:00:47 AM **2.61 :1 NYSE | 2.19 :1 NASD**

1677.00	729,607	1.13
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09:00:45 AM **2.05 :1 NYSE | 1.7 :1 NASD**

1674.75	877,858	0.968
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10:00:26 AM **2.44 :1 NYSE | 2.02 :1 NASD**

1677.25	965,803	0.697
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11:01:03 AM **2.43 :1 NYSE | 1.9 :1 NASD**

1677.50	1,062,16	0.691
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12:00:30 PM **2.16 :1 NYSE | 1.65 :1 NASD**

1674.50	1,161,37	0.675
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01:00:25 PM **2.07 :1 NYSE | 1.81 :1 NASD**

1675.50	1,335,37	0.777
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CC Paper both sides/ GS 150x sell bulk of paper buying.

01:15:25 PM **1.98 :1 NYSE | 1.81 :1 NASD**

1675.00	1,403,35	0.873
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Paper SOLD PC

ES Opening 15 MIN Range = Hi	1678.50	DELTA
Lo	1676.25	2.25
VAL High -	1673.00	
POC -	1671.00	
VAL Low -	1667.25	5.75
for missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	284	
10	457	173
11	729	272
12	877	148
1	965	88
2	1062	97
3	1161	99
Cash CLOSE	1335	174
PIT CLOSE	1403	68

Elephant Stomps/TINYS

ES 09-13		
Ask	1675.00	1083
Bid	1674.75	749
Volume	1354312	
12:59:39 PM	1675.50	500
7:57:45 AM	1676.50	500
7:15:48 AM	1677.50	540
7:06:58 AM	1676.50	500
6:53:35 AM	1674.25	600
6:51:52 AM	1673.50	500
6:50:52 AM	1675.25	514
6:47:59 AM	1675.50	500
6:40:53 AM	1677.75	524
6:34:28 AM	1677.50	827

SP_Pit Opening Range =	1677.50	DELTA
Sp Pit	1677.00	0.50
SP_Pit Day High -	1680.00	
Day Low -	1673.00	7.00
Closing Range High -	10676.00	
Low -	1675.30	9000.70
Settle -	1675.60	
Net Change -	4.40	

All Manual Trades, no set strategy, tight narrow range day.

Trade-#	Instrument	Account	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Profit	Cum. profit	Commission	MAE	MFE	ETD	Bars
1	ES 09-13	Sim101	Short	1	1677.5	1677.5	7/17/2013 7:33 AM	7/17/2013 7:40 AM	-4.02	-4.02	4.02	25	100	104.02	0
2	ES 09-13	Sim101	Short	1	1678	1677.5	7/17/2013 7:35 AM	7/17/2013 7:40 AM	20.98	16.96	4.02	50	125	104.02	0
3	ES 09-13	Sim101	Short	1	1678.5	1677.25	7/17/2013 7:35 AM	7/17/2013 7:40 AM	58.48	75.44	4.02	87.5	137.5	79.02	0
4	ES 09-13	Sim101	Short	1	1679.75	1675.75	7/17/2013 7:37 AM	7/17/2013 7:46 AM	195.98	271.42	4.02	0	200	4.02	0





What I did well today:

- Spotted the CHOP TRADE Trend early in the day.
- Traded four contracts with CHOP Trade, held the first trade for a small loss and the rest winner.
- Worked with the probabilities. Finally realizing about crossing prices

What could I have done better:

- Still need to learn the art of single contract trades better.
- I could identify trend and trade better with it.
- I could have switched to live money trading today, but I still don't quite feel ready.
- OOPS I could have captured video of trade as well with commentary.

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