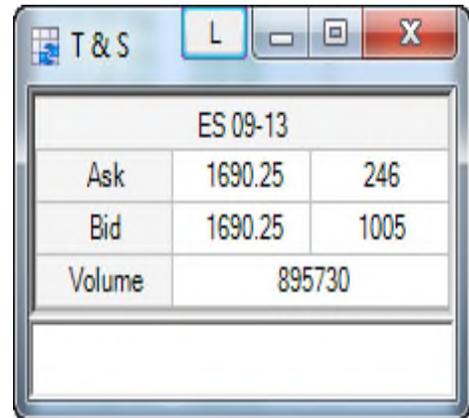


Questions to answer throughout the day:

- What is the market doing?
- What is the market trying to do?
- How well is it getting it done?

	LastPrice	DailyVolu	ATR 2 mi	
06:33:59 AM	1.21 :1 NYSE 1.6 :1 NASD	1688.25	206,715	0.679
06:31 Ben: SEP S&P opening range	1690-1689.20			
07:00:25 AM	1.17 :1 NYSE 1.18 :1 NASD	1686.50	299,049	0.815
08:00:54 AM	1.76 :1 NYSE 1.66 :1 NASD	1690.00	465,057	0.822
09:00:59 AM	1.86 :1 NYSE 1.85 :1 NASD	1690.75	587,198	0.685
10:00:54 AM	1.92 :1 NYSE 1.81 :1 NASD	1691.00	631,161	0.563
11:00:33 AM	1.77 :1 NYSE 1.62 :1 NASD	1689.00	690,246	0.51
12:03:59 PM	1.89 :1 NYSE 1.82 :1 NASD	1691.00	754,466	0.57
01:00:30 PM	1.78 :1 NYSE 1.74 :1 NASD	1690.50	857,576	0.635
Paper buyer CC up to 91 even				
01:15:12 PM	1.83 :1 NYSE 1.74 :1 NASD	1690.50	895,730	0.633

NOT ONE
Elephant Stomp/TINY



PAPER SELLER PC...

ES Opening	15 MIN Range = Hi	1690.50	DELTA
Lo		1686.00	4.50
VAL High -		1685.25	
POC -		1682.75	
VAL Low -		1679.75	5.50
NOTE: Numbers are in thousands. Repeat for missed num.s. Also * in column for times I missed volume.			
ES	Volume	Change	
OPEN	206		
10	299	93	
11	465	166	
12	587	122	
1	631	44	
2	690	59	
3	754	64	
Cash CLOSE	857	103	
PIT CLOSE	895	38	

SP_Pit	Opening Range =	1690.00	DELTA
Sp_Pit		1689.20	0.80
SP_Pit		1692.90	
Day High -			
Day Low -		1685.70	7.20
Closing Range		1690.50	
High -			
Low -		1690.20	0.30
Settle -		1690.30	
Net Change -		0.80	

What I did well today:

- Didn't trade due to Low VOLUME
- Ready to trade, but avoiding possible whip.
- Turned on KeltnerNoStop strategy to catch a true move in either direction for the late afternoon trade 3-4p.m. EST

What could I have done better:

- I still need a tested low volume tactic for

days like today. There is money to be made, just have to find it.

- Well didn't see GLOBEX pull-back, no control of that one.

What will I do tomorrow to make things better:

- -Full nights sleep.
- Better documentation / tracking of trades
- No hesitation.



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

