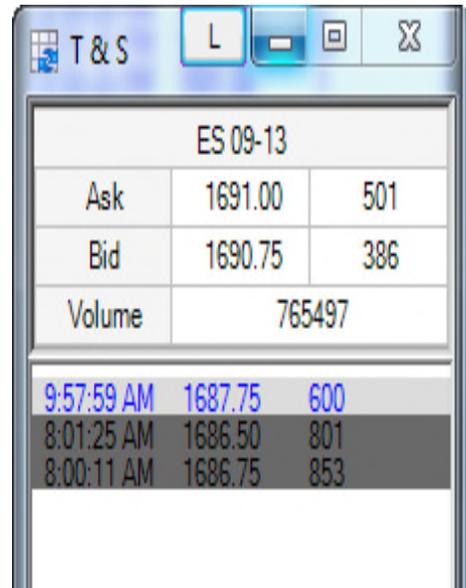


Questions to answer throughout the day:

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

	LastPrice	DailyVolu	ATR 2 mi
06:30:23 AM	3.24 :1 NYSE   3.03 :1 NASD	1693.50	147,127   0.568
Open Paper two Sided/ Volume Light ES		1692.00	259,390   0.793
07:00:49 AM	2.2 :1 NYSE   1.05 :1 NASD	1686.75	450,925   0.828
08:00:26 AM	1.08 :1 NYSE   -1.47 :1 NASD		
10:01:07 AM	1.47 :1 NYSE   -1.17 :1 NASD	1688.50	632,576   0.599
11:01:16 AM	1.46 :1 NYSE   -1.28 :1 NASD	1689.50	698,397   0.62
12:08:14 PM	1.69 :1 NYSE   -1.32 :1 NASD	1691.00	763,740   0.499
01:00:31 PM	1.41 :1 NYSE   -1.72 :1 NASD	1687.25	917,497   0.739
01:35:48 PM		1688.50	969,043   0.921

Elephant Stomps/TINYS



9am missed numbers even though copied, didn't paste here.  
 CC Paper buyers and RUSSELL catches BID/ NASDAQ only one to find new lows

01:35:48 PM 1688.50 969,043 0.921  
 PC Paper buys

ES Opening	1694.00	DELTA
15 MIN Range = Hi		
Lo	1692.25	1.75
VAL High -	1691.25	
VAL Low -	1688.25	3.00
NOTE: Numbers are in thousands. Repeat for missed num.s. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	147	
10	259	112
11	450	191
12	* 551	101
1	632	81
2	698	66
3	763	65
Cash CLOSE	917	154
PIT CLOSE	935	18

SP_Pit	1694.00	
Day High -		
Day Low -	1686.50	7.50
Closing Range	1688.50	
High -		
Low -	1688.00	0.50
Settle -	1688.30	
Net Change -	-2.00	

What I did well today:

- Did one trade, recognized on wrong side exited one tick profit.
- Ready to trade, but avoiding possible whip.
- 

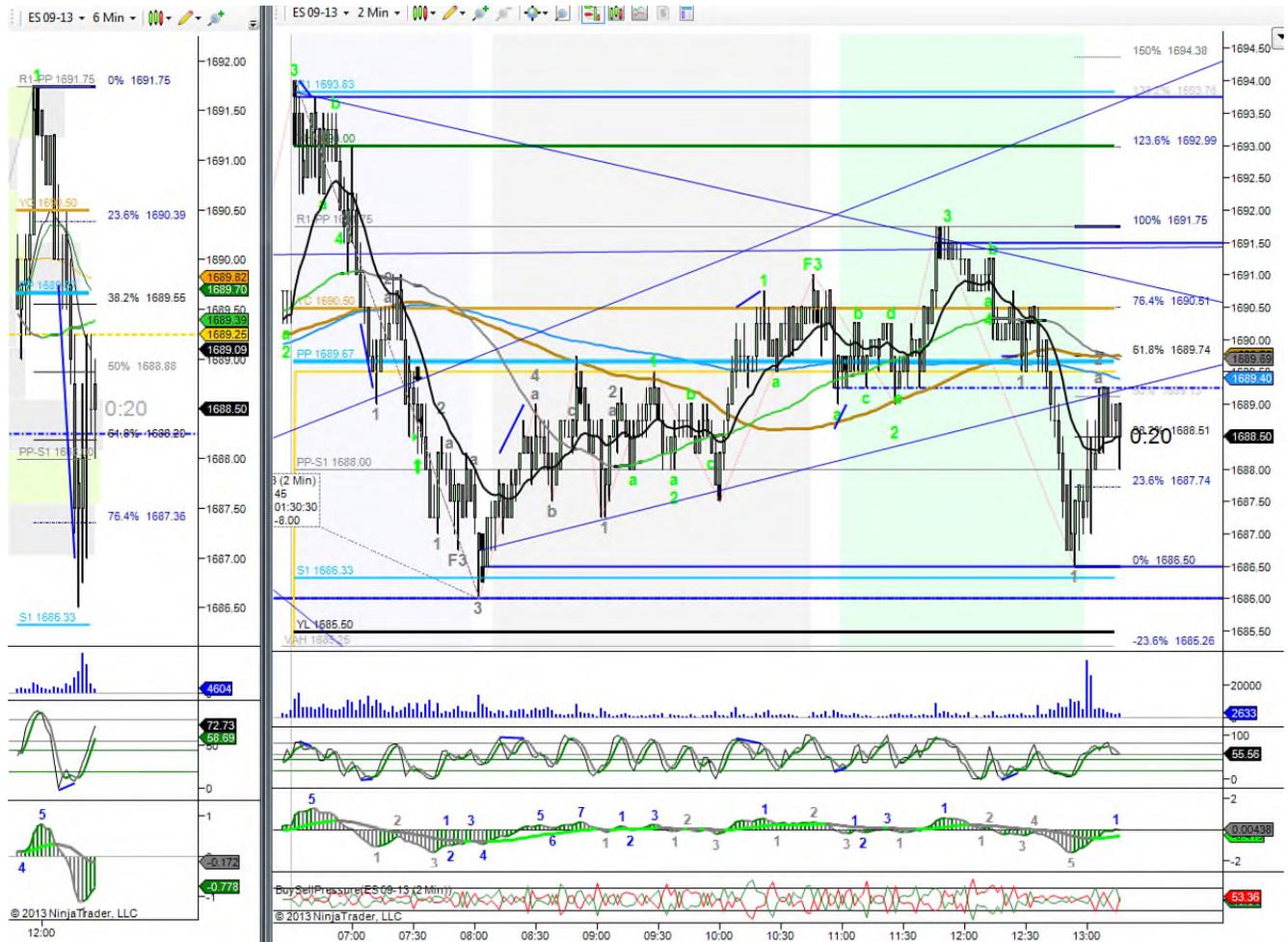
What could I have done better:

- I could have made sure to get to bed earlier.

- I still need a tested low volume tactic for days like today. There is money to be made, just have to find it.

What will I do tomorrow to make things better:

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



One quick trade today. Closed early with one tick profit due to market not forming up right after trade.

Trade #	Instrument	Account	Strategy	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Entry name	Exit name	Profit	Cum. profit	Commission	MAE	MFE	ETD
1	ES 09-13	Sim101	3.2 close	Long	1	1688.5	1688.75	7/23/2013 7:30 AM	7/23/2013 7:31 AM	Entry	Target1	8.48	8.48	4.02	12.5	12.5	4.02

Chart Courtesy of: Ben Lichtenstein [WWW.TradersAudio.COM](http://WWW.TradersAudio.COM)  
Screenshow MarketCast Think or Swim by TD Ameritrade

