

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 **2.28 :1 NYSE** **-1.09 :1 NASD** 1694.25 189,601 0.627

OPEN Locals SOLD/ Paper BUYS/ Light PIT POP

Locals just able to buy below where sold open

06:33 Ben: SEP S&P opening range 1694.30-1693.70

07:00:21 AM **1.34 :1 NYSE** **-1.19 :1 NASD** 1686.25 362,345 0.896

08:00:30 AM **1.73 :1 NYSE** **1.33 :1 NASD** 1684.25 652,991 0.996

09:00:45 AM **1.9 :1 NYSE** **1.27 :1 NASD** 1684.50 806,021 0.833

10:01:02 AM **2.43 :1 NYSE** **-1.57 :1 NASD** 1681.25 940,578 0.827

Slow grind lower. Outside Keltner Channel however bounces back to middle and does not stay outside long. Not strong trend, more like a trickle lower. Also volume on day not even 1 million yet.

11:01:03 AM **2.74 :1 NYSE** **-1.85 :1 NASD** 1679.50 1,097,53 0.871

12:00:21 PM **2.79 :1 NYSE** **-1.3 :1 NASD** 1681.00 1,207,26 0.751

01:00:31 PM **2.69 :1 NYSE** **-1.31 :1 NASD** 1681.75 1,435,56 1.01

CC Locals bought/ GS sold

01:16:29 PM **2.79 :1 NYSE** **-1.29 :1 NASD** 1683.75 1,496,13 0.952

PC Locals bought/ PAPER sold

ES Opening 15 MIN Range = Hi	1694.50	DELTA
Lo	1689.25	5.25
VAL High -	1690.50	
POC -	1688.50	
VAL Low -	1687.00	3.50
NOTE: Numbers are in thousands. Repeat for missed num's. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	189	
10	362	173
11	652	290
12	806	154
1	940	134
2	1097	157
3	1207	110
Cash CLOSE	1435	228
PIT CLOSE	1496	61

Elephant Stomps/TINYS

ES 09-13		
Ask	1684.00	550
Bid	1684.00	317
Volume	1496134	
1:04:00 PM	1681.75	563
1:03:59 PM	1681.75	500
12:59:41 PM	1681.00	514
12:52:23 PM	1679.50	576
12:11:44 PM	1678.50	900
11:58:59 AM	1680.75	507
10:33:26 AM	1678.50	768
8:57:33 AM	1685.00	500
8:35:33 AM	1686.50	811
7:28:48 AM	1683.00	560
7:13:38 AM	1683.25	608
6:57:46 AM	1687.75	499
6:51:07 AM	1688.75	757
6:49:23 AM	1689.00	655

SP_Pit Opening Range =	1694.30	DELTA
Sp Pit	1693.70	0.60
SP_Pit Day High -	1694.30	
Day Low -	1677.70	16.60
Closing Range High -	1684.00	
Low -	1683.50	0.50
Settle -	1683.80	
Net Change -	-4.50	

07/24/13
AM

Wednesday

06:11:19



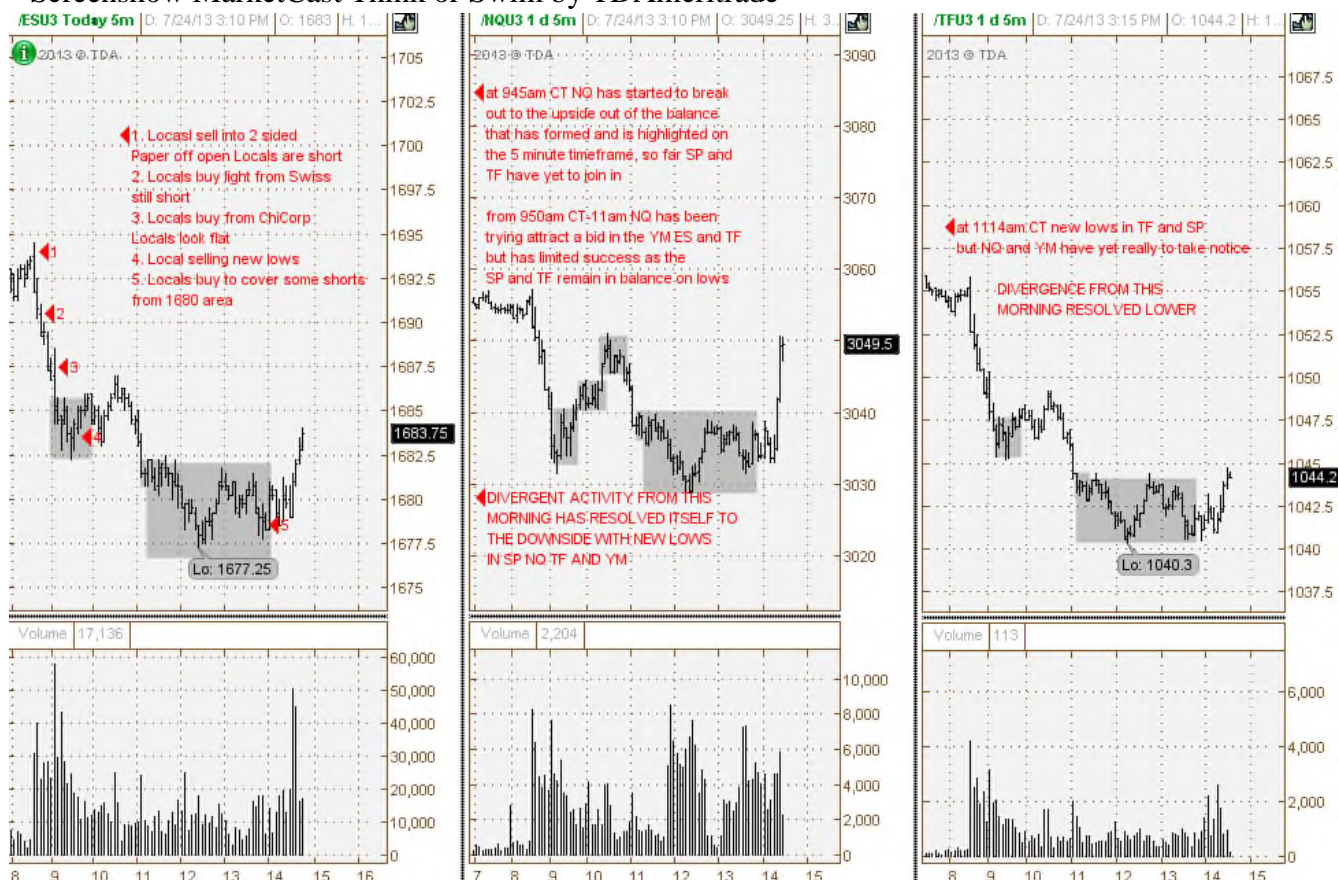
07/24/13

Wednesday

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



What I did well today:

- I spent some time learning C# programming.
- I did not chase the market.

What could I have done better:

- I still am not making enough trades with a tested proven system.
- Today switched from low volume to normal volume fairly quickly.

What will I do tomorrow to make things better:

- Full nights sleep
- Tonight work up plan for tomorrow with segmented time for following and trading.