

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?

07:58:05 AM 1.05 :1 NYSE 1.72 :1 NASD

LastPrice	DailyVolu	ATR 2 mi
1703.50	382,937	0.722

UP LATE... Oldest daughter came in town this weekend she decided that 10:00 PM was good time to visit last night.

08:00:12 AM -1.08 :1 NYSE 1.79 :1 NASD 1703.75 387,122 0.733

Crazy chop morning. One trade in haste, second trade to waste or waste noight.... Thought may be CHOP down some more.... Very low volume day.

10:00:24 AM -1.35 :1 NYSE 1.34 :1 NASD 1702.25 538,391 0.498

11:00:40 AM -1.47 :1 NYSE 1.22 :1 NASD 1701.50 625,686 0.566

12 NOON ... MISSED...

12:39:53 PM Did not realize that the day is almost done. Locals both sides coming into cash close.... There ws BEAR tiny a few mins ago. I should have taken as sign... Well They probably made their money.

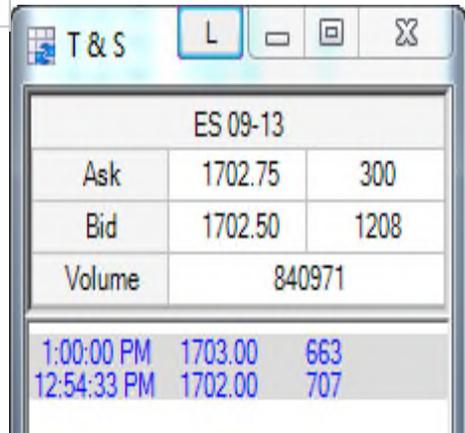
01:08:31 PM -1.34 :1 NYSE 1.34 :1 NASD 1702.75 838,265 0.583

CC Paper was on both sides.... Today basically a sleeper of a day.

01:15:14 PM -1.34 :1 NYSE 1.34 :1 NASD 1702.50 849,838 0.572

PC Shycorp paper seller Pit close. .4's .3's and .2's

Elephant Stomps/TINYS



ES 09-13		
Ask	1702.75	300
Bid	1702.50	1208
Volume	840971	
1:00:00 PM 1703.00 663		
12:54:33 PM 1702.00 707		

SP_Pit	1704.70	
Day High -	1704.70	
Day Low -	1699.00	5.70
Closing Range	1702.70	
High -	1702.70	
Low -	1702.20	0.50
Settle -	1702.50	
Net Change -	-1.50	

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	Bars
1	ES 09-13	Sim101	3 2 close	Short	1	1702	1703.75	8/5/2013 7:23 AM	8/5/2013 7:34 AM	Entry	Stop1	-91.52	-91.52	4.02	100	0	0	0
2	ES 09-13	Sim101	3 2 close	Short	1	1703.75	1702.5	8/5/2013 7:52 AM	8/5/2013 9:34 AM	Entry	Exit	58.48	-33.04	4.02	50	100	41.52	0
3	ES 09-13	Sim101	3 2 close	Short	1	1703.5	1700.75	8/5/2013 9:22 AM	8/5/2013 10:08 AM	Entry	Target1	133.48	100.44	4.02	12.5	137.5	4.02	0
4	ES 09-13	Sim101	3 2 close	Short	1	1701.75	1700.75	8/5/2013 9:38 AM	8/5/2013 10:08 AM	Entry	Target1	45.98	146.42	4.02	25	50	4.02	0

What I did well today:

- Today I took it easy as daughter had me up until 3am EST.
- I had horrible first trade but stayed with it into the stops (don't know how good or bad that is.)
- I used OCO orders for all my entries. Due to chop kept with 3/2 Profit /Loss ratio for the day.

What could I have done better:

- I am still having trouble with losing steam so maybe could have taken the one reversal trade I saw in the market. Ha Ha Ha... Actually just a chop bounce as really tight range today.
- I could have used my RENKO Reverse Strategy today, although has not been perfected, so I could have worked on that as well.

What will I do tomorrow to make things better:

- Tomorrow's trading starts today.
- I will get a full nights sleep.
- Trade with concentration on the market.
- Use all my tools.
- Take breaks.
- Monitor my trades better.

