AM

Questions to answer throughout the day:

What is the market doing?

What is the market trying to do? LastPrice DailyVolu ATR 2 mi

How well is it getting it done? 06:39:42 AM 4.06:1 NYSE | 1.86:1 NASD

1695.25 273,962 0.709

Elephant Stomps/TINYS

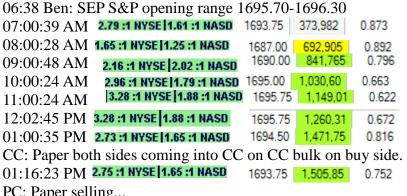
ES 09-13

1694.00

T&S

Ask

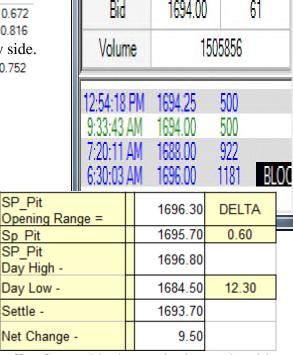
485



PC: Paper selling...

ES Opening

15 MIN Range = Hi	1697.00	DELTA	
Lo	1694.25	2.75	
VAL Hlgh -	1689.25		
POC -	1687.25		
VAL Low -	1683.25	6.00	
missed nums. Also * i missed volume.	in column for	times I	
ES	Volume	Change	
OPEN	273		
10	3763	3490	
11	692	-3071	
12	841	149	N
1	1030	189	pı
2	1149	119	-



What I did well today: - I had one winning trade with roper entry and good exit.

- I had enough sleep.
- Journalled and kept track of the days progress, monitored pit, trading rooms, and internals.

What could I have done better: 34

STOCHASTIC IDENTIFICATION for secondary

entry could have been better.

What will I do tomorrow to make things better: - be sure to get enough sleep.

111

211

-Trade

3

Cash CLOSE

PIT CLOSE

- USE STOPS and Journal trading day.

1260

1471

1505

Thursday 08AUG2013.odt 08/08/13 1





Also Solved VIDEO CLIP issue with trading journals. WMV files play BLACK in BMT player whereas FLV files have no problems.

Almost forgot my one trade SIM of course.

	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
Γ	1	ES 09-13	Sim101	32 close	Short	1	1694.25	1691.25	8/8/2013 6:44 AM	8/8/2013 7:05 AM	Entry	Target1	145.98	145.98	4.02	25	150	4.02

08/08/13 Thursday 2 08AUG2013.odt