

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?

06:30:43 AM **-1.88 :1 NYSE** **-1.33 :1 NASD** 1691.25 174,204 0.522

PO: Paper buys... Quiet Open...

06:36 Ben: SEP S&P opening range 1691-1691.50

6:45 AM ES 15MIN open 1690.75-1695.75

07:00:23 AM **1.42 :1 NYSE** **1.35 :1 NASD** 1694.75 359,981 0.787

08:00:35 AM **1.14 :1 NYSE** **-1.1 :1 NASD** 1688.50 660,607 1.06

09:31:48 AM **1.08 :1 NYSE** **1.45 :1 NASD** 1689.00 1,062,17 0.983

10:00:29 AM **1.11 :1 NYSE** **1.29 :1 NASD** 1689.25 1,121,71 0.787

Well market stalled ... CHOP fest day for certain.

Trading went well today, probably because **lucky** enough to have profit targets hit before stops. :) Not looking to push my luck as near my daily goal, one or two more good trades to keep my hand in it.

11:04:48 AM **1.28 :1 NYSE** **1.21 :1 NASD** 1691.25 1,240,08 0.691

12:01:52 PM **1.21 :1 NYSE** **1.17 :1 NASD** 1689.75 1,390,09 0.923

01:01:04 PM **1 :1 NYSE** **-1.21 :1 NASD** 1687.75 1,604,88 1.02

CC: Paper sells...

Last trade of day living in the shouldda camp. You know when you know you should not take the trade. I still have to work on getting out of losing trades quicker.

01:18:42 PM **1.02 :1 NYSE** **-1.21 :1 NASD** 1686.00 1,655,05 0.933

ES Opening	1695.75	DELTA
15 MIN Range = Hi		
Lo	1690.25	5.50
VAL High -	1696.50	
POC -	1695.00	
VAL Low -	1689.50	7.00
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	174	
10	359	185
11	660	301
12	* 1000	340
1	1121	121
2	1240	119
3	1390	150
Cash CLOSE	1604	214
PIT CLOSE	1655	51

Elephant Stomps/TINYS

ES 09-13		
Ask	1688.75	339
Bid	1688.50	926
Volume	1065952	
Recent Trades:		
8:08:08 AM	1686.50	500
8:01:13 AM	1688.25	907
7:26:57 AM	1691.00	500
7:06:50 AM	1693.00	506

SP_Pit	1691.50	DELTA
Opening Range =		
Sp_Pit	1691.00	0.50
SP_Pit	1696.00	
Day High -		
Day Low -	1682.50	13.50
Closing Range		
High -	1686.30	
Low -	1686.00	0.30
Settle -	1686.20	
Net Change -	-7.50	

What I did well today: -Traded today despite chop.

- Got out in front of the trades today.
- Limited losses better.

What could I have done better: - Limit loss more

- Not felt compelled to trade afternoon
- Trade with the flow of the market.

What will I do tomorrow to make things better:

- Sleep/ Journal/ Document trades/ review all l8tr.

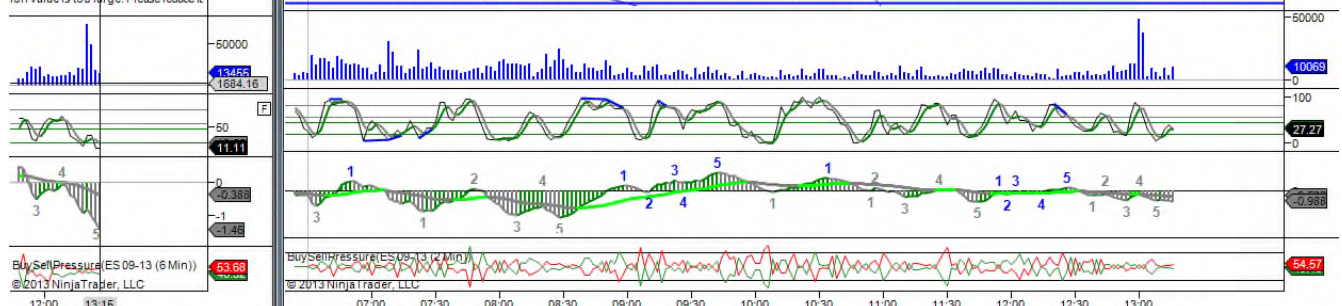
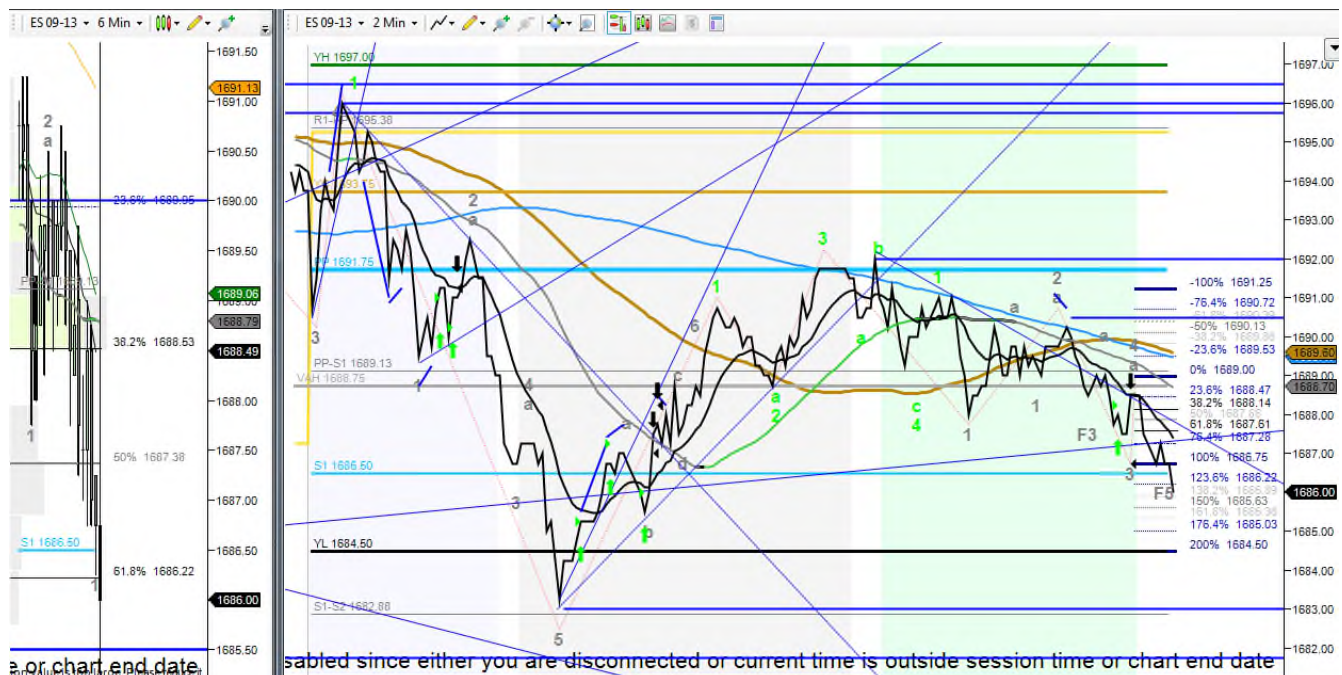
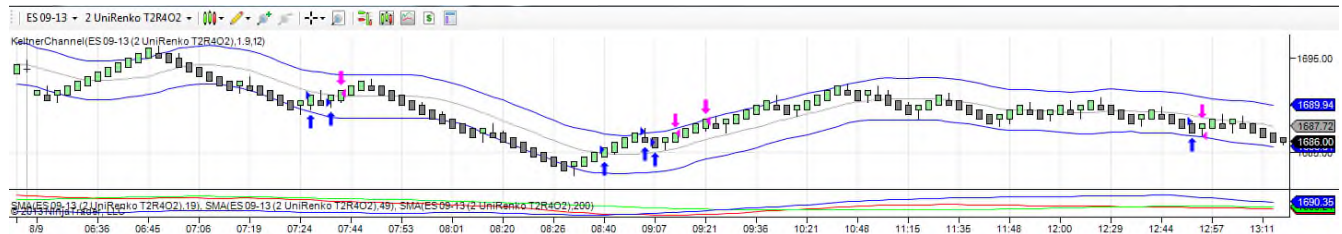
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Friday

06:07:04 AM

## TRADES:

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	Long	1	1691	1691.25	8/9/2013 7:31 AM	8/9/2013 7:39 AM	Entry	Target1	8.48	8.48	4.02	50	25	16.52	0
2	ES 09-13	Sim101	3 2 close	Long	1	1690.25	1691.25	8/9/2013 7:36 AM	8/9/2013 7:39 AM	Entry	Target1	45.98	54.46	4.02	0	50	4.02	0
3	ES 09-13	Sim101	3 2 close	Long	1	1685.25	1687	8/9/2013 8:37 AM	8/9/2013 9:11 AM	Entry	Exit	83.48	137.94	4.02	37.5	137.5	54.02	0
4	ES 09-13	Sim101	3 2 close	Long	1	1687.25	1688.25	8/9/2013 8:50 AM	8/9/2013 9:13 AM	Entry	Target1	45.98	183.92	4.02	87.5	50	4.02	0
5	ES 09-13	Sim101	3 2 close	Long	1	1686	1688.25	8/9/2013 9:07 AM	8/9/2013 9:13 AM	Entry	Target1	108.48	292.4	4.02	37.5	112.5	4.02	0
6	ES 09-13	Sim101	3 2 close	Long	1	1688.25	1686.75	8/9/2013 12:49 PM	8/9/2013 12:54 PM	Entry	Stop1	-79.02	213.38	4.02	75	12.5	91.52	0



Day done/Week done/ Time to get back to \$\$\$ trading soon.

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