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
1680.00	216,040	0.599

Elephant Stomps/TINYS

06:30:38 AM   `3.6 :1 NYSE` `-2.03 :1 NASD`
Paper Buys OPEN/ Locals sold and on offer
06:32 Ben: SEP S&P opening range 1680-1679.70
06:49:04 AM ES OPEN range 1678.5- 1685
Decided not to switch to $$$ trading yet MONDAY :(
Action this morning COUNTER TREND from overnight GAP lower.

T & S			
ES 09-13			
Ask	1687.25	352	
Bid	1687.25	410	
Volume		1240647	

Not a single TINY all Day Long.

07:00:31 AM `1.04 :1 NYSE` `1.35 :1 NASD` 1684.75 399,657 0.931
08:00:28 AM `1.18 :1 NYSE` `1.91 :1 NASD` 1687.75 654,299 1.01
09:00:58 AM `1.16 :1 NYSE` `1.58 :1 NASD` 1686.25 787,172 0.853
10:00:17 AM `1.1 :1 NYSE` `1.55 :1 NASD` 1686.00 871,712 0.794
11:00:48 AM `-1.16 :1 NYSE` `1.26 :1 NASD` 1683.50 966,005 0.783
12:00:47 PM `-1.06 :1 NYSE` `1.35 :1 NASD` 1685.25 1,054,72 0.649
01:00:19 PM `1.05 :1 NYSE` `1.39 :1 NASD` 1686.00 1,195,01 0.804
CC: Paper sells to locals... Didn't sound like much energy.
01:16:34 PM `1.05 :1 NYSE` `1.39 :1 NASD` 1687.25 1,240,64 0.743

SP_Pit Opening Range =	1680.00	DELTA
Sp_Pit	1679.70	0.30
SP_Pit Day High -	1688.20	
Day Low -	1679.20	9.00
Closing Range High -	1687.30	
Low -	1687.00	0.30
Settle -	1687.10	
Net Change -	0.90	

1 Paper buyers on open
2 Locals started doing buying on up swing
3 Locals sell to MS at 1687 around 840PST

ES Opening 15 MIN Range = Hi		1685.00	DELTA
Lo		1678.50	6.50
for missed nums. Also * in column for times I missed volume.			
ES		Volume	Change
OPEN		216	
10		399	183
11		654	255
12		787	133
1		871	84
2		966	95
3		1054	88
Cash CLOSE		1195	141
PIT CLOSE		1240	45

What I did well today:
- Today I did not trade $$$ didn't feel ready, MONDAY, SLEEP, Powder DRY.
- Spotted TIGHT CHOP did not trade.

What could I have done better:
- Have plan for TIGHT CHOP trading.
- More sleep.
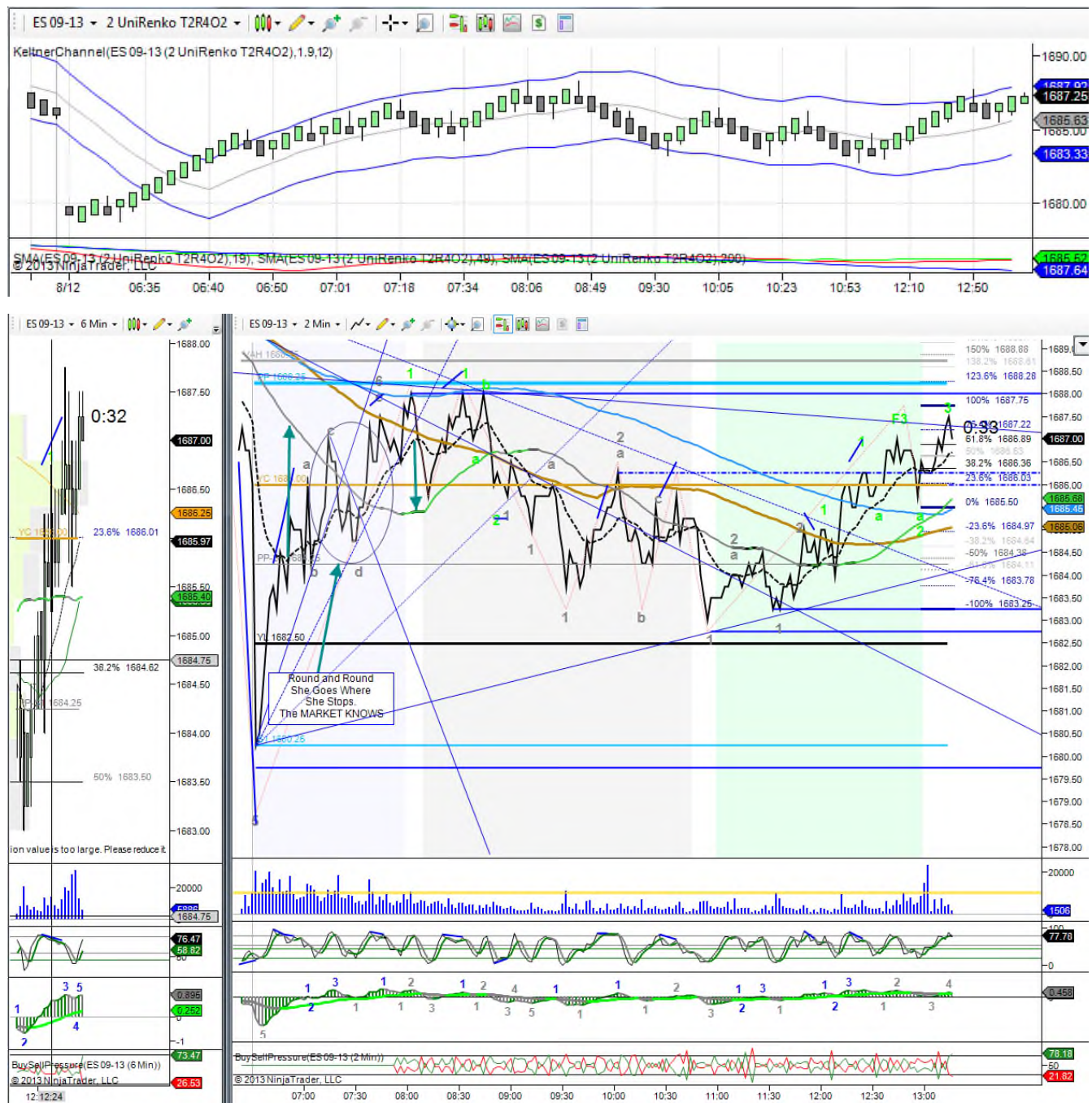- Better plan for day routine.

What will I do tomorrow to make things better:
- Post to BMT
- Keep in touch with mentors
- Redo daily check list
- Continue with my C# training
- rrrrrrrrrrrrrrrrrr'd