

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

1689.25 202,038 0.647

Elephant Stomps/TINYS

06:31:16 AM

1.72 :1 NYSE 1.89 :1 NASD

Paper both sides on open/ Locals sell

06:33 Ben: SEP S&P opening range 1689.50-1689

Locals long after open.

07:00:49 AM 1.37 :1 NYSE -1.03 :1 NASD 1685.75 407,192 0.956

08:01:28 AM 2.27 :1 NYSE -1.32 :1 NASD 1682.25 747,306 1.16

09:16:54 AM 1.64 :1 NYSE -1.09 :1 NASD 1685.75 937,641 0.835

10:01:05 AM 1.24 :1 NYSE 1.2 :1 NASD 1690.25 1,083,46 0.847

11:00:48 AM 1.18 :1 NYSE 1.57 :1 NASD 1692.00 1,244,76 0.808

12:00:25 PM 1.34 :1 NYSE 1.21 :1 NASD 1692.00 1,359,54 0.742

01:00:22 PM 1.35 :1 NYSE 1.15 :1 NASD 1691.50 1,543,57 0.797

CC couple hundred cars SHYCORP sold to GS @ 1.5

01:15:34 PM 1.32 :1 NYSE 1.15 :1 NASD 1690.75 1,598,07 0.755

PC SYCORP Paper seller. (note: sold CC and PC)

13:19 Ben: SP500 pit session closed pit HOD 1694.40 LOD

1679.20 settle 1690.80

ES 09-13		
Ask	1691.00	463
Bid	1690.75	498
Volume	1599966	
1:09:29 PM	1691.00	500
11:43:55 AM	1691.00	500
11:37:44 AM	1690.50	500
11:34:56 AM	1691.25	600
7:57:15 AM	1680.50	687
7:05:50 AM	1681.50	500
6:34:34 AM	1689.75	677
6:17:57 AM	1690.50	620

SP_Pit		
Opening Range =	1689.50	DELTA
Sp Pit	1689.00	0.50
SP_Pit		
Day High -	1694.40	
Day Low -	1679.20	15.20
Closing Range		
High -	1691.00	
Low -	1690.70	0.30
Settle -	1690.80	
Net Change -	3.70	

ES Opening		1690.50	DELTA
15 MIN Range = Hi			
Lo		1686.50	4.00
VAL Hlgh -		1687.50	
POC -		1686.50	
VAL Low -		1684.50	3.00

for missed nums. Also * in column for times I missed volume.

ES	Volume	Change
OPEN	202	
10	407	205
11	747	340
12	* 933	186
1	1083	150
2	1244	161
3	1359	115
Cash CLOSE	1543	184
PIT CLOSE	1598	55

What I did well today:

- Today I spotted trends.
- Entered long trade near low of market.
- Executed first REAL MONEY trade in long time.

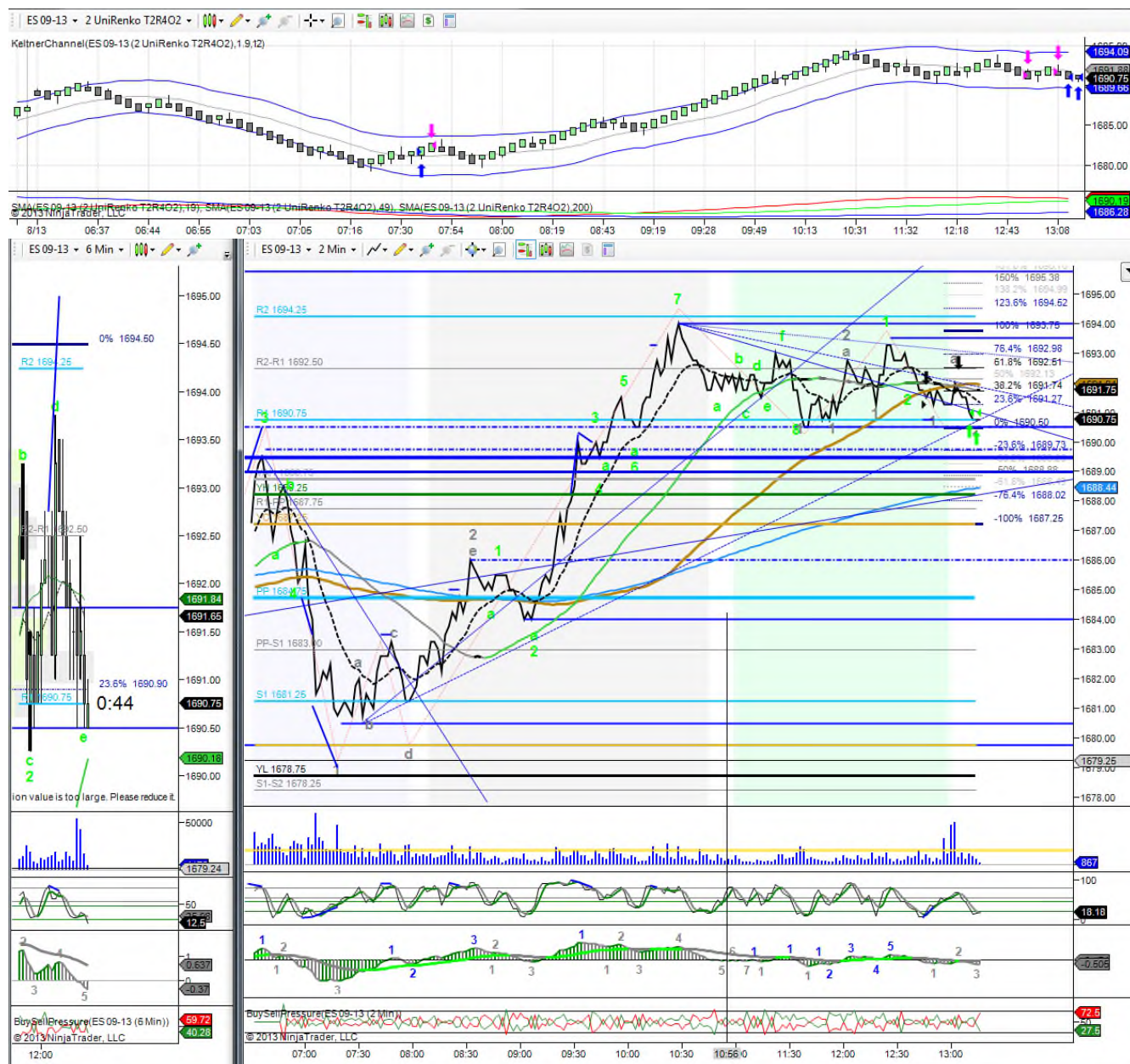
What could I have done better:

- Stay with my trade and not get distracted.
- Taken more trades.
- Eliminate distractions.
- Document trades with VIDEO. Didn't do that today.

What will I do tomorrow to make things better:

- Get better sleep.
- Stick with C# program learning
- Read up on market.

- Keep in touch with mentors.
- Get admin done early, Clean up study and environment.
- Copy Traders Audio Info sooner. Missed it again today from Chart.



Three trade Day: One cash two SIM at end of the day... Just not feeling confident as yet.

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
1	ES 09-13	IBD		Long	1	1681.75	1682.5	8/13/2013 7:37 AM	8/13/2013 7:41 AM		Entry	33.48	33.48	4.02	25	50	16.52
2	ES 09-13	Sim101	3 2 close	Short	1	1691.25	1691	8/13/2013 12:45 PM	8/13/2013 1:09 PM	Entry	Exit	8.48	41.96	4.02	62.5	37.5	29.02
3	ES 09-13	Sim101	3 2 close	Short	1	1691.75	1691	8/13/2013 1:03 PM	8/13/2013 1:13 PM	Entry	Target1	33.48	75.44	4.02	12.5	62.5	29.02