

08/14/13
AM

Wednesday

06:15:21

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?

06:31:08 AM **1.08 :1 NYSE | 1.04 :1 NASD** LastPrice DailyVolu ATR 2 mi
1691.50 184,412 0.657

06:31 Ben: SEP S&P opening range 1690.50-1691

Paper to paper .5's trade on open

07:01:00 AM **1.11 :1 NYSE | 1.19 :1 NASD** 1690.50 352,086 1.08

08:00:38 AM **1.21 :1 NYSE | 1.25 :1 NASD** 1685.25 614,307 1.11

Not seeing enough of a SYNCH to take a position at this time, coupled with not getting a good nights rest last night, SOH for now. Makre has pulled back but is chopping in value area all morning for the most part. Short term money. I don't see VOLUME either in the market.

09:00:59 AM **1.31 :1 NYSE | 1.32 :1 NASD** 1685.00 816,355 1.04

10:00:47 AM **1.26 :1 NYSE | 1.28 :1 NASD** 1685.25 926,171 0.855

11:00:37 AM **1.29 :1 NYSE | 1.37 :1 NASD** 1684.50 1,105,79 1.05

12:02:16 PM **1.36 :1 NYSE | 1.22 :1 NASD** 1684.50 1,233,34 0.92

01:00:42 PM **1.55 :1 NYSE | 1.27 :1 NASD** 1682.50 1,438,24 0.982

CC Paper BULK BUYERS

01:22:25 PM 1681.50 1,492,50 0.97

13:20 Ben: SP500 pit session closed pit HOD 1692.70 LOD 1681.20 settle 1682 Totally forgot to get the total wrap today... Oh well... Getting there. Knew that I was a bit tired.

ES Opening	1693.50	DELTA
15 MIN Range = Hi		
Lo	1688.50	5.00
VAL High -	1693.50	
POC -	1692.50	
VAL Low -	1684.50	9.00

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

ES	Volume	Change
OPEN	184	
10	352	168
11	614	262
12	816	202
1	926	110
2	1105	179
3	1233	128
Cash CLOSE	1438	205
PIT CLOSE	1492	54

SP_Pit	1691.00	DELTA
Opening Range =		
Sp Pit	1690.50	0.50
SP_Pit	1692.70	
Day High -		
Day Low -	1681.20	11.50
Settle -	1682.00	
Net Change -	-8.80	

What I did well today:

- Didn't trade, woke early a.m., trouble getting back to sleep. Found out later it was daughter coming in 4a.m. :(
- Video journaled day, and trimmed some excess.
- C# training as non-trading

What could I have done better:

- Maybe if bed earlier then 4am would not have affected me as much

Elephant Stomps/TINYS

ES 09-13		
Ask	1681.75	66
Bid	1681.00	28
Volume	1504310	
12:03:44 PM	1684.00	670
12:03:37 PM	1684.00	631
12:03:37 PM	1684.00	836
12:03:35 PM	1684.00	524
8:27:31 AM	1685.50	500
6:31:02 AM	1691.25	653

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- Video Clip shorter.
- I could have taken SIM trades, although not interested in just trading for trading sake.
- Could have gone back to bed or started day later, I didn't go back to bed to get more sleep.

What will I do tomorrow to make things better:

- Come into day with pre-written flexible plan from night before.
- Get to bed just after 9pm PST tonight.
- Email less, trade and journal more. (note: Trade on proper setups that is)



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