

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?

06:30:47 AM 1.03 :1 NYSE | 1.43 :1 NASD 1644.75 | 304,582 | 0.814

Locals Sell / Paper BUYS Open/ Locals appear SHORT

06:34 Ben: SEP S&P opening range 1645.50-1645.20

06:48:41 AM ES open 15 min RANGE 1646 – 1643.25

07:00:21 AM 1.29 :1 NYSE | 1.81 :1 NASD 1645.50 | 497,338 | 1.1

07:21:30 AM Sticking to my schedule for the morning on my Checksheet. NASDAQ not following upturn in market exited longs so I can do my LUMOSITY without distraction. Playing the SHOULDDA game again already market with its usual sense of humor just BOUNCED and I had exited my longs TWO POINTS AGO... Oh well... Live and learn. I know could have just as easily DROPPED.

08:00:37 AM 2.08 :1 NYSE | 2.86 :1 NASD 1651.25 | 800,995 | 1.03

Paper predominant buyers a.m. // Locals now CHOP TRADE

08:13:09 AM Light Local CHOP trade.

09:00:28 AM 3.93 :1 NYSE | 3.96 :1 NASD 1654.75 | 992,566 | 0.842

10:12:42 AM 4.37 :1 NYSE | 4.74 :1 NASD 1656.00 | 1,164,60 | 0.744

11:00:50 AM 3.86 :1 NYSE | 4.2 :1 NASD 1654.50 | 1,245,26 | 0.737

11:28:14 AM Just turned off video and shortly computer. Taking a break from trading now, before I jump in and overtrade the day.

12:00:35 PM 1653.75 | 1,341,96 | 0.739

CLOSED SHOP AND WENT TO GET BLOOD DRAWN.

01:21:57 PM 2.95 :1 NYSE | 4.53 :1 NASD 1650.50 | 1,576,22 | 0.891

13:20 Ben: SP500 pit session closed pit HOD 1656.50 LOD 1643.50 settle 1650.60

If I had entered my sell stop entry at 1652.50 as discussed in my market video then I would have been able to get at a minimum a point out of the trade and if closed perfectly 2.5points, but that would not have been perfect as target was 3points but ran out of room in the day. Had to get my blood drawn for upcoming Dr. Visit and decided to do it earlier than later in the day. 😊

What I did well today:

- Traded, in and out, didn't dwell on the past.

What could I have done better:

- Held my trades to target or STOP.
- Better organized.

What will I do tomorrow to make things better:

- Full night's sleep, hit hard a.m., Take market as it comes

Elephant Stomps/TINYS

ES Opening	1646.00	DELTA
15 MIN Range = Hi		
Lo	1643.25	2.75
VAL High -	1656.00	
POC -	1652.50	
VAL Low -	1648.00	8.00
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	304	
10	497	193
11	800	303
12	9920	9120
1	1164	-8756
2	1245	81
3	1341	96
Cash CLOSE *	1509	168
PIT CLOSE	1576	67

