

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
06:30:44 AM	4.46 :1 NYSE -2.31 :1 NASD	1645.00	195,726

Paper Light Two Sided on Open

06:32 Ben: SEP S&P opening range 1645-1646

ES OPEN 15min 1643.50 – 1648.5

0700 Missed number Volume... guess 375K ES at 700a.m.

Conversation of note with Mentor Brad and me:

And TODAY... Well sticking with LOC chart... Just looks like a PULSE to a man who just had a shock... ROFL

Slightly bullish, but back and forth day...

Ben says same thing I do, of course the more I think about it this crap all breaks down to MATH...

BULL = POSITIVE

BEAR = NEGATIVE

If you are above the OPEN then BULLISH // Looking at the chart with ZERO as OPEN of course above is POSITIVE. And VICE VERSA for BELOW...

Brad I think the light is going one here.

Now if I can just keep the light burning bright... ROFL

08:02:09 AM -2.48 :1 NYSE | -1.14 :1 NASD 1646.00 640,030 1.17

09:10:09 AM -4.5 :1 NYSE | -2.34 :1 NASD 1642.25 842,157 1.02

11:35:03 AM -1.82 :1 NYSE | -1.06 :1 NASD

11:58:10 AM Between 9 and 1130 a lot happened in the market.

My order finally filled and I was out to the TICK. Then the market pulled back and bounced like a super ball on the playground just short of yesterdays high with only a littl eover an hour of trading left in the day. If we hold true to form we will start to pull back now.

I overtraded in the morning and right now I am just watching to keep my eye on the ball.

12:00:25 PM 1.31 :1 NYSE | 1.08 :1 NASD 1652.00 1,609,06 1.78

01:00:28 PM -4.37 :1 NYSE | -2.89 :1 NASD 1640.25 1,996,90 1.62

CC PAPER SELLS over 400 contracts SP

01:16:16 PM -4.36 :1 NYSE | -2.89 :1 NASD 1636.50 2,098,11 1.57

What I did well today: - I fully identified my mistakes even while I was making them.

- I took accountability for my trading.
- I stopped when I realized I was overtrading and making bad choices.
- Took some time and reworked my morning checksheet.
- I did capture my thoughts throughout the day.

What could I have done better: - Again gotten better nights sleep.

- Maybe pushed envelope for one more trade when I spotted downtrend.
- Catch the opening bell on VIDEO CAPTURE.

Elephant Stomps/TINYS

ES 09-13		
Ask	1636.50	276
Bid	1636.50	201
Volume	2098118	
1:02:22 PM	1638.00	500
12:43:52 PM	1644.50	943
12:43:49 PM	1644.25	1000
12:24:47 PM	1649.00	637
12:08:38 PM	1650.50	819
11:46:49 AM	1654.00	641
11:46:32 AM	1653.50	698
11:07:37 AM	1636.50	500
11:07:01 AM	1637.50	500
11:02:10 AM	1640.75	500
9:03:49 AM	1642.50	519

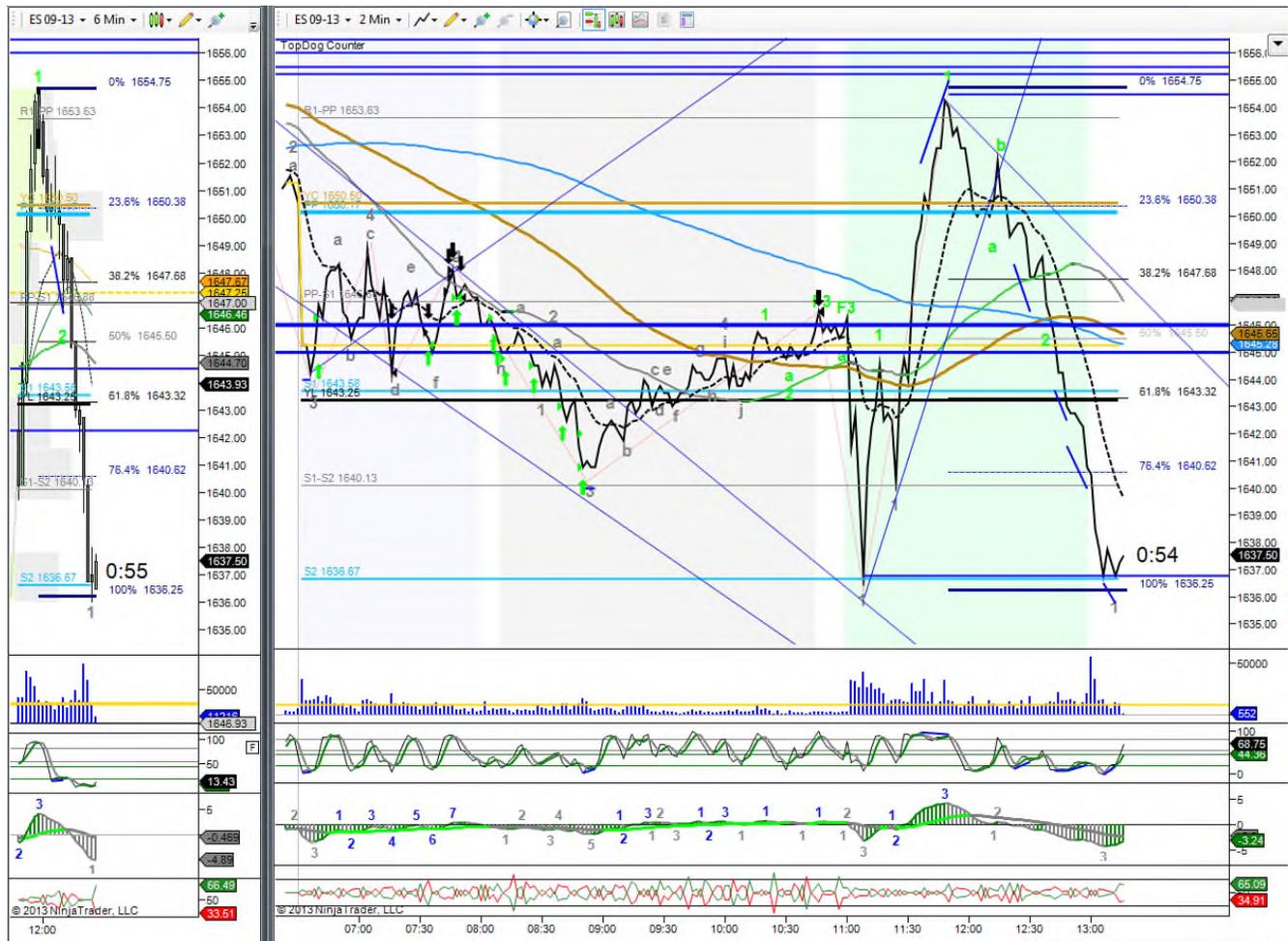
What will I do tomorrow to make things better:

- Full night's sleep.
- Will continue SIM trading as daughter family distractions still here.
- Document trade, check with BMT,
- Use my assets wisely, get pre-market picture, yet be ready for anything.

ES Opening 15 MIN Range = Hi	1648.50	DELTA
Lo	1643.50	5.00
VAL High -	1656.00	
POC -	1654.00	
VAL Low -	1649.00	7.00
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	195	
10	* 375	180
11	640	265
12	842	202
1	* 1021	179
2	* 1199	178
3	1609	410
Cash CLOSE	1996	387
PIT CLOSE	2098	102

SP_Pit Opening Range =	1646.00	DELTA
Sp Pit	1645.00	1.00
SP_Pit Day High -	1654.70	
Day Low -	1636.30	18.40
Closing Range High -	1636.70	
Low -	1636.30	0.40
Settle -	1636.50	
Net Change -	-14.10	

Left RENKO off for some reason today. Guess major action shows on the LINE ON CLOSE Best. :)



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	1646.25	1644.25	8/21/2013 6:39 AM	8/21/2013 7:14 AM	Entry	Stop1	-104.02	-104.02	4.02	100	125	229.02	0
2	ES 09-13	Sim101	3 2 close	Short	1	1645.75	1645.25	8/21/2013 7:32 AM	8/21/2013 7:33 AM	Entry	Target1	20.98	-83.04	4.02	0	25	4.02	0
3	ES 09-13	Sim101	3 Tick Q	Short	1	1647.25	1647	8/21/2013 7:43 AM	8/21/2013 7:47 AM	Entry	Target1	8.48	-74.56	4.02	50	12.5	4.02	0
4	ES 09-13	Sim101	3 Tick Q	Short	1	1647.75	1647	8/21/2013 7:44 AM	8/21/2013 7:47 AM	Entry	Target1	33.48	-41.08	4.02	25	37.5	4.02	0
5	ES 09-13	Sim101	3 Tick Q	Short	1	1648	1647	8/21/2013 7:46 AM	8/21/2013 7:47 AM	Entry	Target1	45.98	4.9	4.02	0	50	4.02	0
6	ES 09-13	Sim101	3 Tick Q	Long	1	1647	1647	8/21/2013 7:47 AM	8/21/2013 7:48 AM	Exit	Close	-4.02	0.88	4.02	0	0	0	0
7	ES 09-13	Sim101	3 2 close	Long	1	1646.25	1646.5	8/21/2013 8:05 AM	8/21/2013 10:45 AM	Entry	Target1	8.48	9.36	4.02	287.5	12.5	4.02	0
8	ES 09-13	Sim101	3 2 close	Long	1	1645.5	1646.5	8/21/2013 8:07 AM	8/21/2013 10:45 AM	Entry	Target1	45.98	55.34	4.02	262.5	50	4.02	0
9	ES 09-13	Sim101	3 2 close	Long	1	1644.75	1646.5	8/21/2013 8:10 AM	8/21/2013 10:45 AM	Entry	Target1	83.48	138.82	4.02	212.5	87.5	4.02	0
10	ES 09-13	Sim101	3 2 close	Long	1	1644.5	1646.5	8/21/2013 8:25 AM	8/21/2013 10:45 AM	Entry	Target1	95.98	234.8	4.02	200	100	4.02	0
11	ES 09-13	Sim101	3 2 close	Long	1	1643	1646.5	8/21/2013 8:39 AM	8/21/2013 10:45 AM	Entry	Target1	170.98	405.78	4.02	125	175	4.02	0
12	ES 09-13	Sim101	3 2 close	Long	1	1642	1646.5	8/21/2013 8:48 AM	8/21/2013 10:45 AM	Entry	Target1	220.98	626.76	4.02	87.5	225	4.02	0
13	ES 09-13	Sim101	3 2 close	Long	1	1640.75	1646.5	8/21/2013 8:49 AM	8/21/2013 10:45 AM	Entry	Target1	283.48	910.24	4.02	25	287.5	4.02	0

Chart Courtesy of: Ben Lichtenstein WWW.TradersAudio.COM
Screenshow MarketCast Think or Swim by TD Ameritrade

