

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?

06:30:54 AM **1.76 :1 NYSE | 1.32 :1 NASD** 1662.25 | 150,161 | 0.755

Locals sold open/ Then light buying shortly after/ Now Paper light buying Paper two sided off open.

06:32 Ben: SEP S&P opening range 1662-1662.30

Bank Holiday England/ Mixed activity/ Expecting more rollover activity in next couple weeks. Low energy OPEN

07:00:59 AM **1.36 :1 NYSE | 1.34 :1 NASD** 1662.25 | 286,647 | 0.95

08:00:19 AM **2.15 :1 NYSE | 1.89 :1 NASD** 1666.50 | 444,623 | 0.875

09:00:52 AM **1.73 :1 NYSE | 1.85 :1 NASD** 1665.50 | 556,398 | 0.696

10:02:09 AM **1.66 :1 NYSE | 1.86 :1 NASD** 1665.75 | 637,253 | 0.621

11:00:32 AM **1.18 :1 NYSE | 1.81 :1 NASD** 1663.00 | 721,550 | 0.633

12:00:22 PM **1.37 :1 NYSE | 2.05 :1 NASD** 1664.00 | 782,771 | 0.576

01:00:30 PM **1.86 :1 NYSE | -1.08 :1 NASD** 1655.25 | 1,142,85 | 1.35

01:23:47 PM **1.9 :1 NYSE | -1.08 :1 NASD** 1654.00 | 1,203,91 | 1.25

Elephant Stomps/TINYS

ES Opening	1663.75	DELTA
15 MIN Range = Hi		
Lo	1659.75	4.00
VAL Hlgh -	1659.75	
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	150	
10	286	136
11	444	158
12	556	112
1	637	81
2	721	84
3	782	61
Cash CLOSE	1142	360
PIT CLOSE	1203	61

SP_Pit	1662.30	DELTA
Opening Range =		
Sp Pit	1662.00	0.30
SP_Pit	1667.30	
Day High -		
Day Low -	1653.40	13.90
Closing Range		
High -	1654.30	
Low -	1654.00	0.30
Settle -	1654.20	
Net Change -	-7.20	

What I did well today:

- I didn't trade chop slop market.
- Protected capital

What could I have done better:

- I could have taken that trade I was eyeing for the 50SMA break by price with proper stop.

- Could have had more sleep and work on other areas of training for trading.

What will I do tomorrow to make things better:

- Get adequate sleep.
- Check upcoming FED announcements
- Update checksheet after postings to Big Mike's Trading
- Clean study and house more.

