

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
14.02 :1 NYSE -8.1 :1 NASD	1638.25	357,280
		0.962

Elephant Stomps/TINYS

06:30:43 AM

14.02 :1 NYSE | -8.1 :1 NASD 1638.25 357,280 0.962

Paper buys open.//Locals look short

06:37 Ben: SEP S&P opening range 1638.50-1638.70

07:00:21 AM 4.57 :1 NYSE | -5.61 :1 NASD 1642.25 572,039 1.19

08:00:42 AM 3.42 :1 NYSE | -5.42 :1 NASD 1640.50 923,845 1.42

09:00:22 AM 3.83 :1 NYSE | -5.16 :1 NASD 1639.25 1,160,19 1.2

10:00:31 AM 5.7 :1 NYSE | -6.78 :1 NASD 1634.75 1,355,07 1.24

11:00:42 AM 6.5 :1 NYSE | -7.7 :1 NASD 1634.25 1,540,47 1

12:00:28 PM 7.88 :1 NYSE | -8.13 :1 NASD 1631.50 1,755,13 1.06

01:00:20 PM 10.62 :1 NYSE | -10.46 :1 NASD 1627.50 2,125,73 1.33

Paper both sides CC/ Locals short into

01:15:54 PM 10.79 :1 NYSE | -10.46 :1 NASD 1628.25 2,237,54 1.3

13:21 Ben: SP500 pit session closed pit HOD 1644 LOD 1626.80 settle 1628.20

Slow grind lower since 20 mins into the trading day today.

Opened 13.75 points lower than yesterdays close and then drifted another 12.25 points lower. Didn't trade.

ES 09-13		
Ask	1628.00	381
Bid	1628.00	743
Volume	2237545	
1:05:57 PM	1628.50	500
1:00:02 PM	1627.75	1133
1:00:00 PM	1627.50	1184
12:21:25 PM	1629.50	633
12:13:31 PM	1629.00	500
11:47:59 AM	1631.75	521
9:57:12 AM	1635.75	659
9:49:02 AM	1636.00	570
9:42:23 AM	1635.50	500
8:35:36 AM	1639.75	767
8:35:14 AM	1639.75	566
8:34:53 AM	1640.25	580
8:34:48 AM	1640.50	844
8:33:39 AM	1640.25	664

ES Opening	1642.00	DELTA
15 MIN Range = Hi		
Lo	1637.25	4.75
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	357	
10	572	215
11	923	351
12	1160	237
1	1355	195
2	1540	185
3	1755	215
Cash CLOSE	2125	370
PIT CLOSE	2237	112

SP_Pit	1638.70	DELTA
Opening Range =		
Sp Pit	1638.50	0.20
SP_Pit	1644.00	
Day High -		
Day Low -	1644.00	0.00
Closing Range	1626.80	
High -		
Low -	1628.40	1.60
Settle -	1628.20	
Net Change -	-26.00	

What I did well today:

- Today was another watch the market day. There really was no movement other than a slow grind lower with no true sell signals associated with it.

What could I have done better:

- More sleep, test trade with limits.
- Had Slow trend or CHOP trade strategy ready for the day.

What will I do tomorrow to make things better:

- Examing check off list.
- Keep up with C# training
- Get full nights sleep.
- Relax as it is the end of summer.

