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
1627.25	286,118	0.713

Elephant Stomps/TINYS

06:30:32 AM 1.79 :1 NYSE | 1.54 :1 NASD
Locals BUY/ Paper SELLS Open... Did not hear energy
06:32 Ben: SEP S&P opening range 1627.50-1627
ES Opening 15MIN Range 1631.75 – 1624.75

07:00:29 AM	1.1 :1 NYSE | 2.24 :1 NASD	1630.00	512,486	1.07
08:02:20 AM	2.29 :1 NYSE | 3.53 :1 NASD	1634.50	790,010	1.16
09:04:13 AM	2.5 :1 NYSE | 3.37 :1 NASD	1636.00	992,775	0.947
10:00:32 AM	2.88 :1 NYSE | 4.19 :1 NASD	1638.75	1,116,10	0.782
11:00:43 AM	2.84 :1 NYSE | 4.29 :1 NASD	1638.00	1,213,09	0.712
12:00:28 PM	1.53 :1 NYSE | 2.12 :1 NASD	1633.75	1,363,88	0.796

Trading better and thinking better RE: ES market. Still long way to got though.

01:00:29 PM	1.28 :1 NYSE | 2 :1 NASD	1633.75	1,572,97	1.02

Paper sold to Locals on CC

01:16:59 PM	1.27 :1 NYSE | 2.01 :1 NASD	1632.00	1,631,09	0.962

13:20 Ben: SP500 pit session closed pit HOD 1639 LOD 1625 settle 1632.20

T & S

ES 09-13		
Ask	1630.00	221
Bid	1629.75	65
Volume	1643542	

1:00:00 PM	1633.25	535
1:00:00 PM	1633.25	600
12:46:51 PM	1635.00	500
7:53:38 AM	1633.00	500
7:36:24 AM	1633.50	500
7:14:30 AM	1630.50	673
6:36:43 AM	1625.75	545

ES Opening 15 MIN Range = Hi	1631.75	DELTA
Lo	1624.75	7.00
VAL Hlgh -	1641.50	
POC -	1639.00	
VAL Low -	1630.00	11.50

NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.

ES	Volume	Change
OPEN	286	
10	512	226
11	790	278
12	992	202
1	1116	124
2	1213	97
3	1363	150
Cash CLOSE	1572	209
PIT CLOSE	1631	59

SP_Pit Opening Range =	1627.50	DELTA
Sp_Pit	1627.00	0.50
SP_Pit Day High -	1639.00	
Day Low -	1625.00	14.00
Closing Range High -	1632.50	
Low -	1632.00	0.50
Settle -	1632.20	
Net Change -	4.00	

What I did well today:
- Today I watched the market waiting for my entry.

What could I have done better:
- After my first trade I could have gone for a repeat.
- Better job tracking.
- More sleep.

What will I do tomorrow to make things better:
- Be sure to get better night sleep tonight.
- Follow up with C# computer training.

- Re-Examing checksheet for morning activities.
- Work toward a mechanical entry/exit system with less emotion.
- CANI : Constant and Neverending Improvement.

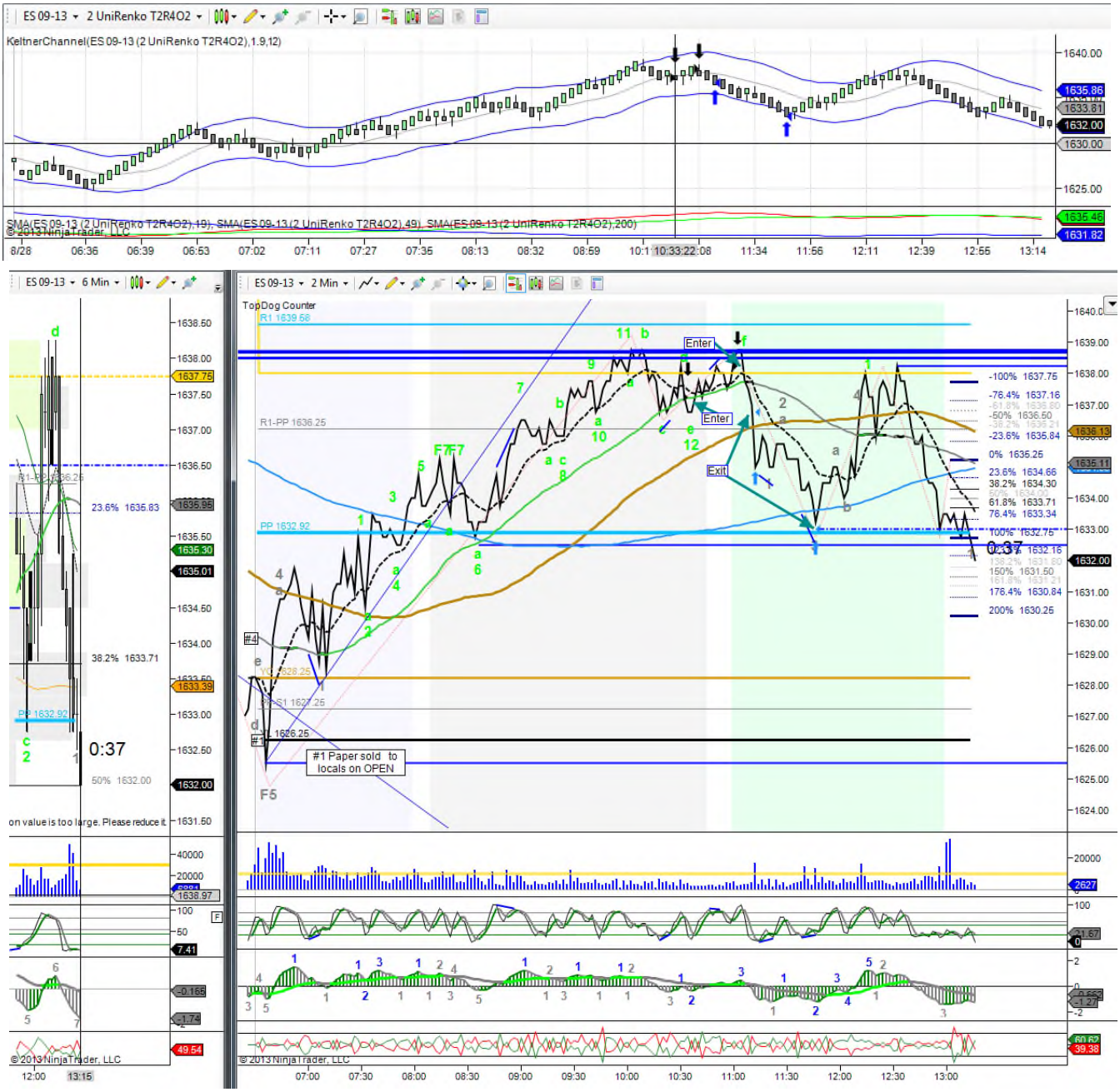
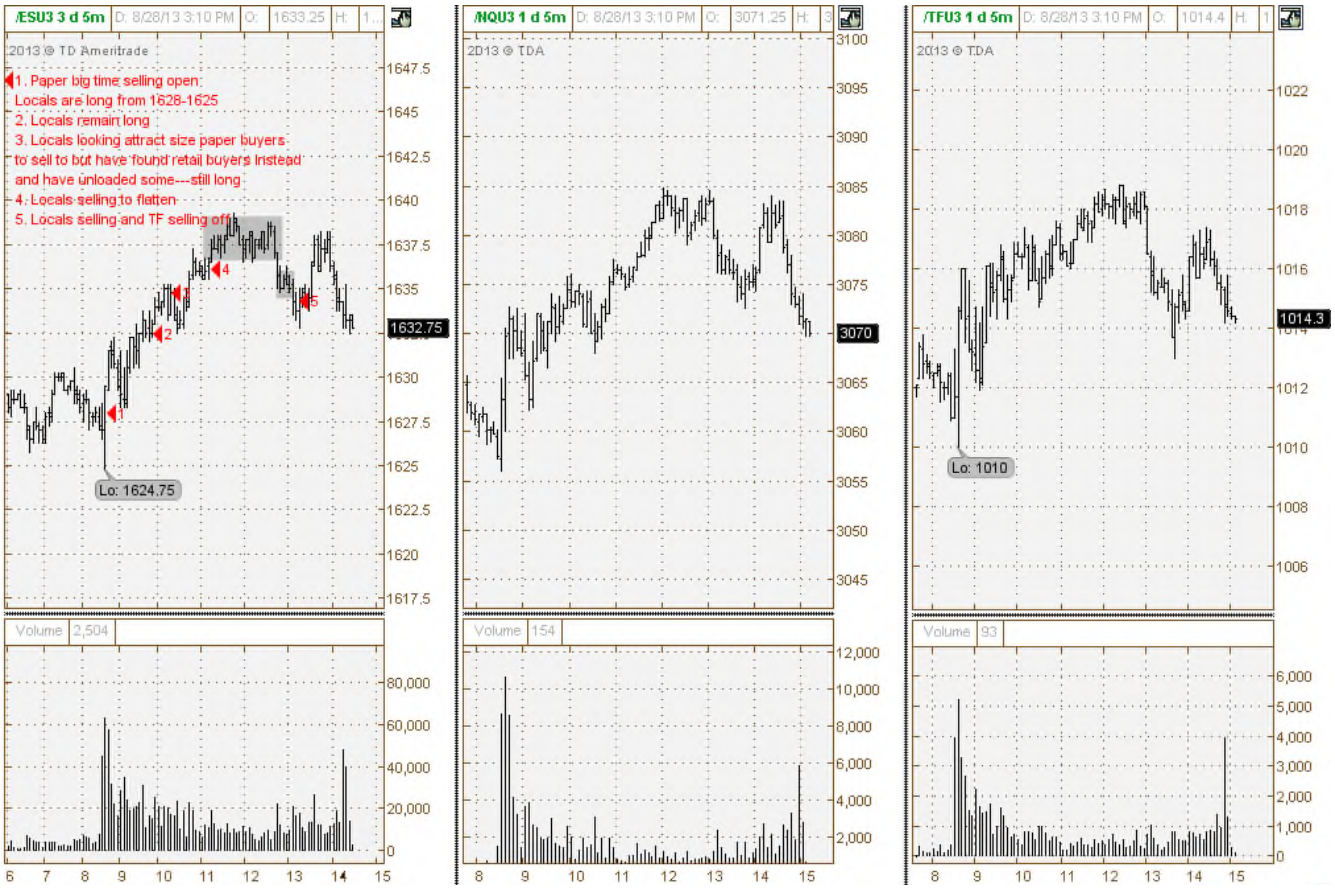
Chart Courtesy of: Ben Lichtenstein WWW.TradersAudio.COM
Screenshow MarketCast Think or Swim by TDAmeritrade