

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
1629.75	312,168	1.23

06:30:58 AM **-1.77 :1 NYSE | 1.31 :1 NASD**

Paper both sides/ bulk on sell/ lite open

06:33 Ben: SEP S&P opening range 1629-1629.30

ES Opening 15min 1636.25 – 1629.50

BEN: Locals have been on bid since OPEN

07:00:19 AM **1.5 :1 NYSE | 4.06 :1 NASD** 1636.50 538,528 1.32

08:02:05 AM **2.1 :1 NYSE | 6.73 :1 NASD** 1643.00 887,014 1.17

09:00:24 AM **2.62 :1 NYSE | 5.4 :1 NASD** 1644.25 1,068,00 0.909

10:00:23 AM **2.63 :1 NYSE | 4.97 :1 NASD** 1642.00 1,189,92 0.782

10:58:54 AM Moved stop and it was hit for my SHORT Had test of initial SHORT entry and then DROP followed. Oh well. Locked in ONE TICK on a trade that shouldda been 3 POINTS. Key however is that did not LOSE TWO POINTS.

11:00:20 AM **1.54 :1 NYSE | 3.58 :1 NASD** 1638.25 1,337,27 0.824

12:00:24 PM **1.74 :1 NYSE | 3.71 :1 NASD** 1640.75 1,469,18 0.786

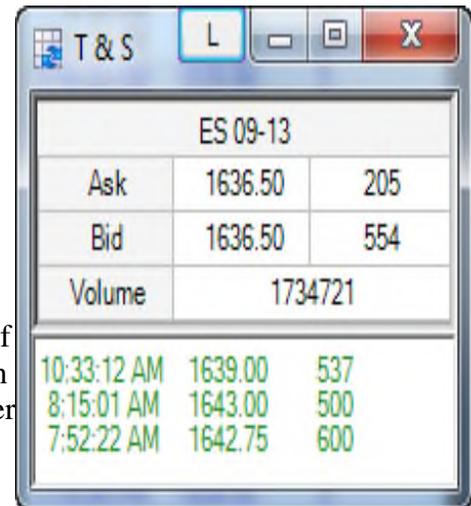
01:00:33 PM 1636.25 1,683,41 1.03

CC paper both sides, majority was buying

01:15:51 PM **1.73 :1 NYSE | 3.16 :1 NASD** 1636.75 1,734,72 0.993

PC Pit Close Paper sells coming into light.

Elephant Stomps/TINYS



ES 09-13		
Ask	1636.50	205
Bid	1636.50	554
Volume	1734721	
Recent Trades:		
10:33:12 AM	1639.00	537
8:15:01 AM	1643.00	500
7:52:22 AM	1642.75	600

ES Opening	15 MIN Range = Hi	Lo	DELTA	SP_Pit Opening Range =	DELTA
	1636.25	1629.50	6.75	1629.30	0.30
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.				1644.50	
ES	Volume	Change	SP_Pit Day High -	Day Low -	DELTA
OPEN	312		1629.00	1629.00	15.50
10	538	226	Closing Range High -	1637.00	
11	887	349	Low -	1636.50	0.50
12	1068	181	Settle -	1636.70	
1	1189	121	Net Change -	4.50	
2	1337	148			
3	1469	132			
Cash CLOSE	1683	214			
PIT CLOSE	1734	51			

What I did well today: -Got full nights rest

- Up late but did not rush.
- Took reversal trade when appropriate.

What could I have done better: - Not nuts trade

- Stayed around to monitor trades closer.

- Locked more profit into trade.

What will I do tomorrow to make things better: - Be sure to get my rest. Follow up with trading.

- Be sure to get up on time, and set alarm tonight.

- Take into account end of month action in trading tomorrow, as well as pre-holiday weekend trading.
- Continue C# training.
- Plan weekend.
- Get distractions out of the way.
- Maintain calm... Was so mad at first trade and let feelings get the better of me. Didn't take enough time recapping the positives of the trade. One tick profit realized, basically flat trade, but could have just as easily turned into a losing trade had I not moved my stop.

