

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

06:31:49 AM **1.06 :1 NYSE | 1.66 :1 NASD** 1639.00 209,759 0.718

Paper bulk on BUY side on OPEN and After/ Locals light on Offer

06:32 Ben: SEP S&P opening range 1638.50-1638

Locals Appear Light short off open

07:00:33 AM **1.78 :1 NYSE | 2.55 :1 NASD** 1642.75 394,213 0.997

08:00:24 AM **2.46 :1 NYSE | 2.47 :1 NASD** 1647.25 652,080 0.923

Low VOLUME DAY so Far. Not at yesterday's high yet

09:00:32 AM **3.39 :1 NYSE | 3.57 :1 NASD** 1653.25 913,529 0.813

10:00:22 AM **3.19 :1 NYSE | 2.94 :1 NASD** 1652.50 1,052,17 0.701

11:01:00 AM **3.09 :1 NYSE | 3.02 :1 NASD** 1652.00 1,180,06 0.691

12:01:17 PM **3.26 :1 NYSE | 3.24 :1 NASD** 1653.00 1,287,34 0.721

01:00:40 PM **3.69 :1 NYSE | 3.39 :1 NASD** 1652.25 1,566,64 1.07

Paper buys CC/ and after

01:15:12 PM **3.59 :1 NYSE | 3.39 :1 NASD** 1653.75 1,615,87 0.99

Paper light seller on Close

Elephant Stomps/TINYS

ES 09-13		
Ask	1653.50	654
Bid	1653.50	1025
Volume	1615870	
1:14:15 PM	1653.00	600
1:00:46 PM	1652.00	634
10:18:27 AM	1653.50	500
9:53:09 AM	1652.50	516
9:51:03 AM	1652.50	535
7:06:54 AM	1644.75	750

ES Opening	1641.25	DELTA
15 MIN Range = Hi		
Lo	1635.25	6.00
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	209	
10	394	185
11	652	258
12	913	261
1	1052	139
2	1180	128
3	1287	107
Cash CLOSE	1566	279
PIT CLOSE	1615	49

SP_Pit	1638.50	DELTA
Opening Range =		
Sp Pit	1638.00	0.50
SP_Pit	1654.20	
Day High -		
Day Low -	1635.50	18.70
Closing Range	1653.50	
High -		
Low -	1653.00	0.50
Settle -	1653.40	
Net Change -	14.30	

02:11:15 PM Non-Trading day. Missed initial push higher and that was the trade for the day. Listening to to many inputs and working on learning to filter out better.

What I did well today:

- Didn't trade as I didn't really feel ready, plus I could sense my own fear today not a good thing.

What could I have done better:

- Had less fear.

- Been sure to go to bed earlier.
- Shut down computer earlier.
- Followed the money.

What will I do tomorrow to make things better:

- Tomorrow I will do what I can to relax.
- Most of what I will do for tomorrows trading will actually be done today.
- Right now I'm running a scan of computer so I have clean machine tomorrow at start of trading.

