

Questions to answer throughout the day:

- What is the market doing?
- What is the market trying to do? LastPrice DailyVolu ATR 2 mi
- How well is it getting it done?

06:30:33 AM **9.2 :1 NYSE | 6.83 :1 NASD** 1659.50 | 380,021 | 1.22  
 59-59.2 OPEN RANGE / Locals short/ Paper buys OPEN/ Now locals on Bid

06:32 Ben: SEP S&P opening range 1659-1659.20

07:01:36 AM **1.28 :1 NYSE | -2.66 :1 NASD** 1643.50 | **913,501** | **ATR 2.13**

**08:00:27 AM** **2.31 :1 NYSE | 1.88 :1 NASD** 1657.00 | **1,458,57** | 1.85

This is reminding me of some dates I have been on in in the past...  
 First everything goes against you then when things start in your favor you don't know to trust anything. Can't trade had to walk away from this psychotic market...

09:03:13 AM **3.34 :1 NYSE | 1.48 :1 NASD** 1659.75 | **1,752,97** | 1.22  
 10:00:29 AM **2.76 :1 NYSE | 1.65 :1 NASD** 1658.00 | **1,875,75** | 0.862  
 11:08:49 AM **3.91 :1 NYSE | 2.12 :1 NASD** 1663.75 | **2,059,04** | 0.91  
 12:00:25 PM **3.46 :1 NYSE | 1.99 :1 NASD** 1661.00 | **2,164,58** | 0.85  
 01:03:30 PM **1.53 :1 NYSE | 1.19 :1 NASD** 1652.75 | **2,521,47** | 1.19  
 01:18:38 PM **1.54 :1 NYSE | 1.2 :1 NASD** 1654.50 | **2,558,48** | 1.11

Elephant Stomps/TINYS

ES Opening	1661.00	DELTA
15 MIN Range = Hi		
Lo	1648.25	12.75
VAL Low -	1653.00	1653.00

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

ES	Volume	Change
OPEN	380	
10	913	533
11	1458	545
12	1752	294
1	1875	123
2	2059	184
3	2164	105
Cash CLOSE	2521	357
PIT CLOSE	2558	37

SP_Pit	1659.20	DELTA
Opening Range =		
Sp Pit	1659.00	0.20
SP_Pit	1663.80	
Day High -		
Day Low -	1639.00	24.80
Closing Range	1654.00	
High -		
Low -	1653.00	1.00
Settle -	1653.50	
Net Change -	0.50	

What I did well today:

-I showed up.

What could I have done better:

- Better prep
- Trade with the market.

What will I do tomorrow to make things better:

- Monday is doctor appointments.
- Prep for Tuesday.

