

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 min (|
|-----------|-----------|-------------|
| 1694.00 | 478,549 | 0.627 |

06:32:58 AM

2.14 :1 NYSE | 3.07 :1 NASD

Elephant Stomps/TINYS

Paper aggressive buyer on open

06:35 Ben: DEC S&P opening range 1692.20-1692.80

07:00:19 AM 2.08 :1 NYSE | 2.93 :1 NASD 1695.25 663,424 0.754

08:00:25 AM 2.61 :1 NYSE | 2.87 :1 NASD 1696.25 870,711 0.701

09:00:45 AM 2.05 :1 NYSE | 2.89 :1 NASD 1696.50 982,847 0.614

10:02:06 AM 2.56 :1 NYSE | 3.23 :1 NASD 1698.25 1,069,56 0.539

11:00:54 AM 2.45 :1 NYSE | 3.48 :1 NASD 1698.00 1,134,05 0.425

12:00:23 PM 2.39 :1 NYSE | 3.57 :1 NASD 1698.00 1,218,00 0.477

01:00:22 PM 2.59 :1 NYSE | 3.43 :1 NASD 1697.75 1,370,08 0.565

Light Paper buying CC/ Locals long all day

Still light local chop 01:11:54 PM

01:15:28 PM 2.65 :1 NYSE | 3.44 :1 NASD 1699.00 1,437,30 0.606

Small POP on Close GS buying.

| ES 12-13 | | |
|-------------|---------|-----|
| Ask | 1699.25 | 445 |
| Bid | 1699.25 | 240 |
| Volume | 1437302 | |
| 12:59:53 PM | 1698.00 | 518 |
| 12:51:37 PM | 1697.25 | 516 |
| 12:43:46 PM | 1697.25 | 692 |
| 12:30:21 PM | 1697.75 | 627 |
| 12:18:44 PM | 1697.75 | 681 |
| 8:03:39 AM | 1696.50 | 500 |
| 7:23:56 AM | 1696.75 | 590 |
| 7:21:51 AM | 1697.00 | 590 |
| 7:20:56 AM | 1697.00 | 500 |

| ES Opening | 15 MIN Range = Hi | DELTA |
|--|-------------------|--------|
| Lo | 1692.00 | 3.25 |
| VAL High - | 1697.75 | |
| POC - | 1695.25 | |
| VAL Low - | 1690.75 | 7.00 |
| NOTE: Numbers are in thousands. Repeat for missed numbs. Also * in column for times I missed volume. | | |
| ES | Volume | Change |
| OPEN | 478 | |
| 10 | 663 | 185 |
| 11 | 870 | 207 |
| 12 | 982 | 112 |
| 1 | 1069 | 87 |
| 2 | 1134 | 65 |
| 3 | 1218 | 84 |
| Cash CLOSE | 1370 | 152 |
| PIT CLOSE | 1437 | 67 |

| SP_Pit | 1692.20 | DELTA |
|-----------------|---------|-------|
| Opening Range = | | |
| Sp Pit | 1692.80 | 0.60 |
| SP_Pit | 1698.70 | |
| Day High - | | |
| Day Low - | 1692.25 | 6.45 |
| Closing Range | 1698.50 | |
| High - | | |
| Low - | 1698.10 | 0.40 |
| Settle - | 1698.30 | |
| Net Change - | 7.10 | |

What I did well today:

- Followed markets
- Did not impulse trade.

What could I have done better:

- Maybe it is time to impulse trade.
- Achieve even higher focus.

What will I do tomorrow to make things better:

- Full Night sleep.
- Chart
- Read up Top Dog Trading again
- Finish side projects and RELAX.

