

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 (
1701.25	236,596	0.726

Elephant Stomps/TINYS

06:30:32 AM

-1.78 :1 NYSE | -1.34 :1 NASD

Paper Big Buyers off open

06:33 Ben: DEC S&P opening range 1700.80-1702

06:51:04 AM ES open 15 MIN 1702.25-1698

07:00:24 AM -1.8 :1 NYSE | -1.91 :1 NASD 1696.75 432,165 0.983

08:00:33 AM -2.55 :1 NYSE | -3.89 :1 NASD 1692.00 734,583 1.11

09:00:20 AM -2.38 :1 NYSE | -3.63 :1 NASD 1692.25 946,437 0.945

10:04:08 AM -1.87 :1 NYSE | -2.71 :1 NASD 1695.75 1,062,98 0.697

11:04:42 AM -1.43 :1 NYSE | -1.55 :1 NASD 1694.50 1,081,63 0.673

12:00:29 PM -1.57 :1 NYSE | -1.66 :1 NASD 1697.25 1,368,09 0.675

01:00:37 PM 2.05 :1 NYSE | -2.09 :1 NASD 1694.75 1,597,79 0.868

Paper two sided CC

What a day. Could not get myself to \$\$ trade, but did do SIM and then my machine locked up. Not many trade signals on the day.

The one that I entered on was not a great trade, but I managed to get out for small gain on the day, exiting before turned back around against me big.

01:16:28 PM

1693.75 1,872 0.44

ES 12-13		
Ask	1695.25	2406
Bid	1695.00	787
Volume	1609392	
12:46:46 PM	1696.25	500
12:38:55 PM	1695.75	500
12:22:25 PM	1694.75	571
12:12:41 PM	1695.75	609
12:12:29 PM	1696.00	793
12:02:58 PM	1696.00	757
12:02:37 PM	1696.00	500
12:02:07 PM	1696.00	684
11:59:14 AM	1697.25	849
11:45:39 AM	1695.75	516
11:42:40 AM	1695.25	524
6:30:35 AM	1701.75	569

ES Opening	1702.25	DELTA
15 MIN Range = Hi		
Lo	1698.00	4.25
VAL High -	1713.25	
POC -	1702.25	
VAL Low -	1701.75	11.50
NOTE: Numbers are in thousands. Repeat for missed num.s. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	236	
10	432	196
11	734	302
12	946	212
1	1062	116
2	1081	19
3	1368	287
Cash CLOSE	1597	229
PIT CLOSE	1872	275

SP_Pit	1702.00	DELTA
Opening Range =		
Sp_Pit	1700.80	1.20
SP_Pit	1702.00	
Day High -		
Day Low -	1689.80	12.20
Closing Range		
High -	1692.90	
Low -	1692.50	0.40
Settle -	1692.70	
Net Change -	-9.70	

What I did well today: - I got in front of a trade.

- Traded SIM as still not confident.
- Exited a four contract position before market pullback that I was anticipating. Only letting go against me by close to two points.

What could I have done better:

- Exited my losing position quickly for small loss and waited for better entry.

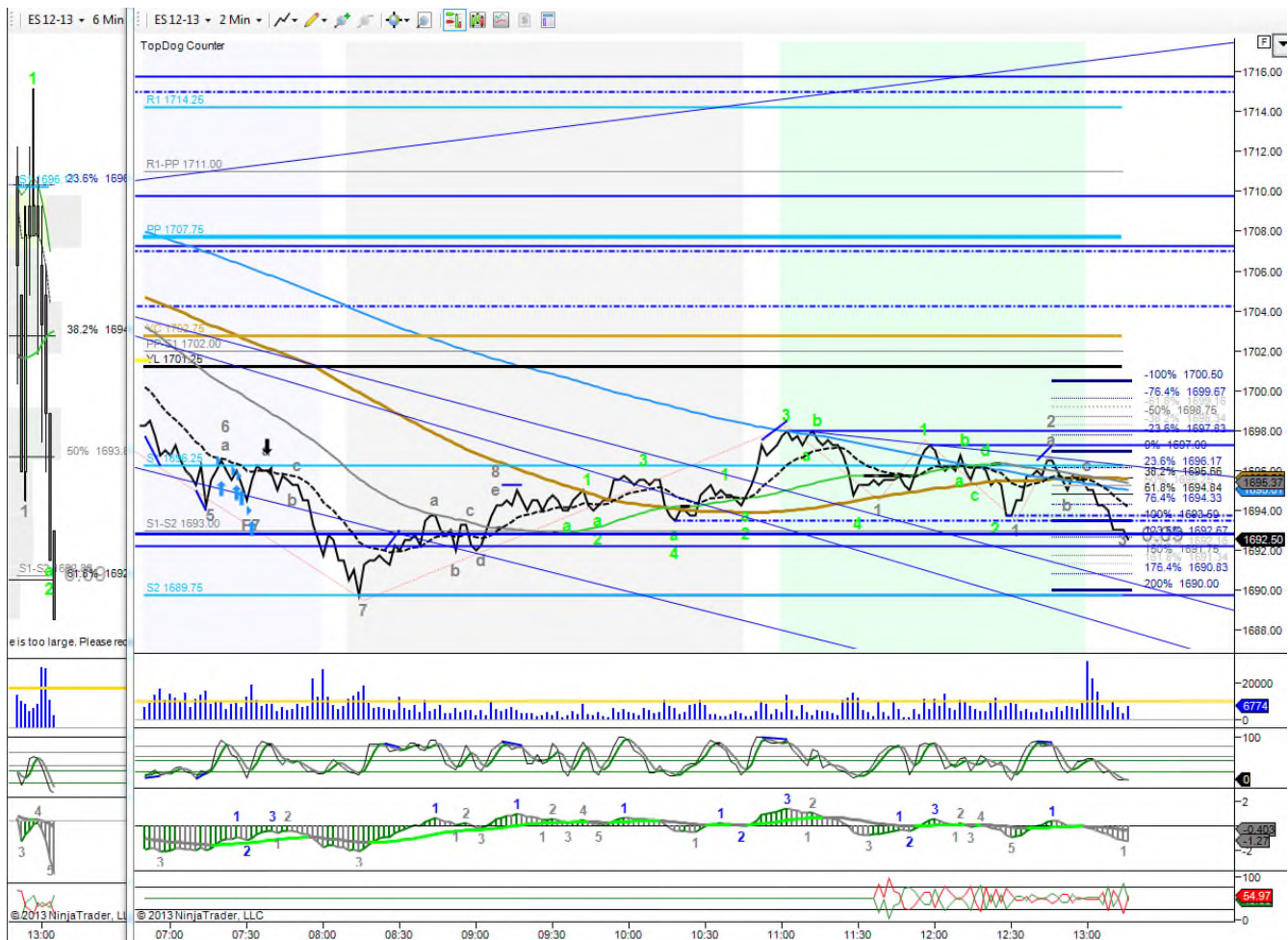
What will I do tomorrow to make things better: - Sleep tonight. :)

09/23/13

Monday

06:21:43 AM

Trade-#	Instrument	Account	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Exit name	Profit	Cum. profit	Commission	MAE	MFE	ETD
1	ES 12-13	Sim101	Long	1	1696.5	1696	9/23/2013 7:18 AM	9/23/2013 7:36 AM	Close	-29.02	-29.02	4.02	137.5	12.5	41.52
2	ES 12-13	Sim101	Long	1	1696	1696	9/23/2013 7:24 AM	9/23/2013 7:36 AM	Close	-4.02	-33.04	4.02	112.5	12.5	16.52
3	ES 12-13	Sim101	Long	1	1695.75	1696	9/23/2013 7:27 AM	9/23/2013 7:36 AM	Close	8.48	-24.56	4.02	100	25	16.52
4	ES 12-13	Sim101	Long	1	1694	1696	9/23/2013 7:30 AM	9/23/2013 7:36 AM	Close	95.98	71.42	4.02	12.5	112.5	16.52



09/23/13

Monday

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