

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 (
06:31:37 AM	1679.25	348,864	1.05
06:34 Ben: DEC S&P opening range	1678.80-1678.30		
07:00:38 AM	1678.25	538,847	1.4
08:00:27 AM	1678.00	812,141	1.23
09:04:13 AM	1683.25	1,012,41	0.956
10:00:24 AM	1684.25	1,138,81	0.835
11:00:25 AM	1685.50	1,250,14	0.802
12:00:41 PM	1683.00	1,374,63	0.833
01:00:51 PM	1685.75	1,571,94	1.02
01:16:41 PM	1683.50	1,641,90	1.09

Elephant Stomps/TINYS

ES 12-13		
Ask	1683.75	310
Bid	1683.75	597
Volume	1641901	
1:07:49 PM	1684.75	507
1:07:00 PM	1684.50	513
12:51:50 PM	1684.25	500
11:13:48 AM	1684.00	756
9:52:45 AM	1684.50	509
8:34:11 AM	1681.75	500
8:22:48 AM	1680.25	500
6:33:13 AM	1677.50	554

ES Opening	1681.00	DELTA
15 MIN Range = Hi		
Lo	1676.50	4.50
VAL High -	1690.25	
POC -	1686.75	
VAL Low -	1682.75	7.50
NOTE: Numbers are in thousands. Repeat for missed num's. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	348	
10	538	190
11	812	274
12	1012	200
1	1138	126
2	1250	112
3	1374	124
Cash CLOSE	1571	197
PIT CLOSE	1641	70

SP_Pit	1678.80	DELTA
Opening Range =		
Sp Pit	1678.30	0.50
SP_Pit	1687.00	
Day High -		
Day Low -	1673.50	13.50
Closing Range	1683.20	
High -		
Low -	1683.00	0.20
Settle -	1683.10	
Net Change -	-6.30	

What I did well today: - Traded CASH account.

- Cautious
- Spotted entries.
- Switched to SIM when not confident later in day.

What could I have done better: - More CASH trades. - Confidence in initial position taken and stop

What will I do tomorrow to make things better: - Changed chart slightly to give more professional pic.

- Will see if helps keep me out of trading the CHOP which is so tempting, but easy way to lose \$\$\$!!!

Trade-#	Instrument	Account	Strategy	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Profit	Cum. profit	Commission	MAE	MFE	ETD	Bars
1	ES 12-13	CASH		Long	1	1679.75	1680	10/2/2013 6:35 AM	10/2/2013 6:37 AM	8.48	8.48	4.02	50	12.5	4.02	0
2	ES 12-13	Sim101	3:2 close	Long	1	1685	1683.25	10/2/2013 11:27 AM	10/2/2013 11:39 AM	-91.52	-83.04	4.02	87.5	12.5	104.02	0

