

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
1672.25	178,475	0.637

Elephant Stomps/TINYS

06:30:29 AM

1.35 :1 NYSE 1.33 :1 NASD

1672.25 178,475 0.637

Paper Two Sided weighted to Sell side on Open

06:33 Ben: DEC S&P opening range 1672-1672.70

07:00:29 AM 2.16 :1 NYSE 2.44 :1 NASD 1677.50 374,514 1.03

08:01:22 AM 1.8 :1 NYSE 2.84 :1 NASD 1677.75 713,041 1.08

09:00:38 AM 2.13 :1 NYSE 3.11 :1 NASD 1679.00 903,957 0.956

10:00:34 AM 2.37 :1 NYSE 4.48 :1 NASD 1682.75 1,069,68 0.814

11:00:55 AM 2.04 :1 NYSE 3.42 :1 NASD 1681.75 1,142,41 0.652

12:01:45 PM 2.31 :1 NYSE 4.62 :1 NASD 1685.00 1,244,75 0.726

Paper initial Selling CC/ but BOTH SIDES>

01:00:23 PM 2.54 :1 NYSE 4.06 :1 NASD 1683.50 1,422,13 0.861

01:15:57 PM 2.6 :1 NYSE 4.06 :1 NASD 1684.75 1,492,91 0.936

Fairly quiet close... Paper buying.

ES 12-13		
Ask	1684.75	320
Bid	1684.75	101
Volume	1492916	
1:00:05 PM	1683.00	500
11:50:24 AM	1684.75	500
11:49:52 AM	1684.50	550
8:14:08 AM	1676.25	510
8:14:01 AM	1676.50	790
8:13:46 AM	1676.50	900
8:08:49 AM	1675.25	500
7:53:09 AM	1678.50	500
7:51:19 AM	1678.75	508
7:39:25 AM	1679.50	650
7:36:46 AM	1680.25	548
7:36:23 AM	1679.75	968
7:25:03 AM	1678.00	500
7:12:57 AM	1679.00	700

ES Opening	1673.50	DELTA
15 MIN Range = Hi		
Lo	1670.25	3.25
VAL High -	1676.50	
POC -	1672.00	
VAL Low -	1669.00	7.50
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	178	
10	374	196
11	713	339
12	903	190
1	1069	166
2	1142	73
3	1244	102
Cash CLOSE	1422	178
PIT CLOSE	1492	70

SP_Pit	1672.70	DELTA
Opening Range =		
Sp Pit	1672.00	0.70
SP_Pit	1685.50	
Day High -		
Day Low -	1670.00	15.50
Closing Range	1685.00	
High -		
Low -	1684.70	0.30
Settle -	1684.80	
Net Change -	15.10	

What I did well today: - I spotted the trend of the market in the first ten mins.

- I protected my capital and had a better day net over all.

What could I have done better: - I could have acted on myself.

- Had more courage and belief in myself as a trader. I like what I am seeing and the responsiveness of the way I have my system set up. Now the only thing left to do is act on it all.

What will I do tomorrow to make things better: - Follow the SEVEN P's

10/04/13

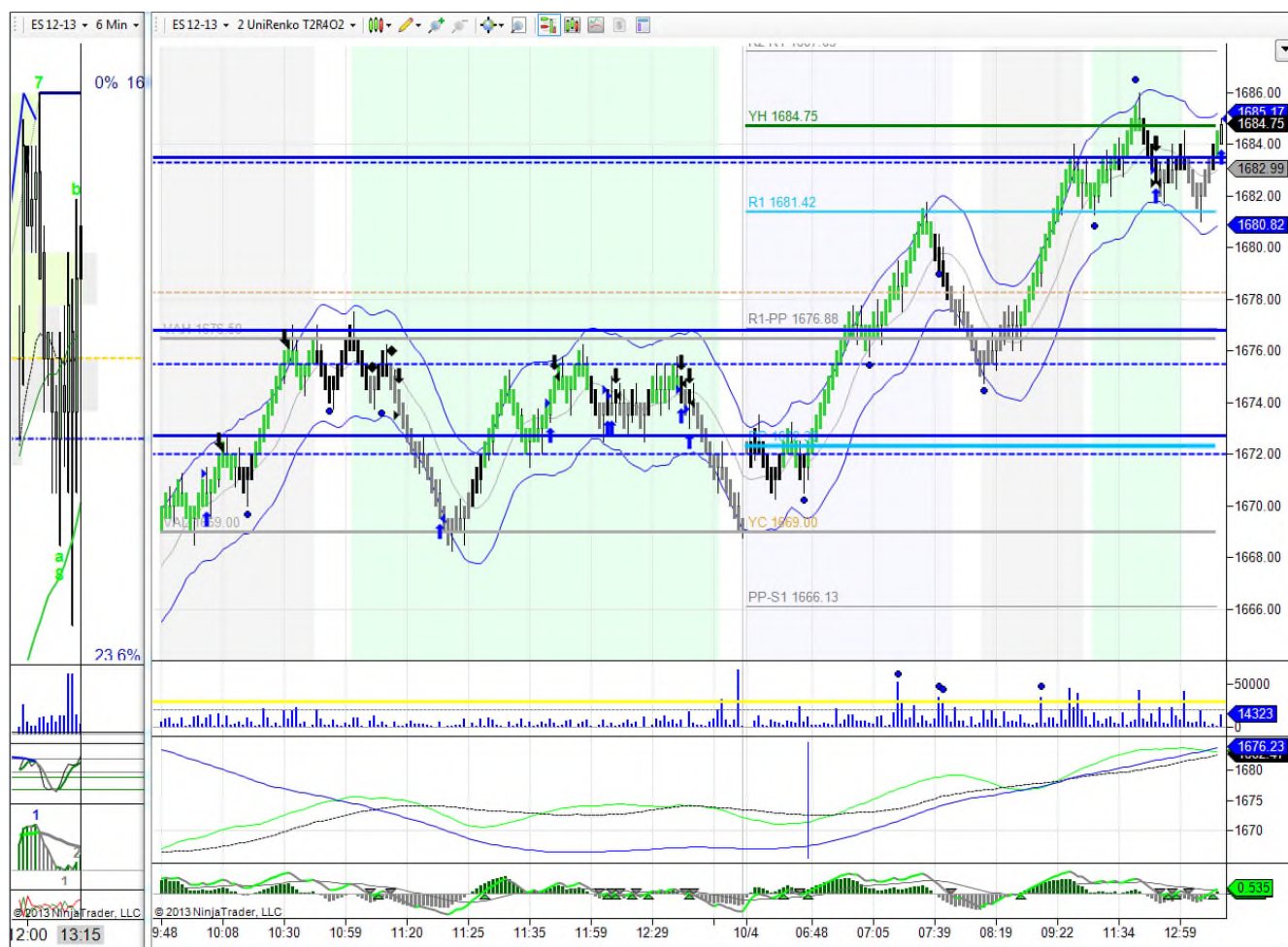
Friday

06:18:44 AM

Trade-#	Instrument	Account	Strategy	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Entry name	Exit name	Profit	Cum. profit	Commission	MAE	MFE	ETD	Bars
1	ES 12-13	Sim101	STOP	Long	1	1683	1682.5	10/4/2013 12:31 PM	10/4/2013 12:32 PM	Entry	Entry	-29.02	-29.02	4.02	25	12.5	41.52	0
2	ES 12-13	Sim101	STOP	Short	1	1682.5	1685	10/4/2013 12:32 PM	10/4/2013 1:14 PM	Target1	Target1	-129.02	-158.04	4.02	125	75	204.02	0

All SIM and more of loss on paper, but reality less loss because net Zero at end of the day.

I have so much to learn. Most of it is to control my emotions and just get out there and play in traffic, but know when to jump back on the curb. That is what is killing me, this market is like frogger and the logs go by faster than I can react (or think) at times.



10/04/13

Friday

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