

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 (
1667.50	374,989	1.03

06:30:14 AM **13.39 :1 NYSE** | **11.9 :1 NASD**
 Heavy Paper buyers on Open
 SP Open range 1667.7 → 1668.3

07:00:23 AM	10.07 :1 NYSE 17.94 :1 NASD	1672.75	661,313	1.15
08:00:37 AM	8.26 :1 NYSE 11.41 :1 NASD	1674.00	983,838	1.16
09:15:06 AM	10.94 :1 NYSE 11.84 :1 NASD	1678.75	1,389,19	1.24
10:00:26 AM	10.32 :1 NYSE 11.25 :1 NASD	1679.25	1,471,83	0.896
11:00:24 AM	11.46 :1 NYSE 11.59 :1 NASD	1679.25	1,597,55	0.811
12:01:33 PM	10.28 :1 NYSE 11.52 :1 NASD	1679.00	1,718,50	0.8
01:00:38 PM	11.85 :1 NYSE 12 :1 NASD	1685.75	2,150,16	1.14
01:15:59 PM	12.67 :1 NYSE 12.01 :1 NASD	1685.25	2,260,28	1.13

Elephant Stomps/TINYS

ES 12-13		
Ask	1685.00	310
Bid	1685.00	186
Volume	2260289	
1:14:52 PM	1685.00	504
1:14:37 PM	1684.75	684
1:13:31 PM	1684.00	826
1:01:27 PM	1685.50	500
11:04:19 AM	1678.25	500
11:04:11 AM	1678.50	500
10:46:09 AM	1678.25	500
10:29:38 AM	1677.75	500
8:46:43 AM	1678.50	537
8:34:54 AM	1676.00	500
7:37:57 AM	1675.25	703
7:18:45 AM	1671.75	625
6:33:16 AM	1669.00	601

ES Opening	1672.50	DELTA
15 MIN Range = Hi		
Lo	1767.25	94.75
VAL High -	1654.00	
POC -	1652.50	
VAL Low -	1646.00	8.00

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

ES	Volume	Change
OPEN	374	
10	661	287
11	983	322
12	* 1223	240
1	1471	248
2	1597	126
3	1718	121
Cash CLOSE	2150	432
PIT CLOSE	2260	110

SP_Pit	1668.30	DELTA
Opening Range =		
Sp Pit	1667.70	0.60
SP_Pit	1687.00	
Day High -		
Day Low -	1667.30	19.70
Closing Range	1685.50	
High -		
Low -	1684.50	1.00
Settle -	1685.00	
Net Change -	36.20	

What I did well today: - checklist

What could I have done better: - Everything. I have to get myself trading and get over that FEAR DELAY.

What will I do tomorrow to make things better: - Sleep.
 - Trade without DELAY.

