

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?

06:32:27 AM **-1.65 :1 NYSE** **-1.73 :1 NASD** 1683.50 287,472 0.693

Paper good buyer off open/ Now selling/ Light Pit Population

Locals on Offer

06:32 Ben: DEC S&P opening range 1684.70-1684

07:00:25 AM **1.43 :1 NYSE** **1.15 :1 NASD** 1690.50 423,570 0.953

08:00:28 AM **1.09 :1 NYSE** **1.04 :1 NASD** 1688.50 671,130 1

09:13:12 AM **2.11 :1 NYSE** **1.73 :1 NASD** 1695.75 933,682 0.97

10:01:57 AM **2.78 :1 NYSE** **2.16 :1 NASD** 1696.50 1,037,93 0.802

11:00:36 AM **1.92 :1 NYSE** **2 :1 NASD** 1695.50 1,170,29 0.792

12:00:51 PM **2.06 :1 NYSE** **1.91 :1 NASD** 1696.00 1,240,58 0.689

01:00:24 PM **2.33 :1 NYSE** **1.94 :1 NASD** 1697.50 1,460,51 0.964

Paper bulk Buyers on CLOSE. I want to BREAK SOMETHING after this week... DAMN.

Have to rethink all of this I am down 353.58 for the WEEK.

01:15:25 PM **2.33 :1 NYSE** **1.94 :1 NASD** 1699.25 1,543,22 0.956

13:20 Ben: SP500 pit session closed pit HOD 1699.30 LOD 1683 settle 1699

Elephant Stomps/TINYS

ES 12-13		
Ask	1699.25	345
Bid	1699.25	448
Volume	1543221	
11:05:26 AM	1696.50	500
7:46:57 AM	1687.00	500
6:36:15 AM	1684.00	1000
6:36:05 AM	1683.50	739

ES Opening	1687.00	DELTA	SP_Pit	1684.70	DELTA
15 MIN Range = Hi			Opening Range =		
Lo	1682.50	4.50	Sp Pit	1684.00	0.70
VAL High -	1680.25		SP_Pit	1699.30	
POC -	1678.25		Day High -		
VAL Low -	1668.75	11.50	Day Low -	1683.00	16.30
NOTE: Numbers are in thousands. Repeat for missed			Closing Range	1699.30	
nums. Also * in column for times I missed volume.			High -		
ES	Volume	Change	Low -	1698.70	0.60
OPEN	287		Settle -	1699.00	
10	423	136	Net Change -	16.00	
11	671	248			
12	933	262			
1	1037	104			
2	1170	133			
3	1240	70			
Cash CLOSE	1460	220			
PIT CLOSE	1543	83			

What I did well today: NOTHING!!! I am definitely having some issues :(

What could I have done better: - There is an inner soundtrack in my head that I am not listening to and also letting the market jerk me around.

What will I do tomorrow to make things better:
- I am going to look at my market balance.

- Trading and also rethink this whole trading methodology of mine.

I have lots to learn.

Trade #	Instrument	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Exit name	Profit	Cum. profit	Commission	MAE	MFE	ETD	Bars
1	ES 12-13	Long	1	1695.75	1694.5	10/11/2013 10:37 AM	10/11/2013 10:43 AM	Close	-66.52	-66.52	4.02	62.5	0	0	0
2	ES 12-13	Long	1	1696.25	1692.75	10/11/2013 12:31 PM	10/11/2013 12:52 PM		-179.02	-245.54	4.02	175	12.5	191.52	0
3	ES 12-13	Long	1	1693.25	1693.25	10/11/2013 12:49 PM	10/11/2013 12:52 PM		-4.02	-249.56	4.02	25	0	0	0

