Questions to answer throughout the day:

• What is the market doing?

What is the market trying to do? LastPrice DailyVolu ATR 2 min (

• How well is it getting it done? 06:32:27 AM -1.65:1 HYSE -1.73:1 HASD

1683.50 287,472 0.693

Paper good buyer off open/ Now selling/ Light Pit Population Locals on Offer

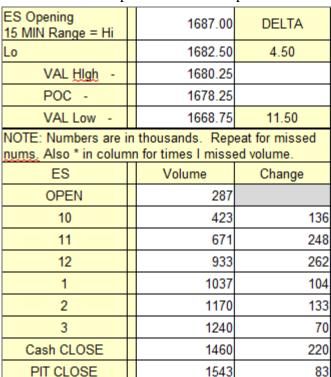
06:32 Ben: DEC S&P opening range 1684.70-1684

00.52 Den. DE	e seer opening range re		001	
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 NASE	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

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



SP_Pit Opening Range =	1684.70	DELTA
Sp Pit	1684.00	0.70
SP_Pit Day High -	1699.30	
Day Low -	1683.00	16.30
Closing Range High -	1699.30	
Low -	1698.70	0.60
Settle -	1699.00	
Net Change -	16.00	

Elephant Stomps/TINYS

ES 12-13

1699.25

1699.25

1696.50

1687.00

1683.50

■ T&S

Ask Bid

Volume

11:05:26 AM

7:46:57 AM

6:36:05 AM

0

1543221

500

500

739

X

345

448

BLO

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.

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- 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



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