

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 (

06:30:36 AM 2.17 :1 NYSE 2.03 :1 NASD 1733.50 236,801 0.663

Paper buys open good size// No read on locals

06:33 Ben: DEC S&P opening range 1734.20-1733.80

06:46:01 AM ES OPEN 1730.25-1734.75

07:01:01 AM 1.88 :1 NYSE 1.52 :1 NASD 1735.50 458,947 0.894

08:00:20 AM 1.06 :1 NYSE 1.13 :1 NASD 1732.75 714,295 0.94

09:00:32 AM 1.28 :1 NYSE 1.29 :1 NASD 1733.50 841,484 0.767

10:00:21 AM 1.47 :1 NYSE 1.43 :1 NASD 1735.25 954,590 0.68

11:00:48 AM 2.04 :1 NYSE 2.01 :1 NASD 1739.50 1,071,62 0.658

12:00:35 PM 1.79 :1 NYSE 1.96 :1 NASD 1738.50 1,220,60 0.628

01:00:43 PM 2.03 :1 NYSE 2 :1 NASD 1738.00 1,451,03 0.805

CC paper both sides

01:24:14 PM 2.02 :1 NYSE 2 :1 NASD 1736.50 1,514,53 0.808

Elephant Stomps/TINYS

ES 12-13		
Ask	1737.50	385
Bid	1737.25	586
Volume	1520208	
1:04:07 PM	1737.75	500
1:00:00 PM	1739.00	664
11:51:12 AM	1739.50	500
10:41:22 AM	1738.00	945
9:08:49 AM	1734.50	500
9:08:47 AM	1734.50	500
9:08:08 AM	1733.50	500
9:06:03 AM	1733.75	500
7:52:08 AM	1732.50	714
7:44:32 AM	1732.25	618
7:44:32 AM	1732.25	582
7:44:25 AM	1732.25	500
7:42:37 AM	1731.25	500
7:42:19 AM	1731.75	616
7:32:20 AM	1732.00	500
7:25:56 AM	1733.50	537
7:10:37 AM	1735.50	614
7:05:12 AM	1734.50	500
7:05:00 AM	1734.50	500
7:04:24 AM	1734.75	600
6:51:36 AM	1734.25	687
6:51:01 AM	1734.00	500
6:50:35 AM	1734.00	500
6:50:21 AM	1734.25	500
6:49:53 AM	1734.00	500
6:46:42 AM	1734.00	500
6:43:07 AM	1732.00	500
6:32:07 AM	1733.25	500
6:32:02 AM	1733.25	500
6:28:03 AM	1733.75	500
6:26:16 AM	1734.00	500
6:25:51 AM	1734.00	500

ES Opening	1734.75	DELTA
15 MIN Range = Hi		
Lo	1730.75	4.00
VAL High -	1728.00	
POC -	1722.50	
VAL Low -	1716.00	12.00
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	236	
10	458	222
11	714	256
12	841	127
1	954	113
2	1071	117
3	1220	149
Cash CLOSE	1451	231
PIT CLOSE	1514	63

SP_Pit	1734.2	DELTA
Opening Range =		
Sp Pit	1733.8	0.40
SP_Pit	1740.30	
Day High -		
Day Low -	1730.50	9.80
Closing Range	1736.90	
High -		
Low -	1736.10	0.80
Settle -	1736.50	
Net Change -	8.70	

What I did well today: - Recognized didn't have full night sleep so approached with caution.

- Took one trade and stopped.
- SIM traded when I had itch later, knowing that slow grind day.
- Journalled more PSYCH. Working on getting format.

What could I have done better:

- Better nights sleep.
- Focused better.
- Not taken time out for LUMOSITY. Lumosity helps, but long term, if I do during day is very draining from energy that should be for market.

What will I do tomorrow to make things better:

- Continue to track and trade.
- I've already cleared of my other MACD Color indicators or at least only have alarm for main trading chart.

