

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?

06:34:41 AM 1.23 :1 NYSE 3.87 :1 NASD 1739.75 173,594 0.601

06:32 Ben: DEC S&P opening range 1739.70 to 1740.00

ES OPEN RANGE: 1740.25 → 1737.25

07:00:26 AM 1.29 :1 NYSE 2.27 :1 NASD 1741.00 278,391 0.788

08:00:31 AM -1.47 :1 NYSE 1.18 :1 NASD 1737.25 483,891 0.857

09:01:45 AM 1.42 :1 NYSE 1.19 :1 NASD 1738.25 614,898 0.785

10:01:15 AM -1.14 :1 NYSE 1.26 :1 NASD 1739.75 692,436 0.632

11:00:40 AM 1.18 :1 NYSE 1.15 :1 NASD 1738.75 772,655 0.553

12:02:03 PM 1.58 :1 NYSE -1.18 :1 NASD 1735.75 889,876 0.648

01:00:49 PM 1739.50 1,051,05 0.794

CC ES broke 1,000,000 shares LOCALS BOUGHT OPEN /

PAPER SELLING CC GS & JP selling

01:21:08 PM 1738.00 1,101.40 0.813

Paper both sides closing bell bulk buy side.

ES Opening	1740.50	DELTA
15 MIN Range = Hi		
Lo	1737.25	3.25
VAL Hlgh -	1737.75	
POC -	1734.00	
VAL Low -	1730.50	7.25
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	* 165	
10	278	113
11	483	205
12	614	131
1	692	78
2	772	80
3	889	117
Cash CLOSE	1051	162
PIT CLOSE	1101	50

Elephant Stomps/TINYS

ES 12-13		
Ask	1738.00	634
Bid	1738.00	359
Volume	1101407	
12:47:05 PM	1738.00	500
12:45:45 PM	1737.25	556
12:45:18 PM	1737.50	500
12:35:21 PM	1737.00	500
9:15:29 AM	1738.50	887
9:03:37 AM	1738.50	500
6:56:20 AM	1739.50	500

SP_Pit	1740.00	DELTA
Opening Range =		
Sp_Pit	1739.70	0.30
SP_Pit	1742.00	
Day High -		
Day Low -	1735.40	6.60
Closing Range	1738.50	
High -		
Low -	1738.00	0.50
Settle -	1738.20	
Net Change -	1.70	

End of day result. Only took one SIM trade as close to max loss, chop market.

Trade-#	Instrument	Account	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Profit	Cum. profit	Commission	MAE	MFE	ETD	Bars
1	ES 12-13	Sim101	Long	1	1739.5	1735.75	10/21/2013 9:39 AM	10/21/2013 11:23 AM	-191.52	-191.52	4.02	187.5	25	216.52	0

What I did well today: - Two things for trading SIM 1. Tired 2. Market hung light volume

What could I have done better: - Could have gotten more RRRRRRRRRRRRR'd on weekend so as to sleep better Sunday night.

What will I do tomorrow to make things better:

- Tonight going to work on stuff I want to work on.
- Going to prep for tomorrow, mind, body, and spirit.
- Keep throwing mud up against the wall

