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? 1.23 :1 NYSE 3.87 :1 NASD 1739.75 173,594 0.601 06:34:41 AM 06:32 Ben: DEC S&P opening range 1739.70 to 1740.00 ES OPEN RANGE: $1740.25 \rightarrow 1737.25$ 1.29 :1 NYSE 2.27 :1 NASD 1741.00 278,391 0.78807:00:26 AM -1.47 :1 NYSE 1.18 :1 NASD 1737.25 483,891 0.857 08:00:31 AM 1738.25 614,898 0.785 09:01:45 AM 1:1 NYSE 1.26:1 NASD 1739.75 692,436 0.632 10:01:15 AM -1.18:1 NYSE 1.15:1 NASD 1738.75 772,655 0.553 11:00:40 AM 1.58:1 NYSE -1.18:1 NASD1735.75 889,876 0.648 12:02:03 PM 1739.50 1,051,05 0.794 01:00:49 PM CC ES broke 1,000,000 shares LOCALS BOUGHT OPEN / PAPER SELLING CC GS & JP selling

1738.00 1,101,40 0.813 01:21:08 PM

Paper both sides closing bell bulk buy side.

Tuper com sides crossing cent can cay side.										
ES Opening 15 MIN Range = Hi		1740.50	DELTA							
Lo		1737.25	3.25							
VAL <u>Hlgh</u> -		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

L				
ES 12-13				
1738.00	634			
1738,00	359			
1101407				
1738.00	500			
1737.25	556			
	500 500			
1738.50	887			
1738.50 1739.50	500 500			
	ES 12-13 1738.00 1738.00 110 1738.00 1737.25 1737.50 1737.00 1738.50 1738.50			

SP_Pit Opening Range =	1740.00	DELTA
Sp Pit	1739.70	0.30
SP_Pit Day High -	1742.00	
Day Low -	1735.40	6.60
Closing Range High -	1738.50	
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

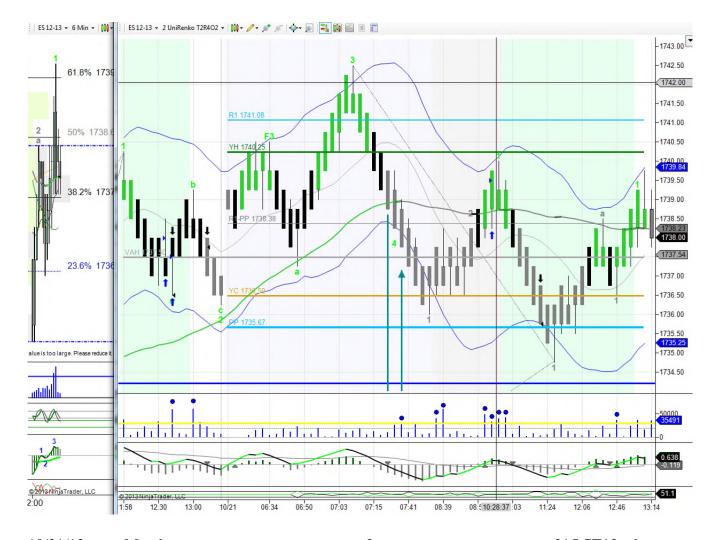
Monday 1 21OCT13.odt 10/21/13

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 RRRRRRRRRRRRRRR'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



10/21/13 Monday 2 21OCT13.odt