

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 (
07:46:05 AM	1.15 :1 NYSE   -1.37 :1 NASD	1755.75	418,870

Mixed local trade now/ Open was SP 1754 – 1754.3

08:00:24 AM	-1.24 :1 NYSE   -2.13 :1 NASD	1752.75	469,152
-------------	-------------------------------	---------	---------

09:00:34 AM	1.05 :1 NYSE   -1.85 :1 NASD	1756.00	617,157
-------------	------------------------------	---------	---------

10:00:43 AM	1.25 :1 NYSE   -1.17 :1 NASD	1758.50	730,715
-------------	------------------------------	---------	---------

11:01:39 AM	1.23 :1 NYSE   -1.29 :1 NASD	1757.75	781,746
-------------	------------------------------	---------	---------

12:01:00 PM	1.27 :1 NYSE   -1.18 :1 NASD	1759.00	862,015
-------------	------------------------------	---------	---------

01:00:30 PM		1757.75	1,079,08
-------------	--	---------	----------

PAPER Buyers CC/ Paper was buying for most part bell to bell...

Limited Paper trade today. GS/

01:15:37 PM	1.22 :1 NYSE   -1.4 :1 NASD	1758.25	1,133,50
-------------	-----------------------------	---------	----------

13:23 Ben: SP500 pit session closed pit HOD 1762 LOD 1752.20 settle 1758.90 +5

Paper was two sided into CLOSE

ES Opening		1754.75	DELTA
15 MIN Range = Hi			
Lo		1752.50	2.25
VAL High -		1751.50	
POC -		1750.00	
VAL Low -		1548.00	203.50
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.			
ES		Volume	Change
OPEN	*	235	
10	*	300	65
11		469	169
12		617	148
1		730	113
2		781	51
3		862	81
Cash CLOSE		1079	217
PIT CLOSE		1133	54

Elephant Stomps/TINYS

ES 12-13		
Ask	1758.75	267
Bid	1758.75	310
Volume	1133501	
1:03:14 PM	1758.25	544
1:00:11 PM	1757.75	1166
12:50:09 PM	1754.75	530
12:49:37 PM	1755.00	594
12:47:29 PM	1755.00	518
12:47:08 PM	1754.75	700
12:45:41 PM	1755.75	808
12:45:37 PM	1755.75	696
12:28:07 PM	1757.00	651
12:05:32 PM	1758.50	525
12:02:44 PM	1758.75	712
9:17:39 AM	1757.00	533
9:08:55 AM	1756.00	568
8:30:34 AM	1754.75	715
7:33:34 AM	1755.50	510

SP_Pit		1754.30	DELTA
Opening Range =			
Sp Pit		1754.00	0.30
SP_Pit		1759.80	
Day High -			
Day Low -		1752.20	7.60
Closing Range		1759.30	
High -			
Low -		1758.80	0.50
Settle -		1758.90	
Net Change -		5.00	

10/28/13

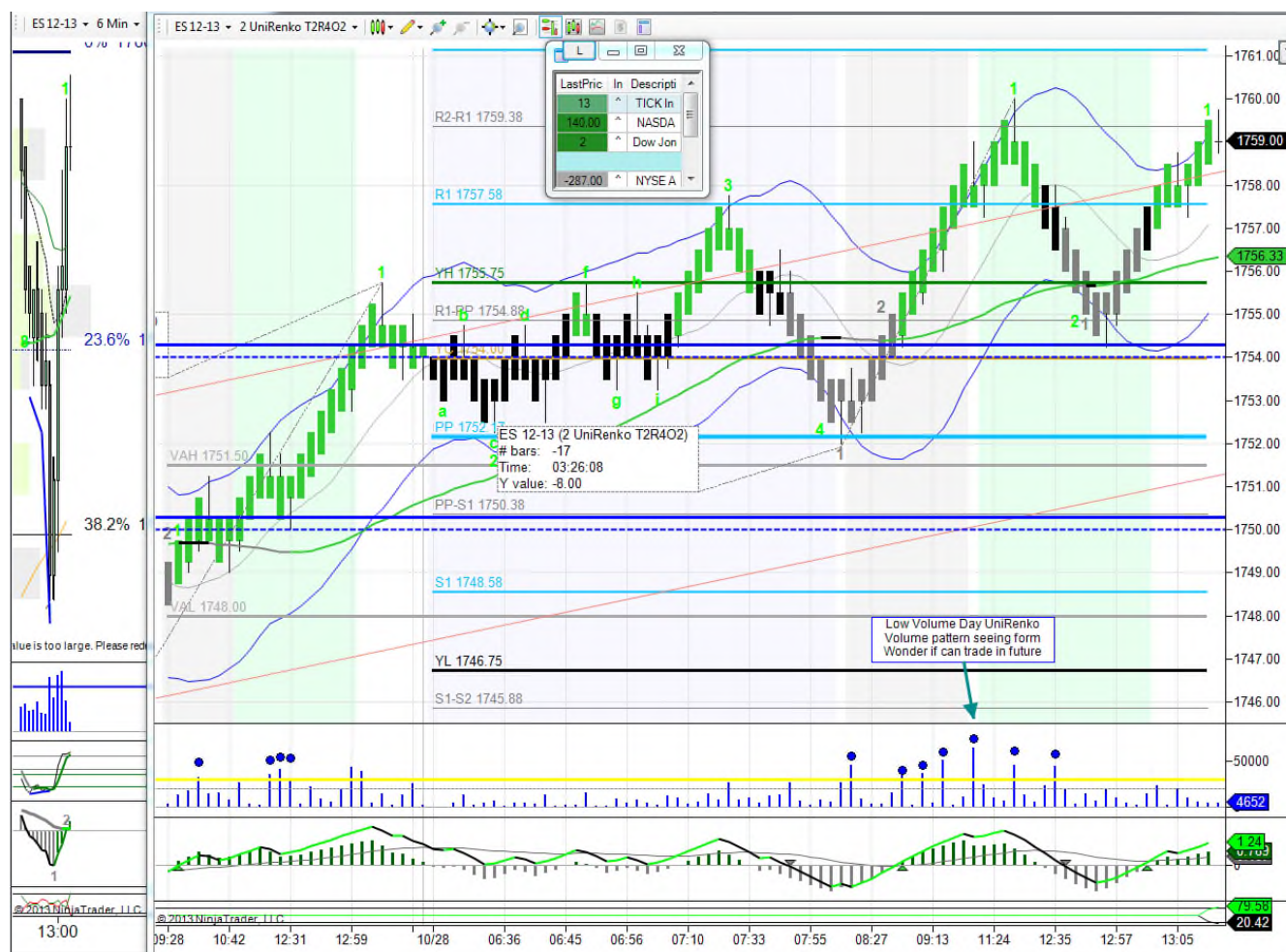
Monday

07:29:01 AM

What I did well today: - Rolled over and went to bed when I noticed I didn't get enough sleep last night.

What could I have done better: - Gone to be earlier Sunday, cut off some of my phone calls, Not watched end of World Series Game 4 and then goof off more afterward..

What will I do tomorrow to make things better: - Get my phone calls out of the way early.  
- Exercise and read more.



10/28/13

Monday

2

28OCT13.odt