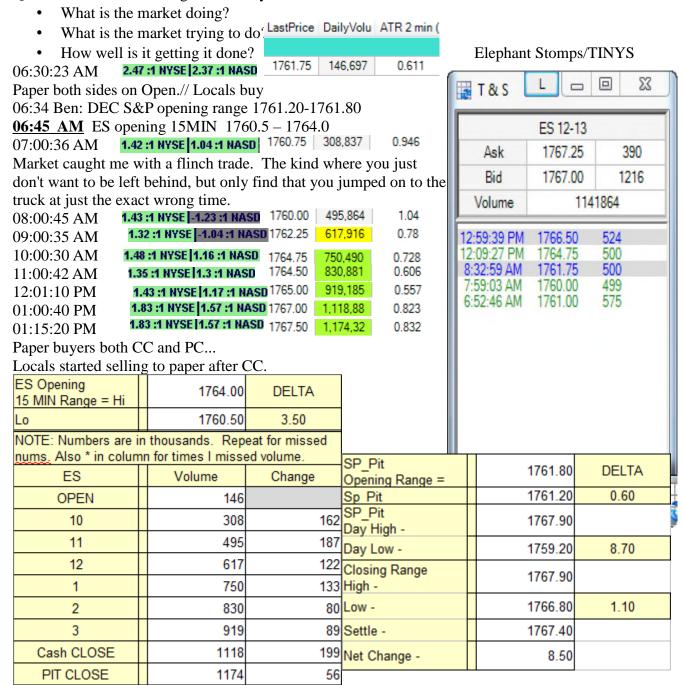
Questions to answer throughout the day:



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What I did well today: - I stopped trading when I realized I was totally out of synch with market.

What could I have done better: - Cut my losing trades faster.

- Recognize my losing trades earlier.

What will I do tomorrow to make things better:

Keep at it.

Work toward holding winners/ getting rid of losers faster. ES 12-13 + 6 Min + 000 + 2 + 2 ES 12-13 + 2 UniRenko T2R4O2 + | 🍑 + 🥒 - | 👉 + 🗩 📳 🛍 📓 📳 1768.00 1768 00 LastPric In Descripti ^ 1767.50 NASDA 1767.00 Dow Jon 1766.50 1767.00 -1766.00 NYSEA 1765.00 1766.50 0% 1766.00 1766.00 1763.00 1765.55 1765.18 1760.00 ES 12-13 (2 UniRenko T2R4O2) 1764.00 R1-PP 1759.13 # bars: 47 Time: 05:47:46 Y value: 8.75 1759.00 1763.50 1758 00 1763.00 1757.00 1762.50 -1756.00 50000 PP-S1 1755.13 1755.00 atalada 50000 78.57 F 1766.43 1.2 0.573

Here is day end trading results: Real cash result -195.94.... Oh well have long way to go here. :)

07:01

07:00

Trade-#	nstrumen	Account	Strategy	Market pos	Quantity	Entry price	Exit price	Entry time	Exit time	Entry name	Exit name	Profit	Cum. profi	Commission	MAE	MFE	ETD
1	ES 12-13	Cash		Long	1	1761.5	1759.5	10/29/2013 6:57 AM	10/29/2013 7:05 AM			-104.02	-104.02	4.02	112.5	25	129.02
2	ES 12-13	Cash		Short	1	1761	1762.75	10/29/2013 7:26 AM	10/29/2013 7:30 AM		Close	-91.52	-195.54	4.02	87.5	0	0
3	ES 12-13	Sim101	32 close	Long	1	1760.75	1763.75	10/29/2013 8:04 AM	10/29/2013 9:21 AM	Entry	Target1	145.98	-49.56	4.02	0	150	4.02
4	ES 12-13	Sim101	32 close	Short	1	1763.5	1765.5	10/29/2013 9:22 AM	10/29/2013 9:54 AM	Entry	Stop1	-104.02	-153.58	4.02	100	0	0
5	ES 12-13	Sim101	32 close	Short	1	1765.25	1765.75	10/29/2013 9:54 AM	10/29/2013 9:54 AM	Entry	Stop1	-29.02	-182.6	4.02	25	12.5	41.52
6	ES 12-13	Sim101	STOP	Short	1	1764	1766.25	10/29/2013 10:42 AM	10/29/2013 12:57 PM	Entry	Stop1	-116.52	-299.12	4.02	112.5	0	0
7	ES 12-13	Sim101	STOP	Short	1	1764.75	1766.25	10/29/2013 11:03 AM	10/29/2013 12:57 PM	Entry	Stop1	-79.02	-378.14	4.02	75	50	129.02
8	ES 12-13	Sim101	STOP	Short	1	1763.5	1766.25	10/29/2013 12:24 PM	10/29/2013 12:57 PM	Entry	Stop1	-141.52	-519.66	4.02	137.5	25	166.52

07:33

55.6

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