

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?

06:30:44 AM 1.37 :1 NYSE | 2.25 :1 NASD 1756.00 | 161,614 | 0.564

Paper buys OPEN

06:31 Ben: DEC S&P opening range 1756-1755.50

06:45 1758-1755 ES OPEN 15 MINs.

07:00:26 AM 1.19 :1 NYSE | 2.3 :1 NASD 1757.75 | 282,131 | 0.794

08:00:29 AM 1.03 :1 NYSE | 1.52 :1 NASD 1756.25 | 616,083 | 1.12

09:00 AM Missed VOL.

10:00:29 AM -1.51 :1 NYSE | -1.59 :1 NASD 1750.75 | 1,050,12 | 1.01

11:02:40 AM -1.1 :1 NYSE | -1.45 :1 NASD 1754.25 | 1,161,99 | 0.881

12:00:29 PM -1.28 :1 NYSE | -1.46 :1 NASD 1753.00 | 1,255,89 | 0.864

13:00 PM Missed VOL

Paper both sides on CC// After mostly buying.

01:15:48 PM 1.2 :1 NYSE | 1.01 :1 NASD 1754.50 | 1,588,05 | 0.955

PAPER Sells PC.....

Elephant Stomps/TINYS

ES 12-13		
Ask	1754.25	246
Bid	1754.25	790
Volume	1588052	
12:59:58 PM	1756.75	742
12:56:10 PM	1757.50	500
12:33:59 PM	1755.75	500
9:56:50 AM	1751.00	1028
9:13:05 AM	1749.00	857

ES Opening	1758.00	DELTA
15 MIN Range = Hi		
Lo	1755.00	3.00
VAL High -	1759.25	
POC -	1754.25	
VAL Low -	1752.25	7.00

NOTE: Numbers are in thousands. Repeat for missed num. Also \* in column for times I missed volume.

ES	Volume	Change
OPEN	161	
10	282	121
11	616	334
12	* 893	277
1	1050	157
2	1161	111
3	1255	94
Cash CLOSE	* 1523	268
PIT CLOSE	1588	65

SP_Pit	1756.00	DELTA
Opening Range =		
Sp Pit	1755.50	0.50
SP_Pit	1761.00	
Day High -		
Day Low -	1747.50	13.50
Closing Range	1754.80	
High -		
Low -	1754.50	0.30
Settle -	1754.70	
Net Change -	3.70	

What I did well today: - I controled my anger/stress

- I fixed my system replacing a missing market analyzer
- I traded as soon as I had my system fully operational.
- Did not try to trade when not 100% ready.

What could I have done better: - I could have made more backup copies of my WORKSPACE so that I didn't have to totally rebuild during the day. My last few changes to my workspace were only changed in one spot.

- I could have relaxed more an traded cash, but after all that happened was not ready.

What will I do tomorrow to make things better: - I will have a good weekend. -Do what I need to do

and get a good night prepping on Sunday.

Here is my one trade. I have lots to learn.

Trade-#	Instrument	Account	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Exit name	Profit	Cum. profit	Commission	MAE	MFE	ETD
1	ES 12-13	Sim101	Long	1	1750.75	1754.75	11/1/2013 9:27 AM	11/1/2013 1:14 PM	Close	195.98	195.98	4.02	100	400	204.02

