

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
1756.75	193,539	0.673

Elephant Stomps/TINYS

06:31:30 AM

Two Sided Open PAPER/

06:32 Ben: DEC S&P opening range 1756.70-1756.20

07:00:19 AM **5 :1 NYSE** **-1.48 :1 NASD** 1752.50 | 396,875 | 1.1

Locals have been short/ Now looking FLAT

08:00:22 AM **2.44 :1 NYSE** **-1.12 :1 NASD** 1758.75 | **697,013** | 1.09

09:00:28 AM **2.34 :1 NYSE** **-1.11 :1 NASD** 1759.00 | **847,454** | 0.804

10:00:19 AM **1.94 :1 NYSE** **-1.03 :1 NASD** 1760.25 | **969,806** | 0.708

11:00:27 AM **2.33 :1 NYSE** **-1.1 :1 NASD** 1758.50 | **1,058,79** | 0.665

I know that the locals are long/ However they are in the business for short term gains and could flip out to SHORT at any time.

Paper was bulk short earlier.

12:00:23 PM **1.95 :1 NYSE** **1.14 :1 NASD** 1760.75 | **1,139,76** | 0.636

01:00:28 PM **2.45 :1 NYSE** **-1.08 :1 NASD** 1758.00 | **1,387,39** | 0.88

Paper Bulk Seller CC

01:15:22 PM **2.48 :1 NYSE** **-1.08 :1 NASD** 1756.75 | **1,461,37** | 0.871

Paper buys close. This poor high of which I've heard will probably be repaired during GLOBEX if we hold to trend...

13:23 Ben: SP500 pit session closed pit HOD 1762.10 LOD 1750.50 settle 1756.50

ES 12-13		
Ask	1756.50	312
Bid	1756.50	398
Volume	1461370	
1:07:14 PM	1758.25	1000 BLC
1:02:10 PM	1758.75	500
1:01:11 PM	1758.75	524
1:00:08 PM	1758.25	675
12:59:50 PM	1758.25	568
12:59:48 PM	1758.50	600
12:58:55 PM	1758.25	925
12:58:21 PM	1758.50	904
12:57:37 PM	1758.75	678
12:56:21 PM	1759.00	1000 BLC
12:55:26 PM	1759.50	912
12:55:12 PM	1759.75	552
12:41:47 PM	1760.00	908
12:41:47 PM	1760.00	532
12:41:38 PM	1760.00	903
12:37:19 PM	1759.50	858
12:30:36 PM	1759.50	716
12:28:21 PM	1759.00	674
12:24:36 PM	1759.25	842
12:22:09 PM	1760.75	500
11:31:13 AM	1761.00	500
9:55:18 AM	1761.00	634
9:55:10 AM	1761.00	502
9:41:00 AM	1761.25	667
8:35:05 AM	1758.25	702
7:30:12 AM	1754.25	500
7:02:26 AM	1751.25	500
7:00:13 AM	1752.50	500
6:56:42 AM	1752.75	831

ES Opening	1757.25	DELTA
15 MIN Range = Hi		
Lo	1754.25	3.00
VAL Hlgh -	1762.00	
POC -	1758.50	
VAL Low -	1757.00	5.00

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

ES	Volume	Change
OPEN	193	
10	396	203
11	697	301
12	847	150
1	969	122
2	1058	89
3	1139	81
Cash CLOSE	1387	248
PIT CLOSE	1461	74

SP_Pit	1756.70	DELTA
Opening Range =		
Sp Pit	1756.20	0.50
SP_Pit	1762.10	
Day High -		
Day Low -	1750.50	11.60
Closing Range		
High -	1756.60	
Low -	1756.50	0.10
Settle -	1756.50	
Net Change -	-6.50	

What I did well today: - Today I realized I was out of SYNCH again and did not trade.

- Today saved money by not trading low volume day.
- I kept a video journal which makes it easier for recap at the end of the day.

What could I have done better: - I could have listened to myself more and gone with the market reversals I saw forming.

- Today I could have traded taking small loses so as to get bigger wins later.

What will I do tomorrow to make things better:

- Tomorrow I will have to start trading these patterns that I am recognizing on the UniRenko.
- Keep trading journal, also be sure to better track with PSYCH journal...
- Sleep/ Lumosity/ Conduct the rest of today according to plan.
- Eliminate daily distractions.

