

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

06:30:24 AM 5.63 :1 NYSE 13.65 :1 NASD 1765.50 181,787 0.564

Paper BOUGHT OPEN// Locals SOLD OPEN

06:31 Ben: DEC S&P opening range 1765.50-1766

06:49:51 AM ES open 15 MIN 1766 – 1765.50

07:00:26 AM 2.83 :1 NYSE 1.68 :1 NASD 1768.50 373,476 0.928

Locals still on offer.

08:00:24 AM 1.33 :1 NYSE -1.32 :1 NASD 1762.50 642,499 1.01

09:00:27 AM 1.32 :1 NYSE -1.49 :1 NASD 1762.75 852,283 0.872

10:12:06 AM 1.32 :1 NYSE -1.44 :1 NASD 1764.50 959,266 0.687

11:00:31 AM 1.3 :1 NYSE -1.44 :1 NASD 1765.00 1,018,45 0.619

12:00:21 PM 1.29 :1 NYSE -1.47 :1 NASD 1764.75 1,090,81 0.716

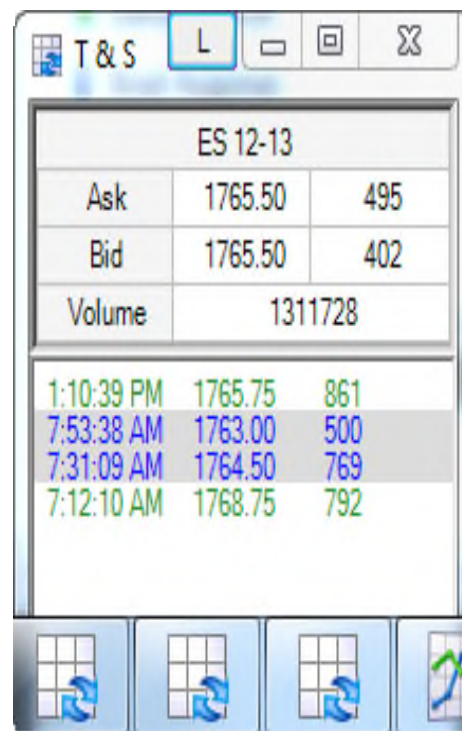
01:00:21 PM 1.41 :1 NYSE -1.28 :1 NASD 1766.25 1,265,08 0.879

Paper two sided CC

01:15:48 PM 1.43 :1 NYSE -1.28 :1 NASD 1765.75 1,311,72 0.826

Paper bulk seller but both sided PC

Elephant Stomps/TINYS



ES Opening	1766.25	DELTA
15 MIN Range = Hi		
Lo	1763.50	2.75
VAL High -	1761.50	
POC -	1759.50	
VAL Low -	1755.50	6.00
NOTE: Numbers are in thousands. Repeat for missed num's. Also * in column for times I missed volume.		
vbd	Volume	Change
OPEN	181	
10	373	192
11	642	269
12	852	210
1	959	107
2	1018	59
3	1090	72
Cash CLOSE	1265	175
PIT CLOSE	1311	46

SP_Pit	1766.00	DELTA
Opening Range =		
Sp_Pit	1765.50	0.50
SP_Pit	1769.80	
Day High -		
Day Low -	1760.50	9.30
Closing Range	1766.00	
High -		
Low -	1766.50	0.50
Settle -	1766.60	
Net Change -	9.10	

11/06/13
AM

Wednesday

06:15:20

What I did well today:

- Today I was able to spot the squirrely nature of the market.
- I protected my capital.
- I took a break and bought my Thanksgiving Bird.
- Applied risk analysis.

What could I have done better:

- I have to start trading again.
- I have to believe more in myself.
- I could have gone against my system risking three ticks when I spied the top, however next time odds are higher that it will go.
- I could listen more to what the market is telling me rather than solely relying on indicators.
- I didn't keep up with Psych Journal

What will I do tomorrow to make things better:

- Again work on getting good night sleep.
- PSYCH JOURNAL/ TRADE with appropriate stops.

