

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
1770.00	301,839	0.911

06:30:32 AM **2.09 :1 NYSE | 1.41 :1 NASD**
Paper Two Sided Open/ Locals on Offer

06:33 Ben: DEC S&P opening range 1770-1770.30

06:45:48 AM ES Open 15min range 1768.25 – 1771.25

07:00:21 AM **1.28 :1 NYSE | -1.44 :1 NASD** 1766.25 **503,244** 1.14

08:00:32 AM **-2.73 :1 NYSE | -3.13 :1 NASD** 1758.00 **967,076** 1.37

09:00:40 AM **2.48 :1 NYSE | -3.56 :1 NASD** 1759.00 **1,317,70** 1.26

10:01:07 AM **3.01 :1 NYSE | -2.85 :1 NASD** 1757.00 **1,475.50** 0.946

11:00:53 AM **-4.23 :1 NYSE | -3.75 :1 NASD** 1751.00 **1,643.27** 1.07

12:02:12 PM **-4.42 :1 NYSE | -4.28 :1 NASD** 1750.00 **1,950.39** 1.2

01:00:28 PM **-7.9 :1 NYSE | -4.97 :1 NASD** 1744.75 **2,346.28** 1.55

CC Paper buyers

01:17:48 PM **-8.16 :1 NYSE | -4.98 :1 NASD** 1745.50 **2,446.02** 1.41

Sellers on Pit Close

ES	Volume	Change
ES Opening	1771.25	DELTA
15 MIN Range = Hi		
Lo	1768.25	3.00
NOTE: Numbers are in thousands. Repeat for missed num's. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	301	
10	503	202
11	967	464
12	1317	350
1	1475	158
2	1643	168
3	1950	307
Cash CLOSE	2346	396
PIT CLOSE	2446	100
SP_Pit	1770.00	DELTA
Opening Range =		
Sp_Pit	1770.30	0.30
SP_Pit	1771.00	
Day High -		
Day Low -	1742.50	28.50
Closing Range	1745.50	
High -		
Low -	1745.00	0.50
Settle -	1745.20	
Net Change -	-20.40	

Elephant Stomps/TINYS

ES 12-13		
Ask	Price	Volume
Ask	1745.50	379
Bid	1745.50	214
Volume	2446026	
1:14:51 PM	1745.00	735
1:14:50 PM	1745.00	677
1:14:21 PM	1745.50	669
1:14:13 PM	1745.75	634
1:13:56 PM	1745.75	500
1:13:40 PM	1745.50	500
1:13:24 PM	1745.25	684
1:10:34 PM	1745.75	525
1:10:06 PM	1745.25	662
1:04:12 PM	1745.00	800
1:01:02 PM	1745.00	500
1:00:40 PM	1744.75	894
1:00:39 PM	1744.50	500
12:59:53 PM	1743.50	986
12:58:41 PM	1743.50	954
12:57:53 PM	1743.25	500
12:57:47 PM	1743.50	783
12:57:10 PM	1744.00	537
12:56:12 PM	1744.50	500
12:53:53 PM	1744.00	600
12:51:22 PM	1742.75	838
12:49:54 PM	1743.75	509
12:45:06 PM	1743.75	774
12:34:48 PM	1744.50	618
12:34:24 PM	1744.00	583
12:32:41 PM	1744.25	705
12:29:20 PM	1745.00	906
12:10:42 PM	1747.50	816
10:30:23 AM	1752.75	823
9:31:00 AM	1760.00	859
9:08:37 AM	1760.50	674
9:03:53 AM	1758.75	500
8:58:40 AM	1758.75	667
8:41:04 AM	1757.00	599
7:24:45 AM	1760.75	600
7:19:45 AM	1759.75	633
7:13:19 AM	1762.25	500
6:41:53 AM	1771.00	500
6:37:12 AM	1768.75	527

What I did well today: - Today I did not give up.

What could I have done better: - Settled down and just take my trade signals as I get them rather than doing a long meditation and second guessing as to overall market direction.

- I still need to work on taking small losses.

What will I do tomorrow to make things better: - Follow my system and not worry as much.

-Adjust for gains and losses..

- Get more sleep tonight.

Trade-#	Instrument	Account	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Profit	Cum. profit	Commission	MAE	MFE	ETD
1	ES 12-13	Sim101	Long	1	1762.25	1761.25	11/7/2013 7:13 AM	11/7/2013 7:18 AM	-54.02	-54.02	4.02	50	50	104.02
2	ES 12-13	Sim101	Long	1	1760.25	1756.25	11/7/2013 7:55 AM	11/7/2013 8:03 AM	-204.02	-258.04	4.02	200	12.5	216.52
3	ES 12-13	Sim101	Long	1	1759.25	1756.25	11/7/2013 7:56 AM	11/7/2013 8:03 AM	-134.02	-412.06	4.02	150	50	204.02
4	ES 12-13	Sim101	Long	1	1758.5	1756.25	11/7/2013 8:00 AM	11/7/2013 8:03 AM	-116.52	-528.58	4.02	112.5	0	0
5	ES 12-13	Sim101	Long	1	1759	1757.5	11/7/2013 8:06 AM	11/7/2013 8:08 AM	-79.02	-607.6	4.02	75	25	104.02
6	ES 12-13	Sim101	Short	1	1757.5	1757.25	11/7/2013 8:08 AM	11/7/2013 8:36 AM	8.46	-599.12	4.02	25	250	241.52
7	ES 12-13	Sim101	Long	1	1757.25	1757.75	11/7/2013 8:36 AM	11/7/2013 9:53 AM	20.98	-578.14	4.02	87.5	212.5	191.52
8	ES 12-13	Sim101	Short	1	1757.25	1747.25	11/7/2013 9:56 AM	11/7/2013 11:04 AM	495.98	-82.16	4.02	37.5	500	4.02
9	ES 12-13	Sim101	Long	1	1749	1746.5	11/7/2013 11:06 AM	11/7/2013 11:30 AM	-129.02	-211.18	4.02	125	62.5	191.52
10	ES 12-13	Sim101	Long	1	1747.5	1747.75	11/7/2013 11:34 AM	11/7/2013 11:38 AM	8.46	-202.7	4.02	62.5	12.5	4.02
11	ES 12-13	Sim101	Long	1	1746.75	1747.75	11/7/2013 11:36 AM	11/7/2013 11:38 AM	45.98	-156.72	4.02	12.5	50	4.02
12	ES 12-13	Sim101	Long	1	1749.25	1743.75	11/7/2013 11:46 AM	11/7/2013 12:50 PM	-279.02	-435.74	4.02	350	100	379.02
13	ES 12-13	Sim101	Long	1	1750.5	1743.75	11/7/2013 11:54 AM	11/7/2013 12:50 PM	-341.52	-777.26	4.02	400	25	366.52
14	ES 12-13	Sim101	Long	1	1748.25	1743.75	11/7/2013 12:07 PM	11/7/2013 12:50 PM	-229.02	-1006.28	4.02	300	0	0
15	ES 12-13	Sim101	Long	1	1745.5	1745.5	11/7/2013 12:39 PM	11/7/2013 1:01 PM	-4.02	-1010.3	4.02	150	75	79.02
16	ES 12-13	Sim101	Long	2	1745.5	1745.5	11/7/2013 12:39 PM	11/7/2013 1:01 PM	-3.04	-1018.34	8.04	300	150	158.04
17	ES 12-13	Sim101	Long	3	1745.25	1747	11/7/2013 12:47 PM	11/7/2013 4:17 PM	250.44	-767.9	12.06	450	262.5	12.06
18	ES 12-13	Sim101	Long	3	1744.25	1747	11/7/2013 12:49 PM	11/7/2013 4:17 PM	400.44	-367.46	12.06	300	412.5	12.06
19	ES 12-13	Sim101	Long	3	1743.25	1747	11/7/2013 12:50 PM	11/7/2013 4:17 PM	550.44	182.98	12.06	150	562.5	12.06
20	ES 12-13	Sim101	Long	1	1742.75	1747	11/7/2013 12:58 PM	11/7/2013 4:17 PM	206.48	391.46	4.02	12.5	212.5	4.02
21	ES 12-13	Sim101	Long	1	1742.75	1747	11/7/2013 12:58 PM	11/7/2013 4:17 PM	206.48	599.94	4.02	12.5	212.5	4.02
22	ES 12-13	Sim101	Long	1	1742.75	1747	11/7/2013 12:58 PM	11/7/2013 4:17 PM	206.48	808.42	4.02	12.5	212.5	4.02

Best of Day

Worst of Day

