

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
1744.25	504,487	1.81

06:30:45 AM

-1.3 :1 NYSE | 1.76 :1 NASD

Paper all about buying ever since open// MS now sells light  
Weird ... This is a first 06:40 Ben: DEC S&P opening range 1744  
ES OPEN RANGE 1743.25 – 1749.75

07:00:25 AM -1.33 :1 NYSE | 1.95 :1 NASD 1745.75 752,715 1.95

08:00:21 AM 1.35 :1 NYSE | 3.43 :1 NASD 1757.25 1,136,10 1.6

09:07:15 AM 1.55 :1 NYSE | 4.09 :1 NASD 1759.25 1,330,84 1.18

10:01:56 AM 1.59 :1 NYSE | 4.39 :1 NASD 1759.00 1,423,46 0.85

11:00:20 AM 1.76 :1 NYSE | 4.15 :1 NASD 1760.75 1,537,60 0.828

01:02:26 PM 2.87 :1 NYSE | 4.5 :1 NASD 1766.75 2,006,64 1.01

Paper Buys CC

01:15:11 PM 2.83 :1 NYSE | 4.5 :1 NASD 1766.50 2,060,92 0.95

Paper Sells PC

ES Opening	1749.75	DELTA
15 MIN Range = Hi		
Lo	1743.25	6.50
VAL High -	1759.50	
POC -	1744.50	
VAL Low -	1743.00	16.50

missed nums. Also \* in column for times I missed volume.

ES	Volume	Change
OPEN	504	
10	752	248
11	1136	384
12	1330	194
1	1423	93
2	1537	114
3	* 1739	202
Cash CLOSE	2006	267
PIT CLOSE	2060	54

Elephant Stomps/TINYS

ES 12-13		
Ask	1758.75	223
Bid	1758.50	262
Volume	1318292	
8:04:15 AM 1756.00 499		
7:55:15 AM 1757.00 730		
7:46:16 AM 1755.00 606		
7:45:37 AM 1755.00 546		
7:38:27 AM 1756.25 821		
7:25:48 AM 1753.00 500		
7:24:55 AM 1753.50 535		
7:17:19 AM 1751.75 727		
7:17:02 AM 1751.00 500		

SP_Pit	1744.00	DELTA
Opening Range =		
Sp Pit	1744.00	0.00
SP_Pit	1768.00	
Day High -		
Day Low -	1744.00	24.00
Closing Range	1766.50	
High -		
Low -	1766.00	0.50
Settle -	1766.10	
Net Change -	20.00	

What I did well today: - Today I did manage to take one cash trade.

- Video journaled day so as to have live recap later.
- Noticing where my brain just goes on holiday, and will be working on that.

What could I have done better: - Journaled more psychologically so as to track my trades and stay on task.

- Taken more cash trades. Not moved my stops as soon as I did. Taken a 10,000' look at the market.

What will I do tomorrow to make things better: - Sleep.

- Leave my system on as I forgot to get all my 500+ trades that I track TINY's at the end of day.
- Keep system tracking going.
- Read more. Relax more. Let the market come to me. Set more traps where I know basically what is going to be my next signal so that I get in on the signal, not several bars later.

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	CASH	Short	1	1745.75	1744.75	11/8/2013 6:57 AM	11/8/2013 6:58 AM	Close	45.98	45.98	4.02	37.5	62.5	16.52
2	ES 12-13	Sim101	Long	1	1757.25	1758.25	11/8/2013 7:33 AM	11/8/2013 10:03 AM		45.98	91.96	4.02	162.5	137.5	91.52

