

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
06:30:22 AM	1766.75	151,148	0.545

Paper BUYS Open

06:42 Ben: DEC S&P opening range 1766.80-1766.50

06:45 ES OPEN RANGE: 1767.75 - 1764

07:01:00 AM	1.61 :1 NYSE 1.7 :1 NASD	1769.00	327,632	0.908
08:00:31 AM	1.53 :1 NYSE -1.01 :1 NASD	1769.25	493,693	0.961
09:36:41 AM	1.15 :1 NYSE 1.19 :1 NASD	1767.00	644,030	0.675
10:01:03 AM	1.24 :1 NYSE 1.33 :1 NASD	1767.75	679,496	0.647
11:00:26 AM	1.22 :1 NYSE 1.41 :1 NASD	1767.75	738,121	0.569
12:00:26 PM	1.42 :1 NYSE 1.33 :1 NASD	1768.00	805,278	0.448
01:00:25 PM	1.23 :1 NYSE 1.19 :1 NASD	1767.75	912,737	0.529

Paper sold to locals CC//

01:15:24 PM	1.25 :1 NYSE 1.19 :1 NASD	1767.50	947,424	0.522
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Paper sells PC as well.

ES Opening	1764.75	DELTA
15 MIN Range = Hi		
Lo	1764.00	0.75
VAL High -	1766.75	
POC -	1756.25	
VAL Low -	1752.75	14.00
missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	151	
10	327	176
11	493	166
12	* 598	105
1	679	81
2	738	59
3	805	67
Cash CLOSE	912	107
PIT CLOSE	947	35

Elephant Stomps/TINYS

ES 12-13		
Ask	1767.75	1694
Bid	1767.50	851
Volume	944003	
12:59:59 PM	1767.75	566
12:58:40 PM	1768.00	500
12:56:51 PM	1767.75	956
12:55:43 PM	1767.75	1001
12:48:48 PM	1767.50	886
12:48:13 PM	1767.75	715
12:42:35 PM	1768.25	552
12:37:50 PM	1768.25	738
12:36:50 PM	1768.00	500
12:33:48 PM	1767.75	920
12:32:30 PM	1768.00	594
12:00:21 PM	1768.00	634
11:57:17 AM	1767.75	545
11:50:15 AM	1767.50	1000
9:17:06 AM	1767.25	503
8:03:46 AM	1766.50	500
6:50:09 AM	1768.25	500
6:44:31 AM	1766.25	550
6:36:05 AM	1765.50	628

SP_Pit	1766.80	DELTA
Opening Range =		
Sp Pit	1766.50	0.30
SP_Pit	1770.00	
Day High -		
Day Low -	1764.30	5.70
Closing Range	1767.80	
High -		
Low -	1767.50	0.30
Settle -	1767.60	
Net Change -	1.50	

What I did well today:

- Spotted light volume go nowhere day and did not try to traded it.
- Kept a video journal.

What could I have done better:

- Could have expanded my chart prior to open so as to better see buy and sell signals. Missed one from yesterday that may have changed the way I traded today.

- Kept better focus on a lightly traded market.
- Have a light trading day system in place.

What will I do tomorrow to make things better:

- Get sleep.
- Get rrrrrrrrr's in.
- Clean house and study.

