

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 (
1764.00	207,475	0.569

Elephant Stomps/TINYS

06:30:22 AM **-2.73 :1 NYSE** **-2.3 :1 NASD** 1764.00 207,475 0.569

06:32 Ben: DEC S&P opening range 1764-1764.50

ES Open 15min Range 1762 – 1765.25

07:00:39 AM **1.09 :1 NYSE** **1.04 :1 NASD** 1766.75 353,673 0.8

08:00:18 AM **1.83 :1 NYSE** **-1.17 :1 NASD** 1764.75 583,807 0.986

09:00:27 AM **-2.06 :1 NYSE** **-1.23 :1 NASD** 1763.50 775,742 0.982

10:00:31 AM **2.37 :1 NYSE** **-1.28 :1 NASD** 1762.00 908,320 0.811

11:00:28 AM **-2.32 :1 NYSE** **-1.36 :1 NASD** 1760.00 1,022,16 0.781

12:00:37 PM **1.66 :1 NYSE** **1.04 :1 NASD** 1764.50 1,128,77 0.816

01:00:44 PM **1.52 :1 NYSE** **1.21 :1 NASD** 1764.00 1,348,30 0.919

Paper both sides CC/ bulk on the buy side.

01:18:35 PM **1.49 :1 NYSE** **1.21 :1 NASD** 1765.00 1,386,50 0.811

ES Opening	1765.25	DELTA
15 MIN Range = Hi		
Lo	1762.00	3.25
VAL Hlgh -	1768.00	
POC -	1767.50	
VAL Low -	1766.50	1.50

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

ES	Volume	Change
OPEN	207	
10	353	146
11	583	230
12	775	192
1	908	133
2	1022	114
3	1128	106
Cash CLOSE	1348	220
PIT CLOSE	1386	38

ES 12-13		
Ask	1764.25	296
Bid	1764.00	933
Volume	1357523	
1:00:11 PM	1764.00	691
12:46:10 PM	1763.25	500
12:39:36 PM	1763.75	660
9:34:50 AM	1760.75	720
7:18:26 AM	1766.75	539
7:15:19 AM	1763.75	500
7:01:04 AM	1766.75	943
6:43:24 AM	1765.75	742

SP_Pit	1764.50	DELTA
Opening Range =		
Sp_Pit	1764.00	0.50
SP_Pit	1768.30	
Day High -		
Day Low -	1758.50	9.80
Closing Range	1765.20	
High -		
Low -	1764.90	0.30
Settle -	1765.10	
Net Change -	-2.50	

What I did well today:

- Got out and traded.
- Attended webinar, with Mike Bellafiore from SMB Capital.

What could I have done better:

- Trust what I know to be true.
- Take measured risks and get out in front of trades when signals happen in the market and it makes sense.

- Stop worrying so much about everything. Relax pull the trigger.

What will I do tomorrow to make things better:

- Sleep, eat right, trade right.
- Continue all my journals.
- PSYCH PREP Work.

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	Cash	Long	1	1764.75	1765	11/12/2013 8:26 AM	11/12/2013 8:27 AM	8.48	8.48	4.02	0	12.5	4.02

