

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?

06:30:44 AM **2.54 :1 NYSE** **-1.79 :1 NASD** 1780.00 269,889 0.658
Paper good seller 500 cars on open. Locals on BID Bought open, look long.

06:32 Ben: DEC S&P opening range 1779.80-1779

06:45 ES Range 1782.25 → 1778.75

07:00:22 AM **1.21 :1 NYSE** **-1.55 :1 NASD** 1780.75 472,130 1.02

Chop Trade Local/ Last lif

08:00:52 AM **1.78 :1 NYSE** **-1.34 :1 NASD** 1783.00 805,206 1.35

09:00:29 AM **2.12 :1 NYSE** **-1.33 :1 NASD** 1785.00 1,066,97 1.15

10:01:51 AM **2.23 :1 NYSE** **-1.6 :1 NASD** 1784.75 1,150,78 0.813

11:08:53 AM **2.35 :1 NYSE** **-1.1 :1 NASD** 1785.75 1,237,42 0.675

12:00:43 PM **2.71 :1 NYSE** **-1.05 :1 NASD** 1786.50 1,331,33 0.678

01:00:21 PM **2.64 :1 NYSE** **-1.08 :1 NASD** 1787.75 1,516,47 0.693

CC Paper light Both Sided/ Shycorp /GS

01:15:20 PM **2.68 :1 NYSE** **-1.08 :1 NASD** 1787.50 1,567,00 0.661

PC SOLLY / SHYCORP Sell PC

ES Opening	1782.25	DELTA
15 MIN Range = Hi		
Lo	1778.25	4.00
VAL Hlgh -	1779.25	
POC -	1778.25	
VAL Low -	1776.75	2.50

missed <u>nums.</u> Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	269	
10	472	203
11	805	333
12	1066	261
1	1150	84
2	* 11498	10348
3	1331	-10167
Cash CLOSE	1516	185
PIT CLOSE	1567	51

Elephant Stomps/TINYS

ES 12-13		
Ask	1787.50	380
Bid	1787.50	877
Volume	1567003	
1:07:09 PM	1787.75	500
1:04:34 PM	1788.00	500
12:59:45 PM	1788.25	500
12:59:30 PM	1788.25	500
12:57:36 PM	1787.50	1000
12:57:22 PM	1787.25	1000
12:55:31 PM	1787.75	1000
12:55:30 PM	1787.75	980
12:55:29 PM	1787.75	1000
12:54:23 PM	1787.25	791
12:53:06 PM	1787.50	697
12:09:10 PM	1787.25	598
8:35:24 AM	1785.00	645
8:27:53 AM	1786.75	756
8:27:53 AM	1786.75	1000
8:02:00 AM	1783.00	500
7:57:48 AM	1783.00	500
7:39:47 AM	1783.00	760
7:16:47 AM	1781.25	553

SP_Pit	1779.80	DELTA
Opening Range =		
Sp Pit	1779.00	0.80
SP_Pit	1788.90	
Day High -		
Day Low -	1777.70	11.20
Closing Range	1788.00	
High -		
Low -	17787.50	15999.50
Settle -	17787.70	
Net Change -	9.00	

What I did well today: - Stopped trading after max loss for the day.

- Traded, got in front of some trades.

- Noticed trend of loss day if first trade is a loser.

What could I have done better: - Cut losses better. - Used setups better. - Wait until trend established and have stops in place for long term trade.

What will I do tomorrow to make things better:

- I will stay with the trade until I get paid.
- I will cut my losing trades even quicker.
- I will journal. I will be sure to check ZAMZAR video conversion before posting. Noticed today that the conversion was not good during the day, but better after hours. Wonder if that will be the same tomorrow.
- I will journal PSYCH and track the market from 10,000' so to speak.

Trade #	Instrument	Account	Strategy	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Entry name	Exit name	Profit	Cum. profit	Commission	MAE	MFE	ETD
1	ES 12-13	Cash		Short	1	1778.25	1780.25	11/14/2013 7:01 AM	11/14/2013 7:15 AM			-104.02	-104.02	4.02	112.5	37.5	141.52
2	ES 12-13	Cash	3 Tick Q	Long	1	1779.5	1779.75	11/14/2013 7:30 AM	11/14/2013 7:30 AM	Entry	Target1	8.48	-95.54	4.02	12.5	12.5	4.02
3	ES 12-13	Cash	3 Tick Q	Long	1	1781	1781.25	11/14/2013 7:32 AM	11/14/2013 7:32 AM	Entry	Target1	8.48	-87.06	4.02	0	25	16.52
4	ES 12-13	Cash	1 Tick Q	Long	1	1784.25	1784.25	11/14/2013 7:49 AM	11/14/2013 8:04 AM	Entry	Target1	-4.02	-91.08	4.02	62.5	0	0
5	ES 12-13	Cash	1 Tick Q	Long	1	1783.5	1784.25	11/14/2013 7:50 AM	11/14/2013 8:04 AM	Entry	Target1	33.48	-57.6	4.02	25	37.5	4.02
6	ES 12-13	Cash	1 Tick Q	Long	1	1788	1788.25	11/14/2013 8:23 AM	11/14/2013 8:23 AM	Entry	Target1	8.48	-49.12	4.02	12.5	12.5	4.02
7	ES 12-13	Cash	1 Tick Q	Long	1	1788	1788.25	11/14/2013 8:24 AM	11/14/2013 8:24 AM	Entry	Target1	8.48	-40.64	4.02	0	12.5	4.02
8	ES 12-13	Cash	1 Tick Q	Long	1	1788.25	1786.75	11/14/2013 8:25 AM	11/14/2013 8:27 AM	Entry	Target1	-79.02	-119.66	4.02	75	12.5	91.52
9	ES 12-13	Cash	1 Tick Q	Long	1	1787.75	1786.75	11/14/2013 8:25 AM	11/14/2013 8:27 AM	Entry	Target1	-54.02	-173.68	4.02	50	12.5	66.52
10	ES 12-13	Cash		Long	1	1787.25	1786.25	11/14/2013 8:28 AM	11/14/2013 8:29 AM		Close	-54.02	-227.7	4.02	50	0	0
11	ES 12-13	Cash		Long	1	1786.25	1784.75	11/14/2013 8:57 AM	11/14/2013 9:05 AM			-79.02	-306.72	4.02	87.5	12.5	91.52
12	ES 12-13	Cash		Long	1	1785	1784.75	11/14/2013 8:59 AM	11/14/2013 9:05 AM			-16.52	-323.24	4.02	37.5	12.5	29.02

