

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?

07:03:54 AM

-1.01 :1 NYSE | -1.3 :1 NASD

LastPrice	DailyVolu	ATR 2 min
1793.00	463,922	0.991

Opening Range 1798.50-1798.70

08:00:21 AM

1.53 :1 NYSE | 1.14 :1 NASD

1797.25 646,144 0.922

I exited my first trade out of FEAR. Fear that the market would continue to CHOP and not reverse. Fear that the lunch hour trade would take the market down past my stop. FEAR that I didn't know what the position of the locals was this morning. FEAR that I did not want my first trade of the morning to be a Loser. A LOT OF FEARS to conquer HERE. :( In time. Oh well still got my two ticks though, and my first trade is a winner which makes me feel better. Maybe I should have entered with more lots. I'll get the hang of all of this if it kills me. NOTE: Still have yet to hit my target. Another thought is walking away from the trades after placing, but not confident in that either. So far stop placement was right.

09:01:08 AM

1.31 :1 NYSE | 1.01 :1 NASD

1796.25 788,957 0.77

10:00:30 AM

1.22 :1 NYSE | -1.27 :1 NASD

1795.25 894,034 0.657

11:00:31 AM

1.3 :1 NYSE | -1.33 :1 NASD

1796.75 954,447 0.578

12:00:25 PM

-1.26 :1 NYSE | -2.2 :1 NASD

1791.75 1,089,31 0.69

12:40:33 PM

1787.75 1,337,53 1.16

01:00:22 PM

-1.91 :1 NYSE | -3.15 :1 NASD

1789.00 1,476,95 1.25

paper both sides CC bulk on the sell side w/ 100 plus cars 89's

01:15:32 PM

1.91 :1 NYSE | -3.15 :1 NASD

1788.75 1,541,53 1.07

Elephant Stomps/TINYS

ES 12-13		
Ask	1788.75	741
Bid	1788.75	26
Volume	1541533	
1:12:11 PM	1789.00	560
1:06:58 PM	1789.00	591
12:12:46 PM	1788.50	517
12:12:20 PM	1789.00	1000 BLO
9:49:48 AM	1795.50	514

Paper selling PC.

VAL High -	1792.25	
POC -	1789.75	
VAL Low -	1788.25	4.00

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

ES	Volume	Change
OPEN	*	356
10	463	107
11	646	183
12	788	142
1	894	106
2	954	60
3	1089	135
Cash CLOSE	1476	387
PIT CLOSE	1541	65

SP_Pit	1798.50	DELTA
Opening Range =		
Sp_Pit	1798.70	0.20
SP_Pit	1799.50	
Day High -		
Day Low -	1785.00	14.50
Closing Range		
High -	1788.70	
Low -	1788.60	0.10
Settle -	1788.60	
Net Change -	-4.90	

What I did well today:

- I traded cash for the first trade.
- Switched to SIM for practicing trading near the close.

What could I have done better:

- I could have slept more last night.
- More confidence in what I am doing.

What will I do tomorrow to make things better:

- More sleep and have something fun to do tonight.
- Continue to pace myself in trading.

Wow every time I turn off my NT7 feed then I remember what I forgot. First time it was my chart to print it out. This time it was for my trade... Well I am not going to start it one more time. SIM trading was over \$200 and real cash just over \$20... Enough for a good lunch. ;-)

