

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
1788.25	284,804	0.753

06:31:45 AM **2.08 :1 NYSE | 2.48 :1 NASD**

Locals sold to paper buyer on open/ locals short

ES OPEN range 15MIN

1790.25 – 1786.75

Opening Range 1789-1787.80
Paper buying the open Locals look short

07:00:23 AM **1.61 :1 NYSE | 1.33 :1 NASD** 1787.75 462,884 1.14

Locals buy 1789-1790 to lighten load

08:00:20 AM **1.93 :1 NYSE | 1.58 :1 NASD** 1789.75 858,324 1.53

09:01:02 AM **2.09 :1 NYSE | 1.6 :1 NASD** 1789.25 1,005,25 1

10:11:49 AM **1.9 :1 NYSE | 1.58 :1 NASD** 1788.50 1,115,45 0.697

11:01:11 AM **1.2 :1 NYSE | 1.28 :1 NASD** 1786.00 1,206,23 0.805

Move is before any reporting in PIT or NEWS... Have to trade the surge on FED announcement. Take three points with Move and either exit or reverse... Better to exit. Now I think we are back into CHOP trade. Will have to see how rest of day shapes up.

12:00:29 PM **1.45 :1 NYSE | -1.33 :1 NASD** 1780.25 1,630,66 1.46

01:00:31 PM **1.97 :1 NYSE | -1.34 :1 NASD** 1780.50 1,991,37 1.48

CC GS and other PAPER BUYERS...

01:15:13 PM **1.97 :1 NYSE | -1.34 :1 NASD** 1779.75 2,057,81 1.31

Elephant Stomps/TINYS

ES 12-13		
Ask	1780.00	299
Bid	1780.00	85
Volume	2057818	
1:09:20 PM	1779.75	500
1:08:40 PM	1780.00	750
1:08:38 PM	1780.00	900
1:03:34 PM	1780.50	500
1:02:00 PM	1780.50	500
1:00:34 PM	1780.50	500
1:00:04 PM	1780.25	723
12:57:46 PM	1779.75	595
12:57:43 PM	1780.00	500
12:56:59 PM	1779.50	1272
12:56:37 PM	1779.50	966
12:56:36 PM	1779.50	1000
12:36:18 PM	1776.25	635
12:36:18 PM	1776.25	764
12:32:43 PM	1777.00	1000
12:02:40 PM	1778.75	1000
12:00:41 PM	1780.00	875
11:41:07 AM	1779.50	806
11:29:36 AM	1784.50	759
11:14:16 AM	1780.50	500
11:07:55 AM	1784.00	716
11:00:10 AM	1784.00	822
10:05:37 AM	1788.75	600
10:02:13 AM	1788.50	1000
9:59:49 AM	1788.25	917
7:35:55 AM	1787.00	1000
7:15:17 AM	1790.00	592
7:10:08 AM	1788.75	500
6:54:42 AM	1786.00	500
6:54:42 AM	1786.25	510
6:54:42 AM	1786.25	625
6:39:48 AM	1787.00	500

ES Opening	1790.25	DELTA
15 MIN Range = Hi		
Lo	1786.75	3.50
VAL High -	1790.25	
POC -	1784.75	
VAL Low -	1783.25	7.00
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	284	
10	462	178
11	858	396
12	1005	147
1	1115	110
2	1206	91
3	1630	424
Cash CLOSE	1991	361
PIT CLOSE	2057	66

What I did well today:

- Traded SIM at end of day vice CASH
- Observed when felt not ready to trade.

What could I have done better:

- Not second guess myself and market.
- Go with the flow more.
- Take calculated risks rather than huddle in corner.
- Not let past adversely affect future trades.
- Accept that it is odds game and get out an play more.

What will I do tomorrow to make things better:

- Insure that I get more rest.
- Follow up with market and clean up study to create better working environment.
- Work at getting travel laptop setup so as not to distracted by not having myself ready for trading on the road.

SP_Pit	1789.00	DELTA
Opening Range =		
Sp_Pit	1787.80	1.20
SP_Pit	1793.80	
Day High -		
Day Low -	1775.00	18.80
Closing Range	1779.80	
High -		
Low -	1779.50	0.30
Settle -	1779.70	
Net Change -	-5.50	

