

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?

6:30 AM

1.28 :1 NYSE | 1.64 :1 NASD

LastPrice	DailyVolu	ATR 2 min
1794.50	253,095	0.639

Elephant Stomps/TINYS

Thin Pit POP/ OPEN Paper buyer paid up to 5.5

ES 1795.75- 1802.50

Opening Range 1795.50 to 1794.50

7:00 AM

1.19 :1 NYSE | 1.17 :1 NASD

1795.00 389,942 0.819

8:00 AM

1.34 :1 NYSE | 1.42 :1 NASD

1796.75 574,206 0.958

9:00 AM

1.66 :1 NYSE | 1.47 :1 NASD

1799.75 728,487 0.759

10:00:48 AM

1.58 :1 NYSE | 1.54 :1 NASD

1799.75 790,684 0.555

11:00:37 AM

1.38 :1 NYSE | 1.32 :1 NASD

1798.75 852,494 0.515

12:00:50 PM

1.67 :1 NYSE | 1.44 :1 NASD

1801.75 937,231 0.519

01:00:22 PM

1.97 :1 NYSE | 1.47 :1 NASD

1803.00 1,167.93 0.609

SHYCORP Sells prior to but BOUGHT CC/ Other paper buyers on CC too

01:15:32 PM

1801.25 1,228.72 0.618

Solly / SHYCORP sell down to 1801 on PC

ES Opening	1802.50	DELTA
15 MIN Range = Hi		
Lo	1795.75	6.75
VAL High -	1794.75	
POC -	1793.75	
VAL Low -	1788.25	6.50
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	253	
10	389	136
11	574	185
12	728	154
1	790	62
2	852	62
3	937	85
Cash CLOSE	1167	230
PIT CLOSE	1228	61

SP_Pit	1795.50	DELTA
Opening Range =		
Sp Pit	1794.50	1.00
SP_Pit	1803.30	
Day High -		
Day Low -	1792.80	10.50
Closing Range		
High -	1801.30	
Low -	1801.00	0.30
Settle -	1801.20	
Net Change -	7.40	

What I did well today: - First trade Cash for 1 pt.

- Second and following trades were SIM and overall happy with trades.

What could I have done better:

- I misread the CYCLE on 6min chart and moved my stop early and was taken out of the trade.

What will I do tomorrow to make things better:

- Prepare on SUNDAY.
- Sleep on Sunday

- Clean Study. Review prior weeks trading.
- Watch open for trades.

ES 12-13		
Ask	1799.75	287
Bid	1799.50	1322
Volume	729925	
7:55:08 AM	1796.75	971
6:40:05 AM	1793.25	510
6:40:05 AM	1793.25	898

11/22/13

Friday

09:26:59 AM

CASH:

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	1794.25	1795.25	11/22/2013 6:48 AM	11/22/2013 6:50 AM	45.98	45.98	4.02	12.5	50	4.02

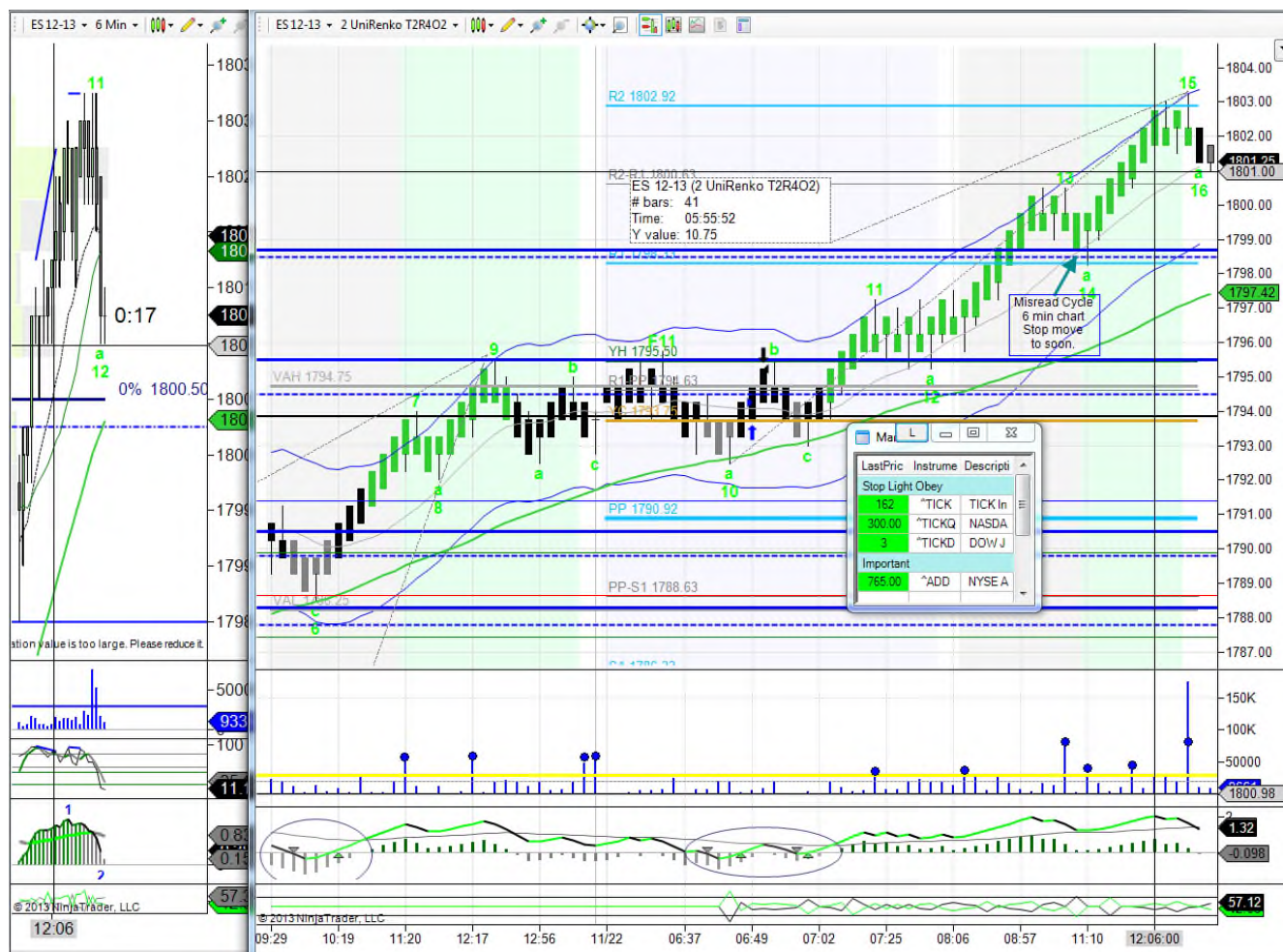
SIM:

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	Sim101	Long	1	1796.5	1795.25	11/22/2013 7:26 AM	11/22/2013 7:28 AM	-66.52	-66.52	4.02	62.5	12.5	79.02
2	ES 12-13	Sim101	Long	1	1796	1797.75	11/22/2013 7:51 AM	11/22/2013 8:33 AM	83.48	16.96	4.02	37.5	212.5	129.02
3	ES 12-13	Sim101	Long	1	1795.5	1798.75	11/22/2013 7:53 AM	11/22/2013 10:41 AM	158.48	175.44	4.02	12.5	237.5	79.02

WEEK SUMMARY CASH:

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	1795.75	1796.25	11/18/2013 7:36 AM	11/18/2013 7:49 AM	20.98	20.98	4.02	25	25	4.02
2	ES 12-13	CASH	Long	1	1794.25	1795.25	11/22/2013 6:48 AM	11/22/2013 6:50 AM	45.98	66.96	4.02	12.5	50	4.02

Still not taking enough trades in the day. Also not riding winners long enough. Setting stops a hair to tight in many trades. All will come in time. It is a process for me. Currently working on just improving a little every day and I will be on my way.



11/22/13

Sunday

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