

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?

06:30:19 AM **1.66 :1 NYSE | 1.23 :1 NASD** 1826.75 362,753 1.06

06:48:26 AM →  
Forgot to get on open, but was 1000 on ADD

LastPrice	Instrument	Description
Stop Light Obey		
-167	^TICK	TICK Index
-98.00	^TICKQ	NASDAQ Cumulative
-19	^TICKDJ	DOW JONES COMP
Important		
516.00	^ADD	NYSE Advancing Issu
149	^ADDQ	NASDAQ COMB NET
29	^ADDJ	Dow Jones COMP Net

Elephant Stomps/TINYS

ES 03-14		
Ask	1836.00	166
Bid	1836.00	345
Volume	1594508	
1:04:01 PM	1836.00	823
1:01:49 PM	1835.75	500
1:00:27 PM	1835.50	566
1:00:16 PM	1835.75	711
12:59:10 PM	1838.00	675
12:49:14 PM	1839.75	718
12:49:07 PM	1839.50	799
12:48:55 PM	1839.25	500
12:46:37 PM	1838.75	926
12:45:16 PM	1838.75	691
12:23:46 PM	1838.75	500
12:12:20 PM	1838.75	554
12:03:18 PM	1838.75	723
12:01:11 PM	1839.00	621
12:01:08 PM	1839.25	500
11:45:08 AM	1837.75	500
11:14:21 AM	1836.75	734
10:41:10 AM	1837.25	500
10:41:08 AM	1837.25	524
8:51:16 AM	1832.50	600
7:12:29 AM	1827.00	850
7:01:55 AM	1824.75	625
6:09:45 AM	1827.00	703

06:52:46 AM Still Personal Issues that are making it difficult to trade. In November it was Francesca's Death. Just yesterday I learned that my father is on the short count to meeting his maker and has been checked into a nursing home with dementia.

07:00:22 AM **1.66 :1 NYSE | 1.23 :1 NASD** 1824.00 **551,563** 1.46  
Decided to SIM trade the day. Looks like heading into CHOP day for certain. Kicking myself a little for not totally following my plan this morning.

08:10:42 AM **1.66 :1 NYSE | 1.23 :1 NASD** 1833.75 **903,461** 1.35  
09:00:13 AM **1.66 :1 NYSE | 1.23 :1 NASD** 1832.25 **1,007,09** 1.15  
10:28:49 AM **1.66 :1 NYSE | 1.23 :1 NASD** 1836.50 **1,160,34** 0.744  
11:27:33 AM **2.33 :1 NYSE | 3.43 :1 NASD** 1836.25 **1,279,91** 0.778  
12:04:35 PM **2.84 :1 NYSE | 3.69 :1 NASD** 1838.50 **1,356,46** 0.832  
01:00:29 PM **3.1 :1 NYSE | 3.86 :1 NASD** 1837.50 **1,494,41** 0.809

Paper Sellers CC// After CC paper buyers

13:20 **Ben: SP500 pit session close levels HOD 1840 LOD 1821 settlement 1836.20** 1836.00 **1,601,70** 0.562

Today's trade sloppy and SIM trading. Feeling like next week may be my week to start cash. Father dying back east so has distracted a bit from clear thought.

ES Opening 15 MIN Range = Hi	31 25	SP_Pit Opening Range =	1827 80	Paper Traders SP Pit Open:	1827
Lo	25 25	Sp_Pit END OF DAY	1840	Cash Close: S	
VAL High -	1838	Day Low -	1821	PAPER SELLER CC	
POC -	1825 50	CLOSING RANGE:		Pit Close:	
VAL Low -	1823 50	High -	36 50	Paper Sellers	
		Low -	1836 -		
		Settle -	1836 20		

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 03-14	Sim101	3 2 close	Long	1	1824.25	1822.25	2/20/2014 6:59 AM	2/20/2014 7:00 AM	Entry	Stop1	-104.02	-104.02	4.02	100	25	129.02
2	ES 03-14	Sim101	3 2 close	Long	1	1822.25	1825.25	2/20/2014 7:01 AM	2/20/2014 7:02 AM	Entry	Target1	145.98	41.96	4.02	12.5	150	4.02
3	ES 03-14	Sim101	3 2 close	Short	1	1824.5	1824.25	2/20/2014 7:02 AM	2/20/2014 7:03 AM	Entry	Target1	8.48	50.44	4.02	25	12.5	4.02
4	ES 03-14	Sim101	3 2 close	Long	1	1825.5	1825.5	2/20/2014 7:05 AM	2/20/2014 7:11 AM	Entry	Target1	-4.02	46.42	4.02	162.5	87.5	91.52
5	ES 03-14	Sim101	3 2 close	Long	1	1824	1825.5	2/20/2014 7:07 AM	2/20/2014 7:11 AM	Entry	Target1	70.98	117.4	4.02	75	175	104.02
6	ES 03-14	Sim101	3 2 close	Long	1	1823.75	1826.5	2/20/2014 7:10 AM	2/20/2014 7:14 AM	Entry	Close	133.48	250.88	4.02	62.5	137.5	4.02
7	ES 03-14	Sim101		Long	1	1832	1832.25	2/20/2014 8:35 AM	2/20/2014 9:02 AM			8.48	259.36	4.02	25	75	66.52
8	ES 03-14	Sim101		Long	1	1832	1832.25	2/20/2014 8:35 AM	2/20/2014 9:03 AM			8.48	267.84	4.02	25	75	66.52
9	ES 03-14	Sim101		Long	1	1836.5	1836.75	2/20/2014 11:13 AM	2/20/2014 11:14 AM			8.48	276.32	4.02	0	25	16.52
10	ES 03-14	Sim101		Long	1	1836.5	1836.75	2/20/2014 11:13 AM	2/20/2014 11:14 AM			8.48	284.8	4.02	0	25	16.52
11	ES 03-14	Sim101		Long	1	1836.5	1836.75	2/20/2014 11:13 AM	2/20/2014 11:14 AM			8.48	293.28	4.02	0	25	16.52
12	ES 03-14	Sim101		Long	2	1838	1838.25	2/20/2014 11:21 AM	2/20/2014 11:50 AM			16.96	310.24	8.04	250	50	33.04
13	ES 03-14	Sim101		Long	1	1838	1838.25	2/20/2014 11:21 AM	2/20/2014 11:50 AM			8.48	318.72	4.02	125	25	16.52
14	ES 03-14	Sim101		Long	1	1836.75	1838.25	2/20/2014 11:28 AM	2/20/2014 11:50 AM			70.98	389.7	4.02	62.5	87.5	16.52
15	ES 03-14	Sim101		Long	1	1836.75	1838.25	2/20/2014 11:28 AM	2/20/2014 11:50 AM			70.98	460.68	4.02	62.5	87.5	16.52
16	ES 03-14	Sim101		Long	1	1836.75	1838.25	2/20/2014 11:28 AM	2/20/2014 11:50 AM			70.98	531.66	4.02	62.5	87.5	16.52

**What I did well today:** \* SIM as still emotional \*Traded \*Protected gains.

**What could I have done better:** \* Stayed in winners longer \* Use Stops more \* Go more with flow.

**What will I do tomorrow to make things better:** \*SIM as still family issues. \*Keep track and plan. \*Sleep.

