

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
1837.75	187,276	0.585

06:30:17 AM **1.1 :1 NYSE | 4.25 :1 NASD**

Paper buys open... Looks like CHOP day Forming to me... Time will tell.

06:38:54 AM So much for my CHOP trade theory, but really still not to late. Will see how it all pans out. No tinys, had a rest room break, up five points from open though. Could have taken the initial buy signal, but tired and stubborn. No Locals on BID. Wow I didn't even notice but the VOL really light as well.

06:42:10 AM →

I need to keep track of my stop light and start recording that on open as well.

**06:58:44 AM SUMMARY:**

Paper bought open.

Later joined by locals buying. Light volume and didn't sleep well last night had me hesitate and not taking my entry.

LastPrice	Instrument	Description
Stop Light Obey		
-51	^TICK	TICK Index
-51.00	^TICKQ	NASDAQ Cumulati
1	^TICKDJ	DOW JONES COM
Important		
1108.00	^ADD	NYSE Advancing Is
789	^ADDQ	NASDAQ COMB N
34	^ADDDJ	Dow Jones COMP

07:00:20 AM **2.47 :1 NYSE | 4.24 :1 NASD** 1848.75 | 448,607 | 1.1

08:01:31 AM **2.77 :1 NYSE | 5.04 :1 NASD** 1850.50 | 680,154 | 1.03

09:00:38 AM **3.86 :1 NYSE | 4.96 :1 NASD** 1855.50 | 878,927 | 0.937

10:00:22 AM **3.66 :1 NYSE | 4 :1 NASD** 1854.75 | 976,050 | 0.72

11:00:27 AM **3.26 :1 NYSE | 3.58 :1 NASD** 1852.50 | 1,056,77 | 0.616

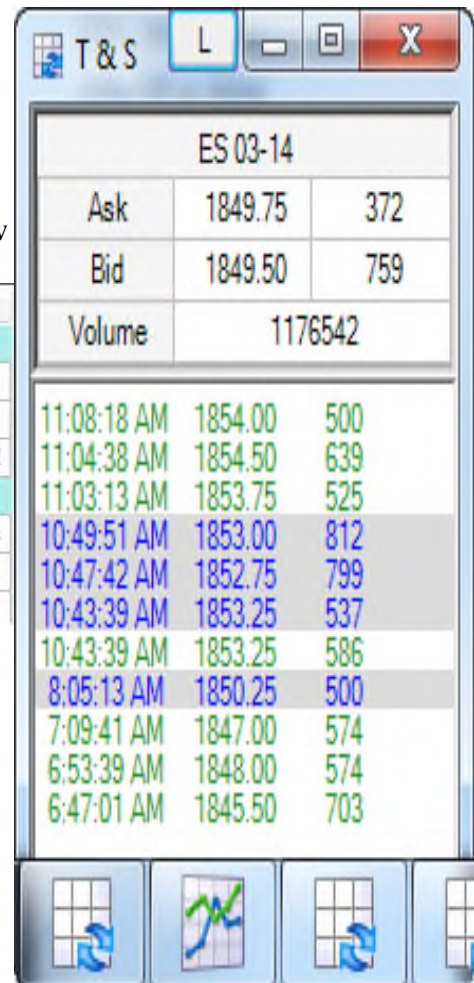
12:15:24 PM **2.75 :1 NYSE | 3 :1 NASD** 1849.75 | 1,174,30 | 0.697

02:18:37 PM **END OF DAY** 1844.50 | 1,606,03 | 0.652

01:25:16 PM 13:24 **Ben:** SP500 pit session close levels HOD

1856.75 LOD 1829.25 settlement 1845.90

Elephant Stomps/TINYS



ES Opening	1843.75	DELTA
15 MIN Range = Hi		
Lo	1837.00	6.75
VAL High -	1843.00	
POC -	1842.00	
VAL Low -	1837.00	6.00

SP_Pit	1838.00	DELTA
Opening Range =		
Sp Pit	1837.50	0.50
SP_Pit	1856.50	
Day High -		
Day Low -	1837.30	19.20
Closing Range		
High -	1846.20	
Low -	1845.20	1.00
Settle -	1845.90	

Trade-#	Instrument	Account	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Profit	Cum. profit	Commission	MAE	MFE	ETD
1	ES 03-14	Sim101	Short	1	1852	1846.75	2/24/2014 12:00 PM	2/24/2014 12:59 PM	258.48	258.48	4.02	25	275	16.52

**What I did well today:** \*Recognized that didn't sleep well and decided that no trade or SIM trade day.

**What could I have done better:** \* Gotten more sleep. \*Followed my trade signals as they occurred early.

**What will I do tomorrow to make things better:** \* Get my sleep, however not much I can do for just flat out waking up as many times as I did.

