

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?

06:30:34 AM **3.04 :1 NYSE | 3.52 :1 NASD**

Paper well buys open/ One tiny pre-open 757 bought @ 1883.75 6:15 PST

06:39 Ben: MARCH S&P opening range 1884-1884.50/

Limited follow through SP pit with paper buying.

06:45:15 AM Locals have and continue to be short/ Paper buying when we get lower.

Open range : 1884.75-1878.25

07:00:32 AM **1.26 :1 NYSE | -1.58 :1 NASD**
1876.75 **618,150** 1.74

08:00:35 AM **1.48 :1 NYSE | -1.41 :1 NASD**

1875.50 **925,649** 1.48

09:00:25 AM **1.23 :1 NYSE | -1.46 :1 NASD** 1876.25 **1,200,40** 1.41

10:00:26 AM **1.29 :1 NYSE | -1.5 :1 NASD** 1875.00 **1,282,19** 0.991

11:00:35 AM **-1.59 :1 NYSE | -1.47 :1 NASD** 1874.50 **1,386,39** 0.95

12:01:06 PM **1.51 :1 NYSE | -1.42 :1 NASD** 1874.50 **1,501,76** 1.06

01:01:32 PM **1.29 :1 NYSE | -1.29 :1 NASD** 1876.75 **1,694,15** 1.11

Paper buys close

01:40:42 PM 1877.00 **1,752,02** 0.888

PC paper bought as well. Bought most of day lite though so locals were able to keep the market down.

LastPric	DailyVolu	ATR 2
1882.75	301,822	1.18

LastPrice	Instrument	Description
Stop Light Obey		
347	^TICK	TICK Index
907.00	^TICKQ	NASDAQ Cu
13	^TICKDJ	DOW JONES

LastPrice	Instrument	Description
Stop Light Obey		
30	^TICK	TICK Index
93.00	^TICKQ	NASDAQ Cu
11	^TICKDJ	DOW JONES
Important		
313.00	^ADD	NYSE Advanci
588	^ADDQ	NASDAQ CO
18	^ADDJ	Dow Jones C

Elephant Stomps/TINYS

ES 03-14		
Ask	1877.50	163
Bid	1877.25	25
Volume	1751838	
1:34:37 PM	1877.50	1277
8:12:13 AM	1871.50	637
8:02:02 AM	1873.50	500
8:01:20 AM	1874.00	584
8:00:22 AM	1875.00	671
7:56:01 AM	1877.00	711
7:55:07 AM	1876.50	637
7:54:05 AM	1876.75	507
7:49:32 AM	1877.00	653
7:47:20 AM	1877.50	689
7:37:33 AM	1879.50	612
7:37:11 AM	1880.00	606
7:28:10 AM	1879.50	675
7:27:42 AM	1879.00	580
7:24:15 AM	1879.50	516
7:23:58 AM	1880.25	562
7:23:30 AM	1880.25	730
7:18:22 AM	1880.25	800
7:15:39 AM	1881.00	500
7:15:38 AM	1881.00	500
7:12:41 AM	1878.50	662
7:11:55 AM	1878.50	600
7:04:51 AM	1877.00	523
6:57:28 AM	1875.50	767
6:57:06 AM	1876.50	626
6:57:06 AM	1876.50	740
6:53:27 AM	1875.75	634
6:38:05 AM	1881.00	919
6:15:02 AM	1883.75	757

ES Opening 15 MIN Range = Hi	1884 75	SP Pit Opening Range =	1884 50	SP Pit Open:	
Lo	1878 25		1884		Paper Buys
VAL High -	1880	Sp Pit END OF DAY	89 50		Cash Close:
POC -	1879 50	Day Low -	69 50		Paper Buys
VAL Low -	1876 50	CLOSING RANGE:			Pit Close:
		High -	78 50		M's Buys 8 50
		Low -	78 80		Sx2000
		Settle -	78 10		SIBLLS 8 5
		Net Change -	+ 1 50		

What I did well today: * Video Cap Day * Used Stops * SIM as father died yesterday didn't know how emotional my trading would be * Week recap although only traded one day * Read market today.

What could I have done better: * Moved stops at first sign of trade pull back after initial 10 tick advance.

What will I do tomorrow to make things better: * Get better nights sleep before trading. * Review and prep for the trading day on Sunday.

Trade-#	Instrument	Account	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Exit name	Profit	Cum. profit	Commission	MAE	MFE	ETD
1	ES 03-14	Sim101	Long	1	1878	1873.25	3/7/2014 7:03 AM	3/7/2014 8:02 AM		-241.52	-241.52	4.02	237.5	150	391.52
2	ES 03-14	Sim101	Long	1	1872.75	1876	3/7/2014 8:24 AM	3/7/2014 8:46 AM		158.48	-83.04	4.02	50	162.5	4.02
3	ES 03-14	Sim101	Long	1	1873.5	1876	3/7/2014 8:36 AM	3/7/2014 8:46 AM		120.98	37.94	4.02	25	125	4.02
4	ES 03-14	Sim101	Long	2	1873.5	1876	3/7/2014 8:36 AM	3/7/2014 8:46 AM		241.96	279.9	8.04	50	250	8.04
5	ES 03-14	Sim101	Long	1	1873.5	1873.75	3/7/2014 8:36 AM	3/7/2014 8:54 AM		8.48	288.38	4.02	25	125	116.52
6	ES 03-14	Sim101	Long	1	1876.75	1877	3/7/2014 12:59 PM	3/7/2014 1:00 PM		8.48	296.86	4.02	12.5	37.5	29.02
7	ES 03-14	Sim101	Long	2	1876.75	1877	3/7/2014 12:59 PM	3/7/2014 1:00 PM		16.96	313.82	8.04	25	75	58.04
8	ES 03-14	Sim101	Long	1	1876.75	1877	3/7/2014 12:59 PM	3/7/2014 1:00 PM		8.48	322.3	4.02	12.5	37.5	29.02
9	ES 03-14	Sim101	Short	1	1877	1876.5	3/7/2014 1:00 PM	3/7/2014 1:00 PM	Close	20.98	343.28	4.02	12.5	37.5	16.52

