

03/14/14

Friday

06:13:51 AM

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?

06:55:07 AM

1.09 :1 NYSE | 1.26 :1 NASD

LastPrice	DailyVolu	ATR 2 m
1839.50	561,034	1.66
1838.75	605,750	1.76

07:00:20 AM

1.11 :1 NYSE | 1.11 :1 NASD

LastPrice	Instrument	Description
Stop Light Obey		
239	^TICK	TICK Index
136.00	^TICKQ	NASDAQ Cu
-15	^TICKDJ	DOW JONES
Important		
756.00	^ADD	NYSE Advanci
74	^ADDQ	NASDAQ CO
22	^ADDJ	Dow Jones C

Elephant Stomps/TINYS

T & S		
ES 06-14		
Ask	1833.50	471
Bid	1833.25	222
Volume	2144109	
12:50:46 PM	1833.50	543
8:59:57 AM	1843.75	660
8:59:47 AM	1844.00	580
8:55:39 AM	1843.50	760
8:46:40 AM	1840.75	736
8:46:29 AM	1841.00	601
8:44:51 AM	1840.75	500
8:39:19 AM	1836.25	687
8:35:35 AM	1836.75	529
8:31:04 AM	1836.25	640
8:22:40 AM	1835.25	979
7:30:52 AM	1841.25	711
7:17:29 AM	1844.00	585
7:15:55 AM	1843.25	1000
6:45:05 AM	1844.00	549

08:41:26 AM

-1.06 :1 NYSE | 1.14 :1 NASD

1838.75 1,102,46 1.65

09:00:22 AM

1.38 :1 NYSE | 1.49 :1 NASD

1844.25 1,273,55 1.67

10:14:51 AM

1.13 :1 NYSE | 1.32 :1 NASD

1840.75 1,527,89 1.42

11:01:59 AM

1.06 :1 NYSE | 1.21 :1 NASD

1838.75 1,632,18 1.25

12:03:35 PM

1.19 :1 NYSE | -1.02 :1 NASD

1835.00 1,771,24 1.08

01:00:57 PM

1.13 :1 NYSE | -1.07 :1 NASD

1833.50 2,133,99 1.2

Good buyer in SPREAD Cash Close.

No lean local or paper.

03:02:54 PM

1832.50 2,197,28 0.693

SP_Pit Opening Range =	18 37 50	SP Pit Open:
	18 36	Paper Buys -
Sp_Pit END OF DAY High-	18 45 50	Cash Close:
Day Low -	18 32 30	MINIRED / Local SHIT
CLOSING RANGE:		Pit Close:
High -	18	Paper Sells
Low -	18	Light to
Settle -	18 32 90	Locals
Net Change -	-6 80	

03/14/14

Friday

1

14Mar14.odt

03/14/14

Friday

06:13:51 AM

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 06-14	Sim101		Long	1	1840.25	1840.5	3/14/2014 6:33 AM	3/14/2014 6:39 AM			8.48	8.48	4.02	150	250	241.52
2	ES 06-14	Sim101		Long	1	1839.25	1840.5	3/14/2014 6:34 AM	3/14/2014 6:52 AM			58.48	66.96	4.02	100	300	241.52
3	ES 06-14	Sim101		Short	1	1840.5	1840.25	3/14/2014 6:52 AM	3/14/2014 6:53 AM			8.48	75.44	4.02	25	12.5	4.02
4	ES 06-14	Sim101		Long	2	1842	1842.25	3/14/2014 7:47 AM	3/14/2014 7:48 AM			16.96	92.4	8.04	50	25	8.04
5	ES 06-14	Sim101		Long	1	1842	1842.25	3/14/2014 7:47 AM	3/14/2014 7:48 AM			8.48	100.88	4.02	25	12.5	4.02
6	ES 06-14	Sim101		Long	1	1841	1833.5	3/14/2014 10:21 AM	3/14/2014 1:34 PM			-379.02	-278.14	4.02	437.5	12.5	391.52
7	ES 06-14	Sim101		Long	1	1841	1833.5	3/14/2014 10:21 AM	3/14/2014 1:34 PM			-379.02	-657.16	4.02	437.5	12.5	391.52
8	ES 06-14	Sim101		Long	1	1841	1833.5	3/14/2014 10:21 AM	3/14/2014 1:34 PM			-379.02	-1036.18	4.02	437.5	12.5	391.52
9	ES 06-14	Sim101		Long	3	1839.5	1833.5	3/14/2014 10:24 AM	3/14/2014 1:34 PM			-912.06	-1948.24	12.06	1087.5	112.5	1024.56
10	ES 06-14	Sim101		Long	3	1838	1833.5	3/14/2014 10:45 AM	3/14/2014 1:34 PM			-687.06	-2635.3	12.06	862.5	262.5	949.56
11	ES 06-14	Sim101		Long	1	1837	1833	3/14/2014 11:40 AM	3/14/2014 1:36 PM		Close	-204.02	-2839.32	4.02	250	25	229.02



03/14/14

Friday

2

14Mar14.odt

03/14/14

Friday

06:13:51 AM

What I did well today: * I traded well before 12 EST *Entries and exits were planned.

What could I have done better: * Finish morning check sheet before even thinking about trading. Give myself more of a break. * Always trade with STOPS IN PLACE. * Trade with the market. * Never think I am smarter than the market. * Not trade UPSET no mater how much I think I have it together. Eventually it will show in my trading. *Half listened to advice of others. I SIM trade vice trading with real money, however I should take the time off from trading all together.

What will I do tomorrow to make things better: * Will take time over the weekend for myself. * Ensure check sheet finished before trading. * Work on taxes. * Work on grieving and planing my life.

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		Long	1	1866.5	1864.5	3/12/2014 8:22 AM	3/12/2014 8:56 AM			-104.02	-104.02	4.02	100	100	204.02
2	ES 03-14	Sim101		Long	1	1865	1864.5	3/12/2014 8:56 AM	3/12/2014 8:56 AM			-29.02	-133.04	4.02	25	0	0
3	ES 03-14	Sim101		Short	1	1863	1864.5	3/12/2014 9:27 AM	3/12/2014 9:53 AM		Close	-79.02	-212.06	4.02	100	25	104.02
4	ES 03-14	Sim101		Short	3	1864	1867.25	3/12/2014 10:12 AM	3/12/2014 11:06 AM			-499.56	-711.62	12.06	487.5	225	724.56
5	ES 03-14	Sim101		Short	3	1864.75	1867.25	3/12/2014 10:46 AM	3/12/2014 11:06 AM			-387.06	-1098.68	12.06	375	37.5	424.56
6	ES 03-14	Sim101	Custom	Short	1	1870.25	1868.25	3/13/2014 6:57 AM	3/13/2014 7:37 AM	Entry	Target1	95.98	-1002.7	4.02	87.5	500	404.02
7	ES 03-14	Sim101	Custom	Short	1	1870.25	1868.25	3/13/2014 6:57 AM	3/13/2014 7:37 AM	Entry	Target1	95.98	-906.72	4.02	87.5	500	404.02
8	ES 03-14	Sim101	Custom	Short	1	1870.25	1860.25	3/13/2014 6:57 AM	3/13/2014 8:50 AM	Entry	Target2	495.98	-410.74	4.02	87.5	500	4.02
9	ES 03-14	Sim101		Long	1	1850	1848.75	3/13/2014 10:12 AM	3/13/2014 11:13 AM			-66.52	-477.26	4.02	100	150	216.52
10	ES 03-14	Sim101		Long	1	1853	1848.75	3/13/2014 10:29 AM	3/13/2014 11:13 AM			-216.52	-693.78	4.02	250	0	0
11	ES 03-14	Sim101		Long	1	1851.25	1848.75	3/13/2014 10:45 AM	3/13/2014 11:13 AM			-129.02	-822.8	4.02	150	50	179.02
12	ES 06-14	Sim101		Long	1	1840.25	1840.5	3/14/2014 6:33 AM	3/14/2014 6:39 AM			8.48	-814.32	4.02	150	250	241.52
13	ES 06-14	Sim101		Long	1	1839.25	1840.5	3/14/2014 6:34 AM	3/14/2014 6:52 AM			58.48	-755.84	4.02	100	300	241.52
14	ES 06-14	Sim101		Short	1	1840.5	1840.25	3/14/2014 6:52 AM	3/14/2014 6:53 AM			8.48	-747.36	4.02	25	12.5	4.02
15	ES 06-14	Sim101		Long	2	1842	1842.25	3/14/2014 7:47 AM	3/14/2014 7:48 AM			16.96	-730.4	8.04	50	25	8.04
16	ES 06-14	Sim101		Long	1	1842	1842.25	3/14/2014 7:47 AM	3/14/2014 7:48 AM			8.48	-721.92	4.02	25	12.5	4.02
17	ES 06-14	Sim101		Long	1	1841	1833.5	3/14/2014 10:21 AM	3/14/2014 1:34 PM			-379.02	-1100.94	4.02	437.5	12.5	391.52
18	ES 06-14	Sim101		Long	1	1841	1833.5	3/14/2014 10:21 AM	3/14/2014 1:34 PM			-379.02	-1479.96	4.02	437.5	12.5	391.52
19	ES 06-14	Sim101		Long	1	1841	1833.5	3/14/2014 10:21 AM	3/14/2014 1:34 PM			-379.02	-1858.98	4.02	437.5	12.5	391.52
20	ES 06-14	Sim101		Long	3	1839.5	1833.5	3/14/2014 10:24 AM	3/14/2014 1:34 PM			-912.06	-2771.04	12.06	1087.5	112.5	1024.56
21	ES 06-14	Sim101		Long	3	1838	1833.5	3/14/2014 10:45 AM	3/14/2014 1:34 PM			-687.06	-3458.1	12.06	862.5	262.5	949.56
22	ES 06-14	Sim101		Long	1	1837	1833	3/14/2014 11:40 AM	3/14/2014 1:36 PM		Close	-204.02	-3662.12	4.02	250	25	229.02

03/14/14

Friday

3

14Mar14.odt