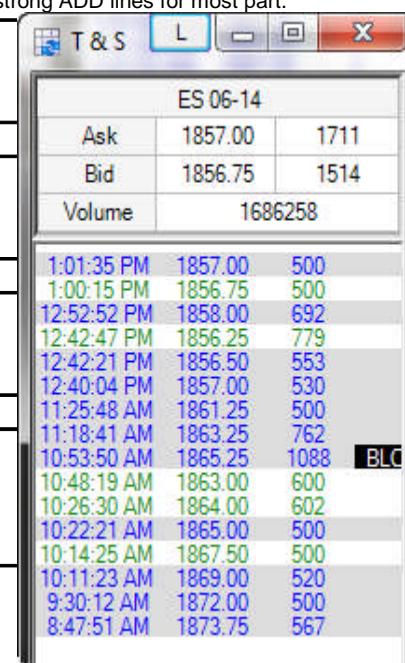


Notes:	Friday March 21 <sup>st</sup> 2014// Woke when I wanted and traded the same way. Tired of fighting myself.				
Time check for the day: END OF DAY BREADTH	<b>1.1 :1 NYSE -2.19 :1 NASD</b>				
7:15 AM					
7:30 AM					
7:45 AM					
8:00 AM	Chop Trade Locals Short. SIM trade as getting back into it.	1873.25	1873.00	742,262	1.27
8:15 AM	Locals trade/Not hearing Paper Paper bought open/ Other majors showing weakness./ in trades light./				
9:30 AM	Again I fell behind in monitoring the day. I tend to do that more on a low chop type of day. At least not suckered today into chop trades. Protected gains from earlier. May have been better to follow gut and lock in more gain, but would have prevented being able to collect on any run up.				
10:30 AM	Did not take STRONG SHORT SIGNAL: mistake, just wasn't feeling it. Chart had confirmation and everything. Oh well				
10:45 AM	New Lows across board. Was thinking of BUY at overnight lows. Still seeing strong ADD lines for most part.				
11:00 AM					
11:15 AM					
11:30 AM					
11:45 AM					
12:00 PM					
12:15 PM					
12:30 PM	Very distracted. Chart looks like CHOP manipulation to me.				
12:45 PM					
1:00 PM	Paper Solly & GS bulk sellers CC/ Locals core short entire day/ flat midday.				
1:15 PM	Paper Sellers PC there was correlation w/ Bonds and SP today				
1:30 PM					
1:45 PM	13:36 Ben: SP500 pit session close levels				
2:00 PM	HOD 1876.50 LOD 1855.80 settle 1857				
	<b>SP_Pit</b>				
	<b>Opening Range =</b>	1873	DELTA		
	<b>Sp_Pit</b>	1872	1.00		
	<b>SP_Pit</b>				
	<b>Day High -</b>	1876.5			
	<b>Day Low -</b>	1855.8	20.70		
	<b>Closing Range</b>				
	<b>High -</b>	1857.2			
	<b>Low -</b>	1856.7	0.50		
	<b>Settle -</b>	1857			
	<b>Net Change -</b>	-9.1			
	<b>Okay here we are the end of the day:</b>				
	<b>What I did right today:</b> I traded second entry. I relaxed my trading. I protected my profits against a reversal in the markets..				
	What could I have done better: Stayed with my system. Stayed with the indicators. Stopped trying to second guess my system. Accept what I have and where I am.				
	<b>What will I do better tomorrow:</b> Monday I will stick with laptop trading. I wanted to buy a new laptop, but that is not going to make my trading any better. I think that what I have will work and I just need to learn how to work with it better.				



Time	LastTrd	Instrument	PositionSize	ProfitLoss	RealizedPnL	Unrealized	BidPrice	AskPrice	LastPrice	DailyVolume	ATR 2 min
<b>INTERACTIVE BROKERS</b>											
8:09:10 A		ES 06-14		\$0.00	\$0.00	\$0.00	1872.25	1872.50	1872.50	754,396	1.23
8:30:51 A		ES 06-14		\$0.00	\$0.00	\$0.00	1874.50	1874.75	1874.75	791,628	1.05
9:38:16 A		ES 06-14		\$0.00	\$0.00	\$0.00	1870.75	1871.00	1870.75	931,125	0.849
10:03:12		ES 06-14		\$0.00	\$0.00	\$0.00	1869.75	1870.00	1870.00	972,756	0.824
11:00:09		ES 06-14		\$0.00	\$0.00	\$0.00	1863.00	1863.25	1863.25	1,170,251	1.1
12:32:14		ES 06-14		\$0.00	\$0.00	\$0.00	1859.25	1859.50	1859.25	1,486,555	1.49
1:00:36 P		ES 06-14		\$0.00	\$0.00	\$0.00	1856.25	1856.50	1856.25	1,673,473	1.52
1:45:21 P		ES 06-14		\$0.00	\$0.00	\$0.00	1857.00	1857.25	1857.25	1,740,033	1.09