

Notes:					LastPrice DailyVolum ATR 2 min												
8:00 AM	Strong Short Missed. Was on Phone & woke up late.																
8:15 AM	3.63 :1 NYSE -8.9 :1 NASD																
8:30 AM	Didn't take second short either. DAMN just me. Will get there.																
8:45 AM																	
9:00 AM																	
9:15 AM	Chop Trade. Out first one.																
9:30 AM																	
9:45 AM	What did well: * Traded. *Accept responsibility * Traded aggressively, Yet protected gains. Fixed some errors in setup. * Accepted that new computer will not make better trader.																
10:00 AM	What could be better: * Maintain focus. * Work out a time schedule so I am better prepared to continue Track the day *Clean spaces																
10:15 AM	What doing tomorrow to make things better. * Clean space Track more * Keep my eye on the prize.																
10:30 AM																	
10:45 AM																	
11:00 AM																	
11:15 AM																	
11:30 AM																	
11:45 AM																	
12:00 PM																	
12:15 PM																	
12:30 PM																	
12:45 PM																	
1:00 PM	Paper both sides CC:																
1:15 PM	Paper Sells PC/ Locals late afternoon seller.																
1:30 PM	SP_Pit																
1:45 PM	Opening Range = 1864.30 DELTA																
2:00 PM	Sp_Pit 1863.50 0.80																
2:15 PM	SP_Pit																
2:30 PM	Day High - 1866.00																
2:45 PM	Day Low - 1841.50 24.50																
3:00 PM	Closing Range																
3:15 PM	High - 1849.70																
3:30 PM	Low - 1849.00 0.70																
3:45 PM	Settle - 1849.40																
4:00 PM																	
4:15 P	Trade-#	Instrument	Account	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Exit name	Profit	Cum. profit	Commission	MAE	MFE	ETD	
4:30 P	1	ES 06-14	Sim101	Long	1	1845.25	1845.75	3/24/2014 8:21 AM	3/24/2014 8:30 AM		25	25	0	0	100	75	
4:30 P	2	ES 06-14	Sim101	Long	1	1849.75	1850.5	3/24/2014 11:00 AM	3/24/2014 11:03 AM	Close	37.5	62.5	0	25	50	12.5	
4:45 P	3	ES 06-14	Sim101	Long	1	1850.5	1851	3/24/2014 11:05 AM	3/24/2014 11:06 AM		25	87.5	0	0	25	0	
5:00 P	4	ES 06-14	Sim101	Short	1	1850.5	1850.25	3/24/2014 11:07 AM	3/24/2014 11:07 AM		12.5	100	0	12.5	12.5	0	
5:15 P	5	ES 06-14	Sim101	Long	1	1850	1849.25	3/24/2014 11:07 AM	3/24/2014 11:09 AM	Close	-37.5	62.5	0	50	0	0	
5:30 P	6	ES 06-14	Sim101	Long	1	1849.75	1849.25	3/24/2014 11:08 AM	3/24/2014 11:09 AM	Close	-25	37.5	0	25	0	0	
5:30 P	7	ES 06-14	Sim101	Long	1	1849.25	1849.25	3/24/2014 11:16 AM	3/24/2014 11:27 AM	Close	-2.01	35.49	2.01	100	0	0	
5:45 P	8	ES 06-14	Sim101	Long	1	1849.25	1849.25	3/24/2014 11:17 AM	3/24/2014 11:27 AM	Close	-2.01	33.48	2.01	87.5	12.5	14.51	
6:00 P	9	ES 06-14	Sim101	Long	1	1848.5	1849.25	3/24/2014 11:17 AM	3/24/2014 11:27 AM	Close	35.49	68.97	2.01	62.5	37.5	2.01	
6:15 P	10	ES 06-14	Sim101	Long	1	1848	1849.25	3/24/2014 11:19 AM	3/24/2014 11:27 AM	Close	60.49	129.46	2.01	25	75	14.51	
6:30 P	11	ES 06-14	Sim101	Long	1	1850.75	1850.25	3/24/2014 11:28 AM	3/24/2014 11:28 AM	Close	-29.02	100.44	4.02	25	0	0	

ES 06-14

Ask	1849.25	151
Bid	1849.25	670
Volume	1825449	

1:06:31 PM

1849.25

500

1:03:06 PM

1849.75

999

1:02:12 PM

1849.50

500

1:02:05 PM

1849.50

974

12:59:08 PM

1850.25

1000

12:56:11 PM

1850.50

627

12:50:29 PM

1851.75

500

12:39:03 PM

1853.75

500

12:37:10 PM

1853.75

527

12:36:50 PM

1853.75

998

12:33:26 PM

1854.50

618

12:25:52 PM

1850.00

589

12:25:20 PM

1850.25

513

11:48:43 AM

1851.50

627

11:46:52 AM

1852.25

500

11:34:09 AM

1849.25

567

11:31:55 AM

1850.50

601

11:17:51 AM

1848.00

553

11:13:24 AM

1849.00

702

11:12:48 AM

1849.25

624

11:05:30 AM

1850.75

667

10:55:03 AM

1848.75

500

10:22:08 AM

1845.00

532

9:43:41 AM

1842.00

801

9:36:59 AM

1843.00

500

9:35:30 AM

1842.75

500

8:13:37 AM

1845.00

650

8:11:03 AM

1843.25

500

8:06:54 AM

1844.25

708

8:03:25 AM

1843.75

652

7:00:25 AM

1857.00

528

7:00:25 AM

1857.00

742

LastPrice DailyVolum ATR 2 min

1846.50 767,788 1.65

T & S L - X

ES 06-14

Ask 1849.25 151

Bid 1849.25 670

Volume 1825449

1:06:31 PM 1849.25 500
1:03:06 PM 1849.75 999
1:02:12 PM 1849.50 500
1:02:05 PM 1849.50 974
12:59:08 PM 1850.25 1000
12:56:11 PM 1850.50 627
12:50:29 PM 1851.75 500
12:39:03 PM 1853.75 500
12:37:10 PM 1853.75 527
12:36:50 PM 1853.75 998
12:33:26 PM 1854.50 618
12:25:52 PM 1850.00 589
12:25:20 PM 1850.25 513
11:48:43 AM 1851.50 627
11:46:52 AM 1852.25 500
11:34:09 AM 1849.25 567
11:31:55 AM 1850.50 601
11:17:51 AM 1848.00 553
11:13:24 AM 1849.00 702
11:12:48 AM 1849.25 624
11:05:30 AM 1850.75 667
10:55:03 AM 1848.75 500
10:22:08 AM 1845.00 532
9:43:41 AM 1842.00 801
9:36:59 AM 1843.00 500
9:35:30 AM 1842.75 500
8:13:37 AM 1845.00 650
8:11:03 AM 1843.25 500
8:06:54 AM 1844.25 708
8:03:25 AM 1843.75 652
7:00:25 AM 1857.00 528
7:00:25 AM 1857.00 742

ES 06-14 (2 UniRenko T2R402) 3/24/2014

