

Notes:

Time check for the day:

6:30 AM

Paper aggressive buy on open

6:45 AM

Mixed chart signal open. 6Min down/ UniRenko up for MACD/ Now both up.

8.81 :1 NYSE | 6.03 :1 NASD

7:30 AM

Again did not take trade signal for entry. Second Guessing. BAD HABIT. Trying to figure out the best way to do my daily journaling

2.24 :1 NYSE | 2.14 :1 NASD

9:15 AM

Still having trouble sticking to my guns with trades.

9:30 AM

1.32 :1 NYSE | -1.43 :1 NASD

10:15 AM

Entering late on trades due to timidity.

1.59 :1 NYSE | 1.03 :1 NASD

11:45 AM

Getting toward the end of DAY here.

12:30 PM

Chop trade Local. I got out while I could with small gain on last trades.

1.8 :1 NYSE | 1.19 :1 NASD

12:45 PM

Didn't have the stomach to stick with this till the end with trades.

1:00 PM

Paper GS solid BUYER CC several hundred cars

1:15 PM

Paper sat out PC// Locals closed positions on screen

TimeLastTi

Instrument

PositionSiz

ProfitLoss

RealizedPr

Unrealized

BidPrice

AskPrice

LastPrice

DailyVolum

ATR 2 min

INTERACTIVE BROKERS

6:34:00 A

ES 06-14

\$0.00

\$0.00

\$0.00

1861.75

1862.00

1861.75

263,106

0.718

7:39:16 A

ES 06-14

\$0.00

\$0.00

\$0.00

1857.75

1858.00

1858.00

612,170

1.34

9:16:45 A

ES 06-14

\$0.00

\$0.00

\$0.00

1851.75

1852.00

1852.00

1,021,165

1.39

10:01:10

ES 06-14

\$0.00

\$0.00

\$0.00

1854.50

1854.75

1854.50

1,165,382

1.27

11:21:17

ES 06-14

\$0.00

\$0.00

\$0.00

1857.25

1857.50

1857.25

1,373,075

1.03

1:00:04 P

ES 06-14

\$0.00

\$0.00

\$0.00

1858.50

1858.75

1858.50

1,597,971

1.02

1:43:17 P

ES 06-14

\$0.00

\$0.00

\$0.00

1858.50

1858.75

1858.75

1,649,617

0.813

Trade-#

Instrument

Account

Market pos.

Quantity

Entry price

Exit price

Entry time

Exit time

Exit name

Profit

Cum. profit

Commission

MAE

MFE

1

ES 06-14

Sim101

Long

1

1862.25

1859.25

3/25/2014 6:59 AM

3/25/2014 7:02 AM

-154.02

-154.02

4.02

150

25

2

ES 06-14

Sim101

Long

1

1859.75

1861

3/25/2014 7:03 AM

3/25/2014 7:05 AM

Close

58.48

-95.54

4.02

25

75

3

ES 06-14

Sim101

Long

1

1859.75

1861

3/25/2014 7:03 AM

3/25/2014 7:05 AM

Close

58.48

-37.06

4.02

25

75

4

ES 06-14

Sim101

Short

1

1854.75

1854

3/25/2014 7:49 AM

3/25/2014 7:50 AM

Close

33.48

-3.58

4.02

12.5

37.5

5

ES 06-14

Sim101

Short

1

1854.5

1854

3/25/2014 7:49 AM

3/25/2014 7:50 AM

Close

20.98

17.4

4.02

0

25

6

ES 06-14

Sim101

Short

1

1854.5

1854

3/25/2014 7:49 AM

3/25/2014 7:50 AM

Close

20.98

38.38

4.02

0

25

7

ES 06-14

Sim101

Long

1

1855.25

1859.75

3/25/2014 9:53 AM

3/25/2014 10:28 AM

220.98

259.36

4.02

62.5

225

8

ES 06-14

Sim101

Long

1

1860.75

1859.75

3/25/2014 11:12 AM

3/25/2014 12:30 PM

-54.02

205.34

4.02

212.5

12.5

9

ES 06-14

Sim101

Long

1

1857

1859.75

3/25/2014 11:49 AM

3/25/2014 12:30 PM

133.48

338.82

4.02

37.5

187.5

What I did I right?:

*Today I traded. * I pushed myself to trade more. * I stuck with SIM trading as not fully confident yet. * Settling in using my laptop for trading. * Worked on daily journal template, still some work.

What could I have done better?:

*I could have taken my trading signals quicker and not try to second guess the market.

What will I do better tomorrow?:

* Continue SIM until consistent with both trading and my returns. * Work toward filling time more productively. * Listen to my inner trader. *Stop fighting and go with the direction of market early am more.

ES 06-14 (2 UniRenko T2R4O2) 3/25/2014

