

Notes:	03/26/14
Time check for the day:	
6:30 AM	Paper Sells Open Bulk Sellers/ Locals buy. 4.1 :1 NYSE 1.26 :1 NASD
6:45 AM	Started trading this morning and was not totally focused. had not been finished. Need to stick to after all is ready.
7:30 AM	Light vol. Crappy trading day. Sticking to now. Have stops in place. Also playing coulda wouuuua snouuuua not good. Staying in there and keeping with rules. was that I was not focused enough this morning. am in trades I have to walk away so as 1.54 :1 NYSE 1 :1 NASD
7:45 AM	Looking for GAP Close. The market give me what it gives me. 1.23 :1 NYSE -1.46 :1 NASD
9:15 AM	Today is totally counter indicator day. I am out for the day. than anything today.
11:30 AM	Looks like all the excitement happened while was off getting my hair cut. Either way though chop morning. Paper from open. Market headed south. 2.12 :1 NYSE -3.79 :1 NASD
1:00 PM	Paper buys CC.. Locals hitting BIDS into CC
1:15 PM	Paper Good Seller PC. 3.52 :1 NYSE -6.68 :1 NASD

SP_Pit	Opening Range =	1866.50	DELTA	ES Opening		
Sp_Pit		1865.80	0.70	15 MIN Range = Hi	1868.75	DELTA
SP_Pit	Day High -	1868.50		Lo	1873.75	5.00
Day High -		1841.70	26.80	VAL High -	1862.25	
Closing Range				POC -	1858.75	
High -		1843.20		VAL Low -	1853.75	8.50
Low -		1842.00	1.20			
Settle -		1842.60				

ES 06-14		
Ask	1844.75	27
Bid	1844.50	39
Volume	19465	
1:53:45 PM	1843.75	500
1:53:33 PM	1843.50	500
1:01:28 PM	1842.50	519
1:00:10 PM	1844.50	500
1:00:10 PM	1844.50	720
12:59:50 PM	1845.25	631
12:56:51 PM	1846.75	568
12:56:39 PM	1847.00	1023
12:45:18 PM	1849.25	500
12:40:52 PM	1849.50	742
12:32:25 PM	1850.25	750
12:30:15 PM	1850.00	565
12:26:38 PM	1850.50	750
12:12:37 PM	1852.75	540
11:47:51 AM	1854.00	550
11:40:55 AM	1851.75	667
11:25:42 AM	1850.75	515
11:19:39 AM	1850.50	673
11:15:01 AM	1850.50	749
11:14:32 AM	1852.00	940
11:06:16 AM	1853.00	608
10:41:00 AM	1853.50	648
10:30:49 AM	1854.50	517
10:22:55 AM	1860.50	510
10:07:42 AM	1861.75	659
10:07:35 AM	1861.50	600
10:07:33 AM	1861.50	927
10:07:33 AM	1861.50	1000
9:48:04 AM	1861.50	644
9:47:56 AM	1861.25	1471
9:38:39 AM	1861.75	1920
9:38:39 AM	1861.50	600
9:22:52 AM	1860.50	500
9:22:48 AM	1860.25	500
9:09:21 AM	1860.75	596
9:05:29 AM	1860.00	703
9:02:53 AM	1860.25	555
8:55:58 AM	1860.75	846
8:55:58 AM	1860.75	519
7:32:04 AM	1862.50	600
7:07:59 AM	1864.75	500
6:43:21 AM	1867.00	500
6:32:32 AM	1868.00	681

What I did I right?: * Planed trade and traded the plan. * Quit trading after getting my quota in for day, plus was time to get a haircut. *Did not trade the afternoon after the surge lower as could have just as easily popped and a short would have had too much charge to it at that level for me.

What could I have done better?: *Stuck with trading and haircut after trading day. *Pace myself better. *Close losers quicker on market turns.

What will I do better tomorrow?: *SIM trade. *Journal More *Sleep tonight. *Relax *Read tonight as well.

TimeLastTi	Instrument	PositionSiz	ProfitLoss	RealizedPr	Unrealized	BidPrice	AskPrice	LastPrice	DailyVolum	ATR 2 min
INTERACTIVE BROKERS										
6:32:02 A	ES 06-14		\$0.00	\$0.00	\$0.00	1867.50	1867.75	1867.75	210,923	0.728
7:26:22 A	ES 06-14		\$0.00	\$0.00	\$0.00	1862.25	1862.50	1862.25	521,423	1.45
9:16:33 A	ES 06-14		\$0.00	\$0.00	\$0.00	1861.25	1861.50	1861.25	857,793	1.32
11:38:54	ES 06-14		\$0.00	\$0.00	\$0.00	1850.50	1850.75	1850.50	1,407,807	1.58
1:00:10 P	ES 06-14		\$0.00	\$0.00	\$0.00	1844.25	1844.50	1844.50	1,792,552	1.41
1:14:59 P	ES 06-14		\$0.00	\$0.00	\$0.00	1842.75	1842.75	1842.75	1,878,788	1.34

Trade#	Instrument	Account	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Exit name	Profit	Cum. profit	Commission	MAE	MFE	ETD	Bars
1	ES 06-14	Sim101	Short	1	1867	1867	3/26/2014 6:33 AM	3/26/2014 6:34 AM	Close	-4.02	-4.02	4.02	0	25	29.02	0
2	ES 06-14	Sim101	Long	1	1867	1863.5	3/26/2014 6:42 AM	3/26/2014 6:47 AM		-179.02	-183.04	4.02	175	50	229.02	0
3	ES 06-14	Sim101	Short	1	1863	1859.75	3/26/2014 7:00 AM	3/26/2014 8:48 AM		158.48	-24.56	4.02	62.5	162.5	4.02	0
4	ES 06-14	Sim101	Short	1	1863	1859.75	3/26/2014 7:00 AM	3/26/2014 8:48 AM		158.48	133.92	4.02	175	162.5	4.02	0
5	ES 06-14	Sim101	Short	1	1863	1859.75	3/26/2014 7:00 AM	3/26/2014 8:48 AM		158.48	292.4	4.02	175	162.5	4.02	0
6	ES 06-14	Sim101	Short	1	1863	1862	3/26/2014 7:00 AM	3/26/2014 8:52 AM		45.98	338.38	4.02	175	162.5	116.52	0

ES 06-14 (2 UniRenko T2R4O2) 3/26/2014

