

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?

06:30:43 AM **3.79 :1 NYSE** **3.57 :1 NASD** 1619.50 **598,806** 1.91

Swiss/GS buy OPEN/ Locals Sell / THIN PIT POP
 OPEN Swiss/GS all buy OPEN/ Locals Sell / THIN PIT POP
 06:34 Ben: SEP S&P opening range 1620-1619.50
 ES First 15MIN BAR 1621.75 – 1616.25

Okay I'm watching / Wondering why I am not trading/ Locals been short all morning/ My Short Term and Long term trade charts are negative, but STOCH was not in SYNCH and I used as reason not to hop on pop.

07:00:23 AM **1.2 :1 NYSE** **1.7 :1 NASD** 1617.00 **772,400** 1.82

08:00:44 AM **1.07 :1 NYSE** **1.88 :1 NASD** 1614.25 **1,056.80** 1.71

09:00:33 AM (Had TOS off NoBreadth) 1618.50 **1,185,55** 1.41

I am seeing the market accurately, but failing to take action today. Deer in headlights. I even called the last move to the MINUTE almost. ARGE.

10:07:11 AM **1.21 :1 NYSE** **2.01 :1 NASD** 1618.00 **1,300,98** 1.03

11:01:27 AM **1.21 :1 NYSE** **1.99 :1 NASD** 1619.75 **1,364,40** 0.913

12:00:24 PM **1.4 :1 NYSE** **2.22 :1 NASD** 1622.50 **1,480,04** 0.992

1300 CC 1.96NYSE/3.18NASD 1625/1653/1.11

Paper BUYS after CC

01:18:22 PM **2.01 :1 NYSE** **3.18 :1 NASD** 1628.25 **1,709,06** 1.02

Wow at this point I would love to just pack it in and not post at all. Just when I think I know what I am doing I pull a ton of sophomoric mistakes all at once.

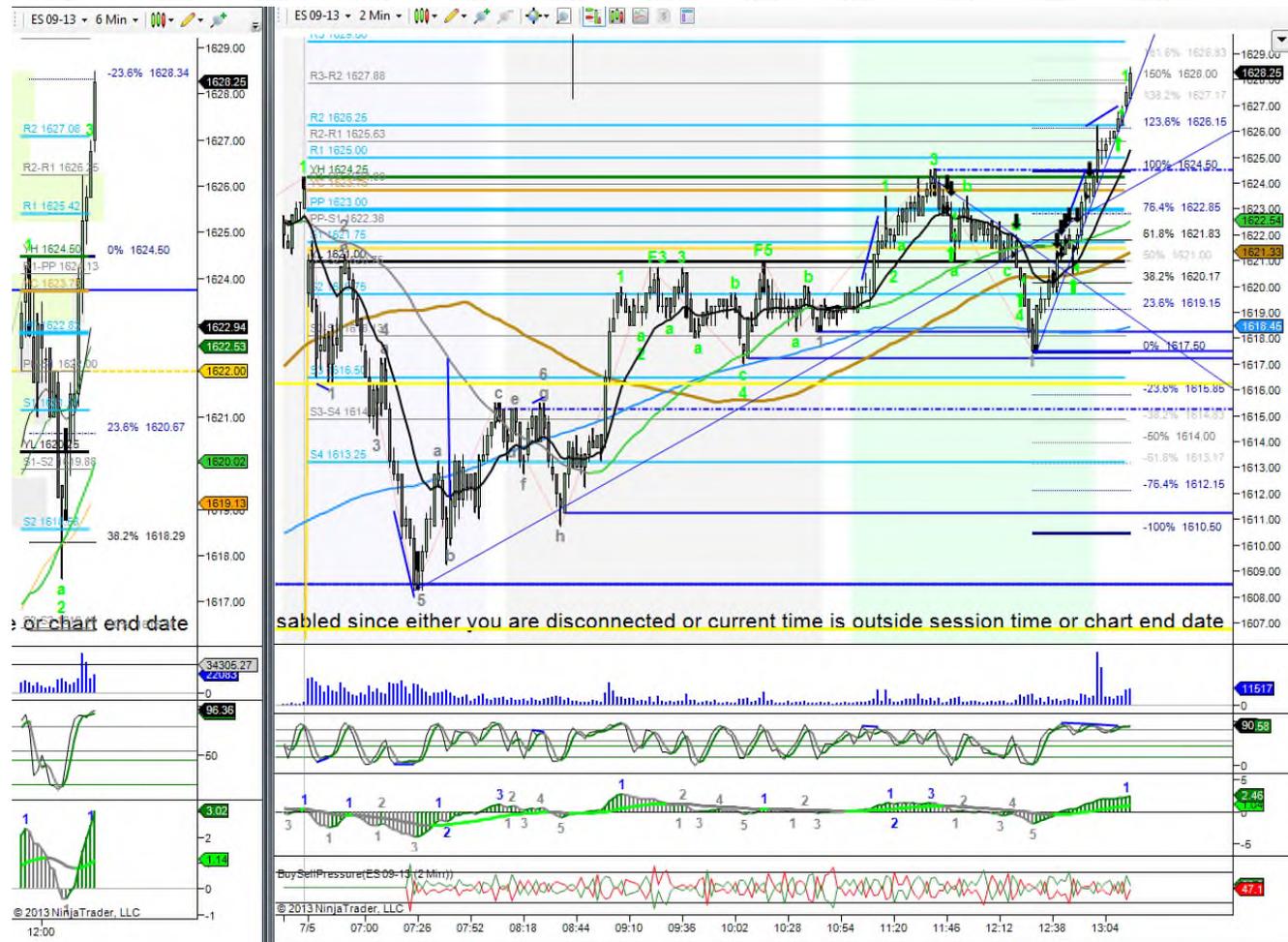
Elephant Stomps/TINYS

ES 09-13		
Ask	1628.00	1091
Bid	1628.00	517
Volume	1709065	
12:59:56 PM	1625.75	500
11:51:26 AM	1622.75	800
10:14:21 AM	1620.25	602
8:32:59 AM	1612.00	673
7:18:43 AM	1611.00	516
6:38:05 AM	1618.00	520

NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.

ES	Volume	Change
OPEN	598	
10	770	172
11	1056	286
12	1185	129
1	1300	115
2	1364	64
3	1480	116
Cash CLOSE	1653	173
PIT CLOSE	1709	56

ES Opening	1621.75	DELTA
15 MIN Range = Hi		
Lo	1616.25	5.50
VAL High -	1613.00	
POC -	1608.75	
VAL Low -	1602.75	10.25
SP_Pit	1620.00	DELTA
Opening Range =		
Sp Pit	1619.50	0.50
SP_Pit	1627.80	
Day High -		
Day Low -	1608.50	19.30
Closing Range		
High -	1627.70	
Low -	1627.00	0.70
Settle -	1627.30	
Net Change -	18.20	



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 09-13	Sim101	Short	1	1623	1622.75	7/5/2013 11:44 AM	7/5/2013 11:46 AM		8.48	8.48	4.02	0	62.5	54.02	0
2	ES 09-13	Sim101	Short	1	1623	1622	7/5/2013 11:46 AM	7/5/2013 11:47 AM	Close	45.98	54.46	4.02	0	50	4.02	0
3	ES 09-13	Sim101	Short	1	1621.25	1620.25	7/5/2013 12:19 PM	7/5/2013 12:20 PM		45.98	100.44	4.02	0	50	4.02	0
4	ES 09-13	Sim101	Short	1	1620.25	1620.75	7/5/2013 12:39 PM	7/5/2013 12:46 PM		-29.02	71.42	4.02	25	0	0	0
5	ES 09-13	Sim101	Short	1	1620.5	1620.75	7/5/2013 12:39 PM	7/5/2013 12:46 PM		-16.52	54.9	4.02	12.5	12.5	29.02	0
6	ES 09-13	Sim101	Short	1	1621.25	1620.75	7/5/2013 12:40 PM	7/5/2013 12:46 PM		20.98	75.88	4.02	12.5	25	4.02	0
7	ES 09-13	Sim101	Short	1	1621.25	1626.75	7/5/2013 12:42 PM	7/5/2013 1:09 PM		-279.02	-203.14	4.02	275	25	304.02	0
8	ES 09-13	Sim101	Short	1	1621.5	1626.75	7/5/2013 12:43 PM	7/5/2013 1:09 PM		-266.52	-469.66	4.02	262.5	37.5	304.02	0
9	ES 09-13	Sim101	Short	1	1621.75	1626.75	7/5/2013 12:44 PM	7/5/2013 1:09 PM		-254.02	-723.68	4.02	250	62.5	316.52	0
10	ES 09-13	Sim101	Short	3	1621.5	1626.75	7/5/2013 12:48 PM	7/5/2013 1:09 PM		-799.56	-1523.24	12.06	787.5	0	0	0
11	ES 09-13	Sim101	Short	3	1623.5	1626.75	7/5/2013 12:54 PM	7/5/2013 1:09 PM		-499.56	-2022.8	12.06	487.5	37.5	537.06	0

What I did well today:

- I spotted most of today's trends early.
- I recorded my losing trades with a video so as not to forget.
- I traded SIM knowing that I still have lots to learn.

What could I have done better:

- I could have used OCO Stop and Target orders when entering a trade.
- I could have exited my losing trades with smaller losses
- I could have used Automated Trade Management (ATM).
- I could have limited my order size better.
- I could have recognized on tilt trading
- I could have waited until completing my morning checklist before doing anything else. I have noticed for some reason all my days of big losses have almost all been days when I have not done my morning checklist. It is not that I don't do the items on the list, just must be something about doing the list that registers in my brain I guess.

What will I do tomorrow to make things better:

- I will be sure to get enough sleep.
- I will be sure to program an ATM strategy for immediate Stop and Target placement.
- I will only trade one contract at a time.
- I will take losses quicker.
- I will hold onto winners longer.
- I will continue journaling and recording my trades.
- Today I will spend some more time learning my C# programming so that I will better understand the dynamics of my Ninja Trader Trading Platform.
- I will be sure to do my morning check list.

Decided To Include my Morning Checklist so people can see what I am talking about. Need to revise again.

Morning check sheet	DAY/DATE:			Shadow	Ant. Hi		
GO NO/GO			COMPUTE R:	Numbers	Ant. Lo		
	SLEEP WELL ???		Programs:	Free Alarm	ES Opening 15 MIN		
	If not then get more.			eWallet	Range = Hi		
DO NOT TRADE IF	TIRED!!!!!!!			NT 7	Lo		← PLOT ON TOSS AND NT7
Personal Stuff				* Kinetick	VAL High -		
	gMail			* Ameritrade	POC - VAL		
				* IBROKERS FastStone	Low - VPOC's to watch -		
				Capture Template	ES	Volume	Change
				Open Offic	OPEN		
				TD Ameritrade		10	
FOOD & Vits				* Market Chat show		11	
	Vitamins			*Shadow			
	Coffee			Trader Show		12	
	Cerial					1	
				*EOD results		2	
				Template open		3	
Business				*Lesson a Day	Cash CLOSE		
	Music			Book Read	PIT CLOSE		
	Ringers off						
	PHONE						
	Lights on			SP_Pit Opening Range =			SP Pit Open:
	Window open						
	Shades drawn			Sp_Pit END OF DAY			Cash Close:
	Notes ready			High- Day Low -			
				CLOSING RANGE:			Pit Close:
END OF TRADING DAY:				High -			
	Print Journal			Low -			
	Email Journal		Bed by 9pm	Settle -			
	Review Journal			Net Change -			
	File Journal			NOTE: This is Google form Morning Checklist stored in CLOUD.			
	Print next days						
	checksheet		Day Notes:				