

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?

| LastPrice | DailyVolu | ATR 2 mi |
|-----------|-----------|----------|
| 1634.00 | 272,793 | 0.767 |

Elephant Stomps/TINYS

06:30:25 AM **6.07 :1 NYSE** **3.67 :1 NASD**

SP open Range 34 – 34.7

Paper two sided off open/ No read on locals

07:00:22 AM **3.68 :1 NYSE** **1.56 :1 NASD** 1636.50 453,230 1.05

08:00:52 AM **2.97 :1 NYSE** **1.36 :1 NASD** 1636.75 706,162 1.11

09:00:22 AM 1633.00 852,247 0.933

10:00 AM ← Totally missed. How and where was my brain.

11:01:10 AM **2.43 :1 NYSE** **-1.03 :1 NASD** 1635.25 1,036,64 0.885

12:00:27 PM **2.28 :1 NYSE** **1.04 :1 NASD** 1635.75 1,100,60 0.753

01:00:19 PM **1.89 :1 NYSE** **1.18 :1 NASD** 1634.75 1,262,93 0.933

CC: Big Paper Buyers on CC/ locals remain short

02:31:16 PM 1637.00 1,316,73 0.557

| ES 09-13 | | |
|-------------|---------|-----|
| Ask | 1637.25 | 30 |
| Bid | 1636.75 | 6 |
| Volume | 1316733 | |
| 12:29:06 PM | 1634.00 | 566 |
| 7:46:24 AM | 1637.50 | 601 |
| 7:41:41 AM | 1636.50 | 500 |
| 7:40:01 AM | 1636.75 | 600 |
| 7:20:26 AM | 1637.75 | 500 |
| 7:14:47 AM | 1636.75 | 500 |
| 6:56:51 AM | 1636.00 | 625 |
| 6:56:31 AM | 1635.75 | 571 |
| 6:52:10 AM | 1635.75 | 551 |
| 6:47:44 AM | 1636.00 | 583 |

| | | |
|-------------------|---------|-------|
| ES Opening | 1635.75 | DELTA |
| 15 MIN Range = Hi | | |
| Lo | 1632.00 | 3.75 |
| VAL High - | 1626.25 | |
| POC - | 1619.00 | |

missed nums. Also * in column for times I missed volume.

| ES | Volume | Change |
|------------|--------|--------|
| OPEN | 272 | |
| 10 | 453 | 181 |
| 11 | 704 | 251 |
| 12 | 852 | 148 |
| 1 | * 944 | 92 |
| 2 | 1036 | 92 |
| 3 | 1100 | 64 |
| Cash CLOSE | 1262 | 162 |
| PIT CLOSE | 1316 | 54 |

| | | |
|-----------------|---------|-------|
| SP_Pit | 1634.70 | DELTA |
| Opening Range = | | |
| Sp Pit | 1634.00 | 0.70 |
| SP_Pit | 1639.50 | |
| Day High - | | |
| Day Low - | 1631.30 | 8.20 |
| Closing Range | 1635.80 | |
| High - | | |
| Low - | 1635.30 | 0.50 |
| Settle - | 1635.50 | |
| Net Change - | 8.20 | |

Day is done. Even with a full nights sleep didn't feel like I was seeing the market clearly; although with today's chop there really was not that much to see.

Have to update my daily checklist to include video capture. I totally forgot to do a video capture of my trade. I think will need Entry, Exit, and updates for video captures. That way I will be able to know exactly where my head was at in a trade and what the trade looked like real time.

07/08/13

Monday

06:03:45 AM

My one trade of the day. Held onto for twenty mins and decided against waiting for a reversal against me that never came. Market just seemed to much like may chop higher today.

| Trade-# | Instrument | Account | Market pos. | Quantity | Entry price | Exit price | Entry time | Exit time | Profit | Cum. profit | Commission | MAE | MFE | ETD |
|---------|------------|---------|-------------|----------|-------------|------------|------------------|------------------|--------|-------------|------------|------|------|------|
| 1 | ES 09-13 | Sim101 | Short | 1 | 1636.75 | 1636.5 | 7/8/2013 7:15 AM | 7/8/2013 7:35 AM | 8.48 | 8.48 | 4.02 | 62.5 | 12.5 | 4.02 |



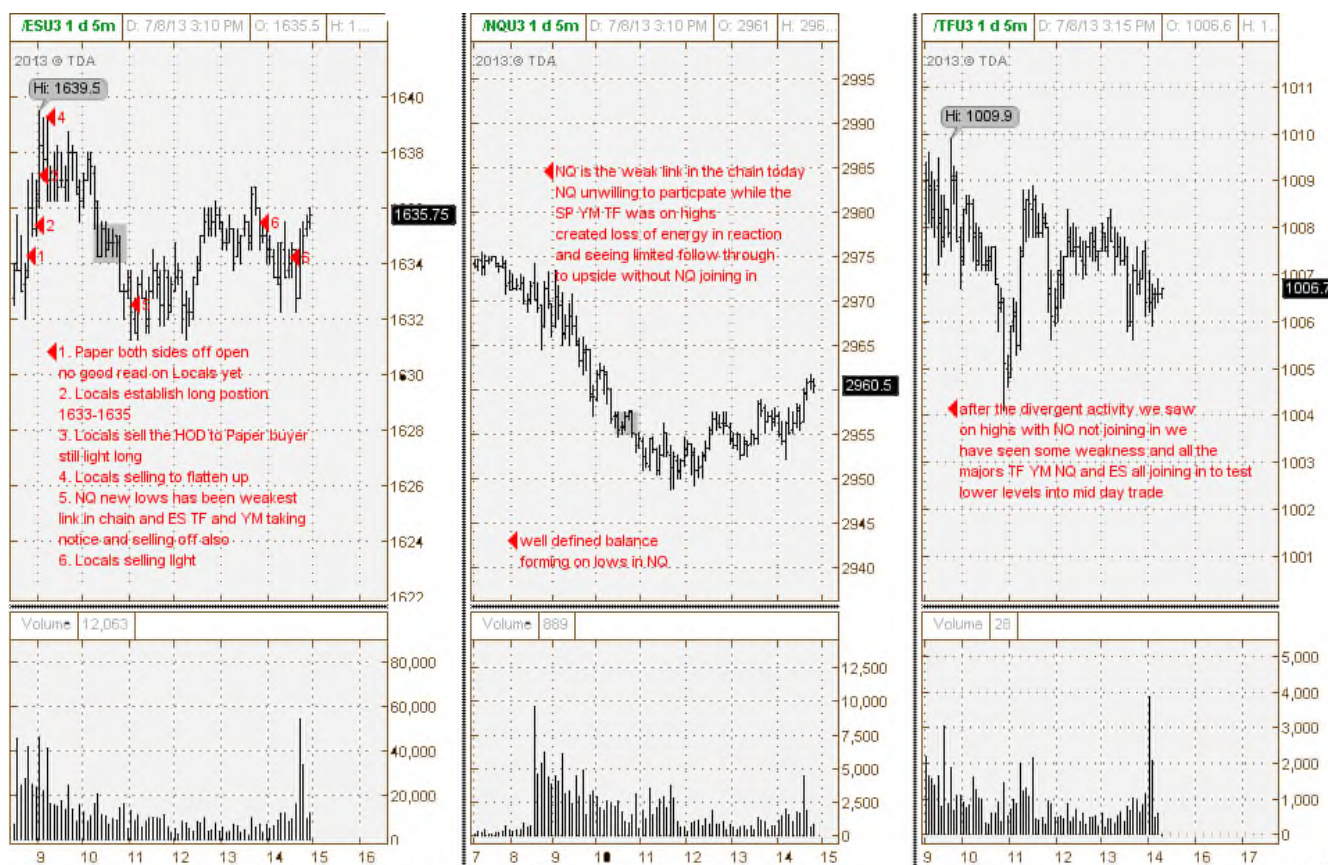
07/08/13

Monday

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Chart Courtesy of: Ben Lichtenstein WWW.TradersAudio.COM
 Screenshot MarketCast Think or Swim by TDAmeritrade



What I did well today:

- I managed to pull the trigger and get out of one trade.
- I did spot a chop trend for the day.

What could I have done better:

- I am still pulling out of trades only to have them go more in my direction after exiting the trade. I could in the future use my video journal to help keep me in trades and review my original stop and targets along the way.
- Take more time in the trade

What will I do tomorrow to make things better:

- I will be sure to get enough sleep.
- Tomorrow is a unique day so will have to use Automatic Trade Management for entries.
- 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.