

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?

06:31:09 AM 32.15 :1 NYSE 12.76 :1 NASD 1666.75 331,076 0.814

06:33 Ben: SEP S&P opening range 1666.50-1667

07:00:53 AM 9.39 :1 NYSE 5.24 :1 NASD 1663.50 513,027 0.998

08:00:20 AM 6.4 :1 NYSE 3.69 :1 NASD 1664.50 736,512 1.09

09:01:38 AM (TOS DISCONNECT) 1664.75 853,250 0.801

10:11:50 AM 6.03 :1 NYSE 3.91 :1 NASD 1664.75 941,808 0.619

Still making same mistakes, just smaller. Used my ATM though :)

Also switched to a STRATEGY AutoTrade for this afternoon. I am expecting a break lower so I am using my KeltCrossShortNS strategy. Should catch any true movement lower

11:00:32 AM 5.59 :1 NYSE 3.62 :1 NASD 1664.75 994,412 0.612

12:00:22 PM 7.19 :1 NYSE 4.19 :1 NASD 1668.25 1,151,84 0.78

Sprint NEXTEL what a S#\$\$\$ Job on their recent merger. I don't think there was one piece of paper that was right. Time will tell.

01:00:22 PM 7.52 :1 NYSE 5.12 :1 NASD 1670.75 1,355,90 0.953

CC: GS bought over 100 cars on CC

01:16:39 PM 7.55 :1 NYSE 5.11 :1 NASD 1670.00 1,439,57 0.9

ES Opening	1667.00	DELTA
15 MIN Range = Hi		
Lo	1664.00	3.00
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	331	
10	513	182
11	736	223
12	853	117
1	941	88
2	994	53
3	1151	157
Cash CLOSE	1355	204
PIT CLOSE	1439	84

Elephant Stomps/TINYS

ES 09-13		
Ask	1670.75	1078
Bid	1670.50	1269
Volume	1377831	
11:23:48 AM	1666.50	655
9:58:19 AM	1664.00	500
6:52:26 AM	1663.75	567

SP_Pit	1667.00	DELTA
Opening Range =		
Sp Pit	1666.50	0.50
SP_Pit	1671.80	
Day High -		
Day Low -	1661.00	10.80
Closing Range	1670.50	
High -		
Low -	1669.80	0.70
Settle -	1670.10	
Net Change -	21.50	

Held on my three contract trade too long; let a wining trade turn into a losing trade. :(

Trade-#	Instrument	Account	Strategy	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Entry name	Exit name	Profit	Cum. profit	Commission	MAE	MFE	ETD	Bars
1	ES 09-13	Sim101	3/2 close	Short	3	1663.833333333	1665	7/11/2013 7:21 AM	7/11/2013 8:09 AM	Entry	Stop1	-187.06	-187.06	12.06	175	462.5	649.56	0

Much to learn. Much to learn. Used 3/2 close and expected to get closer to my target.

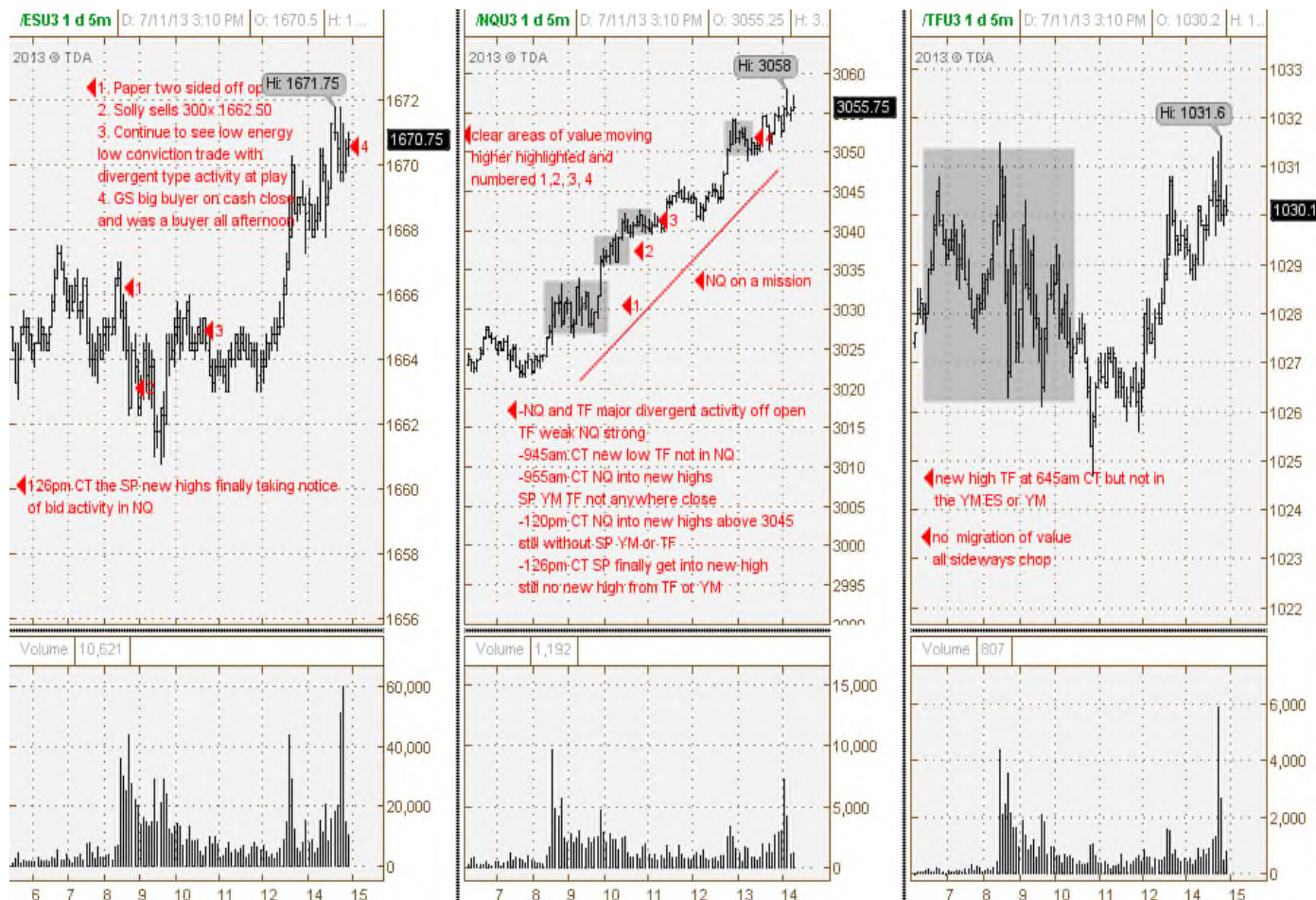
06:14:21 AM



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Chart Courtesy of: Ben Lichtenstein [WWW.TradersAudio.COM](http://WWW.TradersAudio.COM)  
 Screenshot MarketCast Think or Swim by TDAmeritrade



What I did well today:

- Spotted good entry with both Momentum and Stochastic entry and took it.
- Stopped trading after letting winner turn into loser with sideways market.
- Used off time to work on C# programming.

What could I have done better:

- I could define system and follow it.
- Move stops to profit once up more than one point in trade.
- Take more trades for small profit.
- Missed on initial trade by one point

What will I do tomorrow to make things better:

- I will get a full nights sleep and tonight will designate time for trading market tomorrow.
- I will stick to trading times with 100% attention to the total picture.