

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?

06:30:24 AM **2.66 :1 NYSE** **-2.26 :1 NASD** 1680.75 238,719 0.686

Paper sells Locals Buy OPEN. Locals LONG.

06:34 Ben: SEP S&P opening range 1680.50-1681.50

NASDAQ weighing on MKT/

07:00:22 AM **1.33 :1 NYSE** **-1.93 :1 NASD** 1680.50 411,756 1.1

08:06:38 AM **-1.05 :1 NYSE** **-2.06 :1 NASD** 1682.00 597,180 1.01

09:00:43 AM **1.04 :1 NYSE** **-2.22 :1 NASD** 1682.75 714,434 0.82

10:35:10 AM 1683.50 812,095 0.649

Missed 10:00 was out running errands/ 11: I don't know what the story is. Had thought recorded.

12:01:40 PM **1.13 :1 NYSE** **-1.66 :1 NASD** 1684.75 915,175 0.578

Today even worse than yesterday. Market should be choppy, yet not.

01:01:16 PM **1.28 :1 NYSE** **-1.46 :1 NASD** 1687.25 1,072,08 0.649

PAPER all buyers 8.8 evens on CC locals able to sell

01:30:31 PM 1689.50 1,137,30 0.661

Elephant Stomps/TINYS

ES 09-13		
Ask	1685.25	146
Bid	1685.00	360
Volume	920980	
11:31:16 AM	1685.50	614
9:04:40 AM	1682.50	823
8:51:25 AM	1681.75	847
6:21:27 AM	1677.75	952

ES Opening	1682.00	DELTA
15 MIN Range = Hi		
Lo	1678.50	3.50
VAL High -	1687.75	
POC -	1684.25	
VAL Low -	1682.75	5.00
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	238	
10	411	173
11	587	176
12	714	127
1	* 781	67
2	* 848	67
3	915	67
Cash CLOSE	1072	157
PIT CLOSE	1137	65

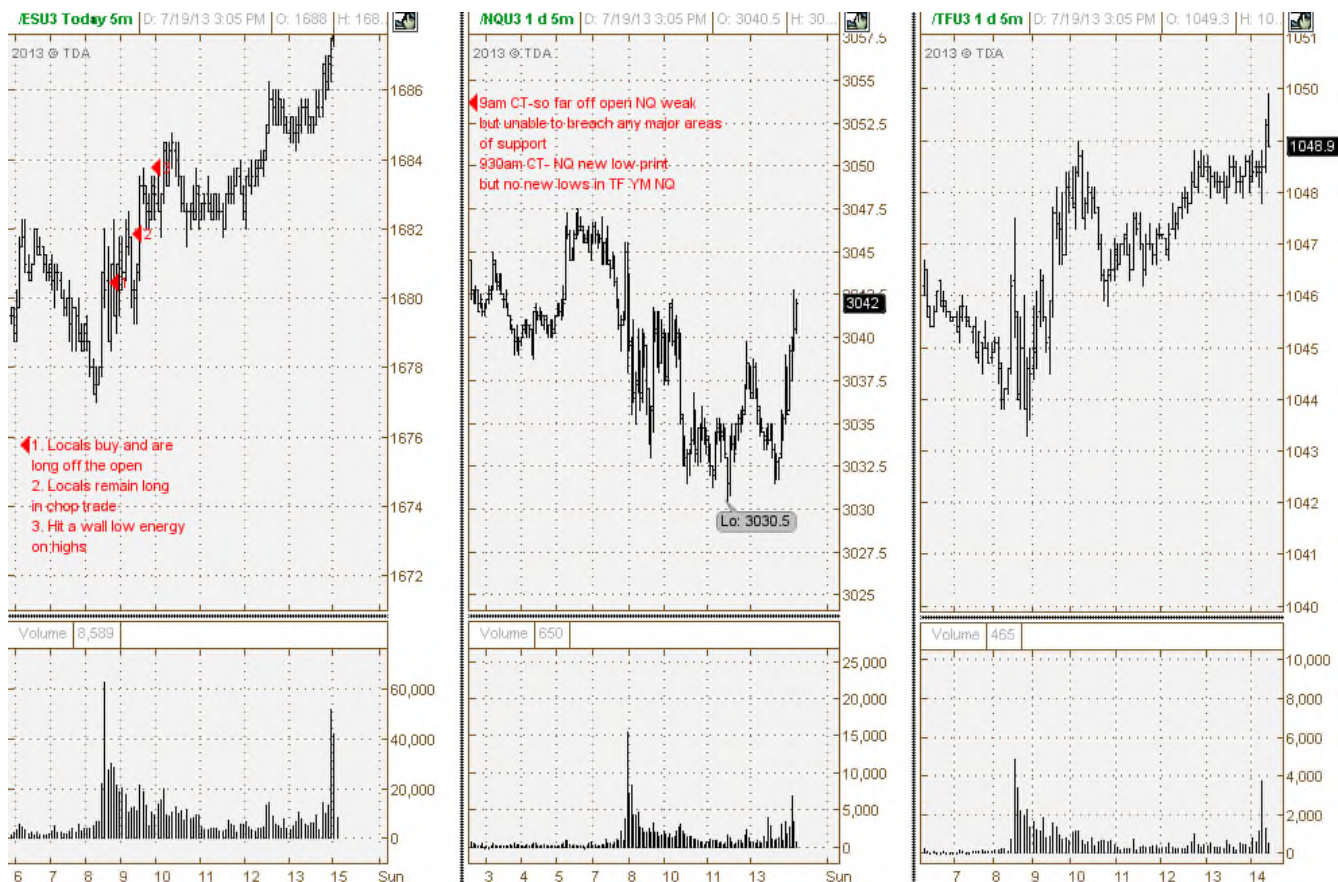
SP_Pit	1681.50	DELTA
Opening Range =		
Sp Pit	1680.50	1.00
SP_Pit		
Day High -	1669.00	
Day Low -	1648.80	20.20
Closing Range		
High -	1690.00	
Low -	1689.00	1.00
Settle -	1689.50	
Net Change -	8.90	

Another non trading day. Listen to much and not enough strategy. VOLUME Levels shook me as they were so light it would not take much to make this market reverse today. Internals were not that positive and actually ADD line negative but improving throughout the day.

06:16:12 AM



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



What I did well today:

- Didn't trade due to low volume expect CHOP
- Recognized not fully ready to trade

What could I have done better:

- Today there was an upward slight trend from 6a.m. That continued throughout the day that I could have spotted earlier.
- Today I could have stepped out and trade testing my limits better.

What will I do tomorrow to make things better:

- -Full nights sleep.
- Better documentation / tracking of trades
- I am expecting a GLOBEX pull-back over the weekend, but I will trade what I see not what I think. There has been so much thought that I have had paralysis of analysis.