

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?

06:33:59 AM 1.21 :1 NYSE|1.6 :1 NASD 1688.25 206,715 0.679
 06:31 Ben: SEP S&P opening range 1690-1689.20
 07:00:25 AM 1.17 :1 NYSE|1.18 :1 NASD 1686.50 299,049 0.815
 08:00:54 AM 1.76 :1 NYSE|1.66 :1 NASD 1690.00 465,057 0.822
 09:00:59 AM 1.86 :1 NYSE|1.85 :1 NASD 1690.75 587,198 0.685
 10:00:54 AM 1.92 :1 NYSE|1.81 :1 NASD 1691.00 631,161 0.563
 11:00:33 AM 1.77 :1 NYSE|1.62 :1 NASD 1689.00 690,246 0.51
 12:03:59 PM 1.89 :1 NYSE|1.82 :1 NASD 1691.00 754,466 0.57
 01:00:30 PM 1.78 :1 NYSE|1.74 :1 NASD 1690.50 857,576 0.635
 Paper buyer CC up to 91 even
 01:15:12 PM 1.83 :1 NYSE|1.74 :1 NASD 1690.50 895,730 0.633

PAPER SELLER PC...

ES Opening	1690.50	DELTA
15 MIN Range = Hi		
Lo	1686.00	4.50
VAL High -	1685.25	
POC -	1682.75	
VAL Low -	1679.75	5.50
NOTE: Numbers are in thousands. Repeat for missed num.s. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	206	
10	299	93
11	465	166
12	587	122
1	631	44
2	690	59
3	754	64
Cash CLOSE	857	103
PIT CLOSE	895	38

NOT ONE
Elephant Stomp/TINY

ES 09-13		
Ask	1690.25	246
Bid	1690.25	1005
Volume	895730	

SP_Pit	1690.00	DELTA
Opening Range =		
Sp Pit	1689.20	0.80
SP_Pit	1692.90	
Day High -		
Day Low -	1685.70	7.20
Closing Range		
High -	1690.50	
Low -	1690.20	0.30
Settle -	1690.30	
Net Change -	0.80	

What I did well today:

- Didn't trade due to Low VOLUME
- Ready to trade, but avoiding possible whip.
- Turned on KeltnerNoStop strategy to catch a true move in either direction for the late afternoon trade 3-4p.m. EST

What could I have done better:

- I still need a tested low volume tactic for

days like today. There is money to be made, just have to find it.

- Well didn't see GLOBEX pull-back, no control of that one.

What will I do tomorrow to make things better:

- Full nights sleep.
- Better documentation / tracking of trades
- No hesitation.

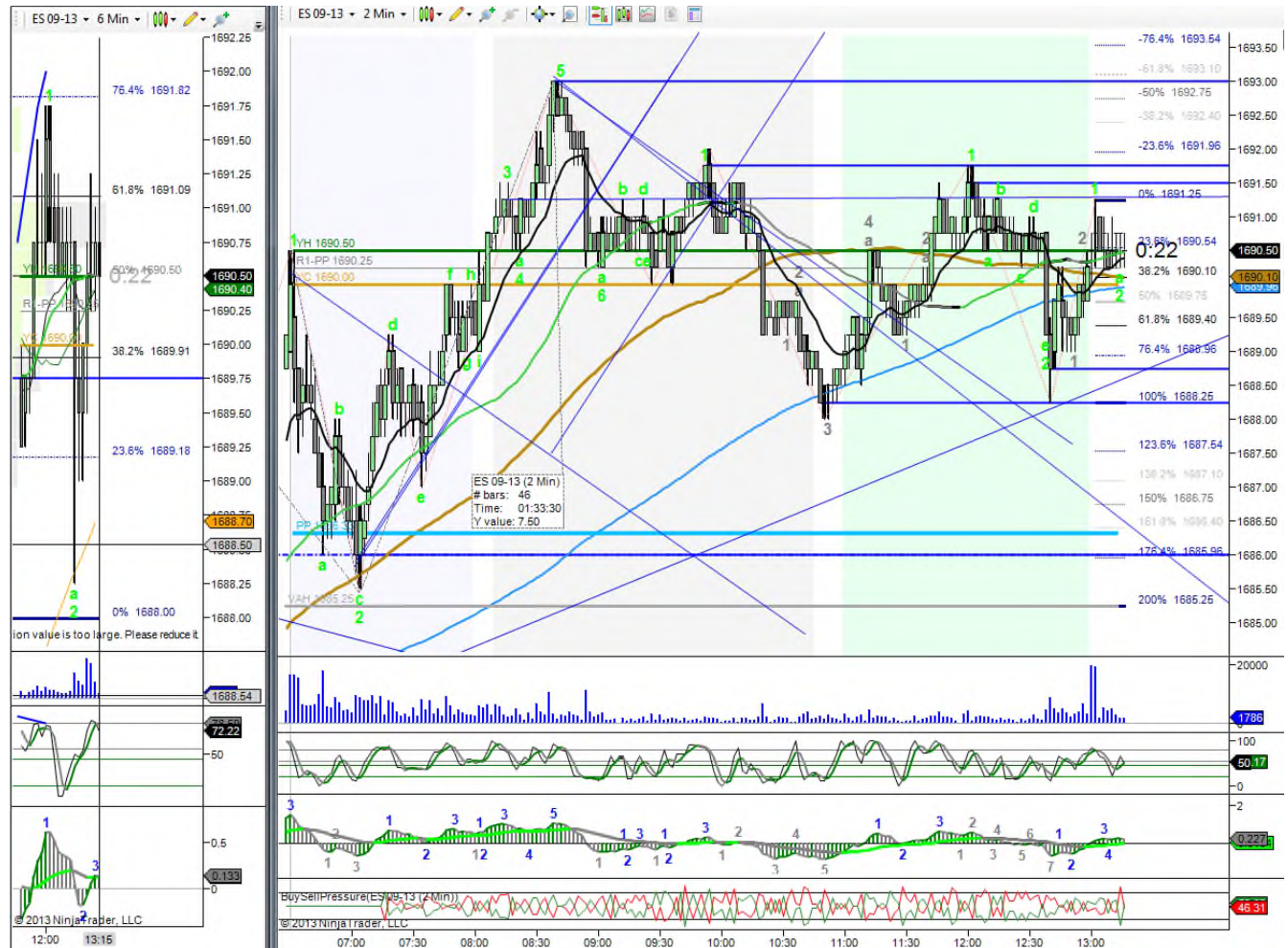


Chart Courtesy of: Ben Lichtenstein WWW.TradersAudio.COM
 Screenshot MarketCast Think or Swim by TDAmeritrade

