

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?

06:31:04 AM 2.3 :1 NYSE -1.28 :1 NASD

LastPrice	DailyVolu	ATR 2 mi
1682.50	155,789	0.618

Paper buys OPEN/ Locals ?

06:38 Ben: SEP S&P opening range 1682-1682.50

07:00:41 AM 1.24 :1 NYSE 1.37 :1 NASD 1683.75 270,836 0.882

08:02:51 AM 1.5 :1 NYSE -1.29 :1 NASD 1682.50 462,172 0.946

10:01:54 AM 1.89 :1 NYSE -1.7 :1 NASD 1679.75 715,596 0.671

Third trade I exited once up a few ticks. Been a bouncy morning all around. No TINY's yet =CHOP trading day.

11:01:47 AM 1.87 :1 NYSE -1.74 :1 NASD 1680.25 787,888 0.684

12:04:40 PM 1.67 :1 NYSE -1.61 :1 NASD 1682.50 888,158 0.672

01:00:21 PM 2.01 :1 NYSE -1.89 :1 NASD 1681.50 1,048,47 0.816

CC Paper buyers 81's and 81.5's

01:02:31 PM Paper still Two Sided... Solly selling now

01:17:24 PM 2.09 :1 NYSE -1.88 :1 NASD 1682.75 1,093,67 0.76

Elephant Stomps/TINYS

ES 09-13		
Ask	1681.50	986
Bid	1681.25	2005
Volume	1068370	
12:56:41 PM 1680.25 542		
12:54:18 PM 1680.25 602		

ES Opening	1685.00	DELTA
15 MIN Range = Hi		
Lo	1681.75	3.25
VAL High -	1688.75	
POC -	1678.50	
VAL Low -	1676.00	12.75

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

ES	Volume	Change
OPEN	155	
10	270	115
11	462	192
12	* 581	119
1	715	134
2	787	72
3	888	101
Cash CLOSE	1048	160
PIT CLOSE	1093	45

SP_Pit	1682.50	DELTA
Opening Range =		
Sp_Pit	1682.00	0.50
SP_Pit	1686.00	
Day High -		
Day Low -	1676.70	9.30
Closing Range		
High -	1682.60	
Low -	1682.30	0.30
Settle -	1682.50	
Net Change -	4.10	

What I did well today:

- Today I anticipated my mode as I was tired and really should not have traded.
- If it were a \$\$\$ and not a SIM day I may not have traded.
- Had a loss after my first scratch trade and then worked better from then on out.
- I really like the UniRenko Bars and will have to learn more about ways to use them,

have been RENKO bar in the past person, but this has a totally new feel to it. Like MeanRenko, But better. (TY to Big Mike and the author who generously upload to

<https://www.bigmiketradings.com>)

07/29/13

Monday

06:30:44 AM

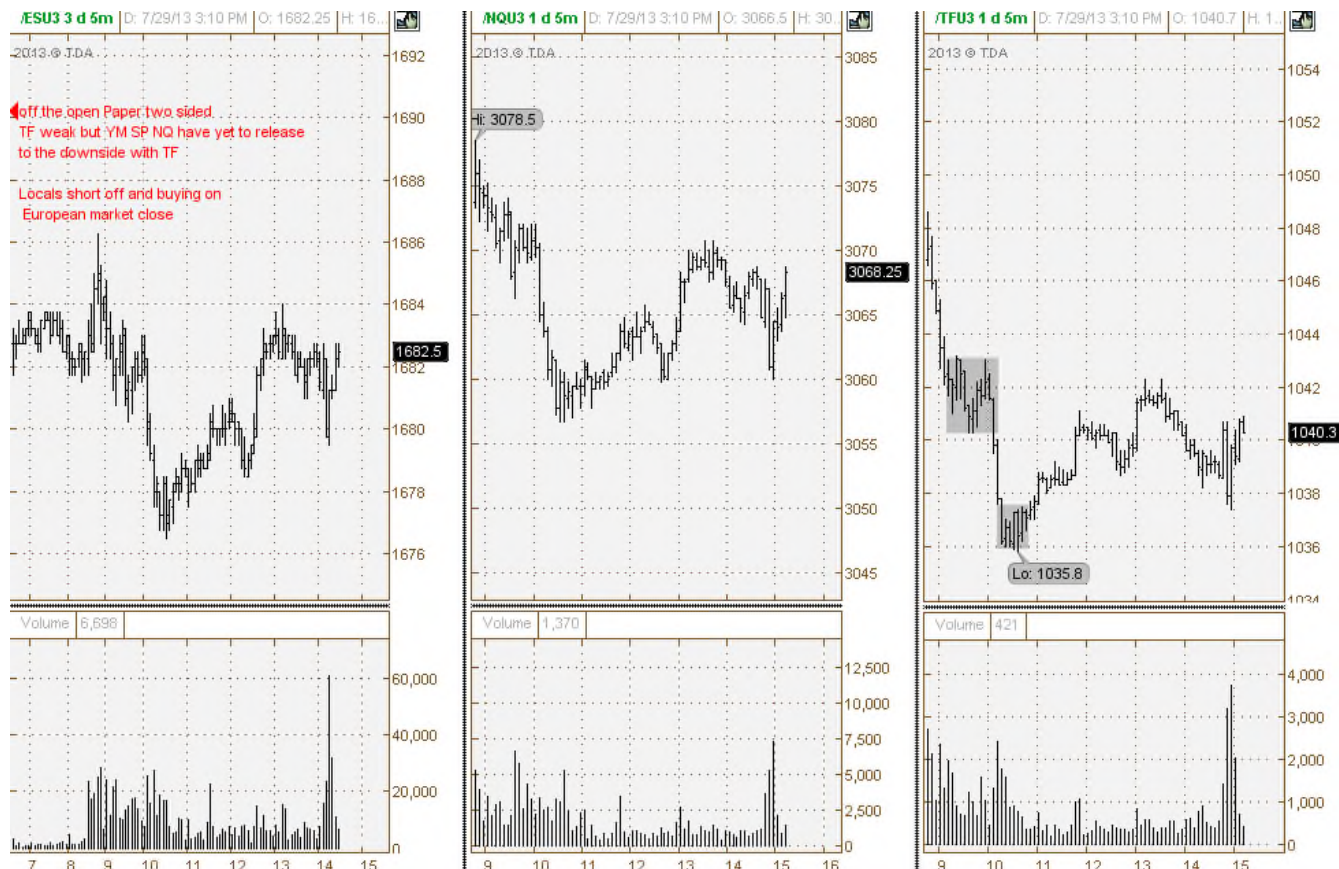


07/29/13

Monday

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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	Long	1	1683.25	1683.25	7/29/2013 6:40 AM	7/29/2013 6:51 AM	Entry	Stop1	-4.02	-4.02	4.02	12.5	137.5	141.52	0
2	ES 09-13	Sim101	3 2 close	Long	1	1683.75	1681.75	7/29/2013 7:05 AM	7/29/2013 7:11 AM	Entry	Stop1	-104.02	-108.04	4.02	100	12.5	116.52	0
3	ES 09-13	Sim101	3 2 close	Long	1	1683.25	1681.75	7/29/2013 7:05 AM	7/29/2013 7:11 AM	Entry	Stop1	-79.02	-187.06	4.02	75	0	0	0
4	ES 09-13	Sim101	3 2 close	Long	1	1682.75	1681.75	7/29/2013 7:07 AM	7/29/2013 7:11 AM	Entry	Stop1	-54.02	-241.08	4.02	50	12.5	66.52	0
5	ES 09-13	Sim101	3 2 close	Long	4	1682	1682.5	7/29/2013 7:18 AM	7/29/2013 7:21 AM	Entry	Target1	83.92	-157.16	16.08	0	100	16.08	0
6	ES 09-13	Sim101	3 2 close	Long	4	1682.25	1682.5	7/29/2013 7:19 AM	7/29/2013 7:21 AM	Entry	Target1	33.92	-123.24	16.08	100	50	16.08	0
7	ES 09-13	Sim101	3 2 close	Short	1	1681.25	1680.75	7/29/2013 7:31 AM	7/29/2013 7:35 AM	Entry	Exit	20.98	-102.26	4.02	75	137.5	116.52	0
8	ES 09-13	Sim101	3 2 close	Short	1	1681.25	1680.75	7/29/2013 7:31 AM	7/29/2013 7:35 AM	Entry	Exit	20.98	-81.28	4.02	75	137.5	116.52	0
9	ES 09-13	Sim101	3 2 close	Short	1	1681.25	1680.75	7/29/2013 7:31 AM	7/29/2013 8:07 AM	Entry	Exit	20.98	-60.3	4.02	75	137.5	116.52	0
10	ES 09-13	Sim101	3 2 close	Short	1	1681.25	1680	7/29/2013 7:31 AM	7/29/2013 8:07 AM	Entry	Exit	58.48	-1.82	4.02	75	137.5	79.02	0
11	ES 09-13	Sim101	3 2 close	Short	1	1682	1678.25	7/29/2013 8:03 AM	7/29/2013 8:18 AM	Entry	Target1	183.48	181.66	4.02	25	187.5	4.02	0
12	ES 09-13	Sim101	3 2 close	Long	4	1677.75	1678	7/29/2013 8:32 AM	7/29/2013 8:33 AM	Entry	Target1	33.92	215.58	16.08	0	100	66.08	0

What could I have done better:

- Realized that would have been better not to trade today and follow through on it.
- Gotten more sleep last night, however some of that I had no control over.

What will I do tomorrow to make things better:

- Won't eat so late at night.
- Prepare tonight to trade tomorrow.
- Keep journaling and in touch with mentors.