

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
1685.50	206,357	0.916

06:30:26 AM 1.99 :1 NYSE | 1.43 :1 NASD

Paper buys Open

06:32 Ben: SEP S&P opening range 1685-1685.50

07:00:37 AM 1.35 :1 NYSE | 2.73 :1 NASD 1686.50 324,565 1.04

07:16:52 AM Issues with NT7 Charts 6:42:00 AM 1686.50 500

not updating properly... May have to restart. :((

07:20 restarted charts by disconnect reconnect...

08:00:20 AM 1.71 :1 NYSE | 2.49 :1 NASD 1692.00 578,596 0.99

09:10:02 AM 1.5 :1 NYSE | 1.73 :1 NASD 1688.00 747,430 0.772

10:05:08 AM 1.22 :1 NYSE | 1.4 :1 NASD 1685.25 840,759 0.634

11:01:13 AM 1.1 :1 NYSE | 1.47 :1 NASD 1687.00 940,136 0.702

12:05:46 PM 2.44 :1 NYSE | 2.2 :1 NASD 1692.50 1,376,20 1.32

01:00:25 PM 1.19 :1 NYSE | 1.21 :1 NASD 1682.75 1,878,02 1.67

CC Paper SOLID BUYERS at least 1,500 contracts on and soon after close

01:15:57 PM 1.15 :1 NYSE | 1.21 :1 NASD 1685.00 1,969,53 1.49

PC Locals and Paper buying.

Elephant Stomps/TINYS

ES 09-13		
Ask	1685.25	451
Bid	1685.25	238
Volume	1969533	
1:01:04 PM	1684.00	500
12:57:35 PM	1682.75	500
12:55:16 PM	1681.50	733
12:50:47 PM	1684.00	1071
12:14:06 PM	1688.50	926
11:31:42 AM	1689.50	805
9:31:23 AM	1686.75	511
6:42:00 AM	1686.50	500

ES Opening	1688.25	DELTA
15 MIN Range = Hi		
Lo	1684.75	3.50
VAL High -	1687.00	
POC -	1682.75	
VAL Low -	1681.50	5.50
missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	206	
10	324	118
11	578	254
12	747	169
1	840	93
2	940	100
3	1376	436
Cash CLOSE	1878	502
PIT CLOSE	1969	91

SP_Pit	1685.50	DELTA
Opening Range =		
Sp_Pit	1685.00	0.50
SP_Pit		
Day High -	1694.00	
Day Low -	1680.30	13.70
Closing Range		
High -	1685.80	
Low -	1685.20	0.60
Settle -	1680.50	

What I did well today:

- I took a trade today and exited when saw volatility come back into market.
- I had full nights sleep.
- Kept to my plan and followed checklists.

What could I have done better:

- I could have taken more trades.
- Better tracking of trade and charts.

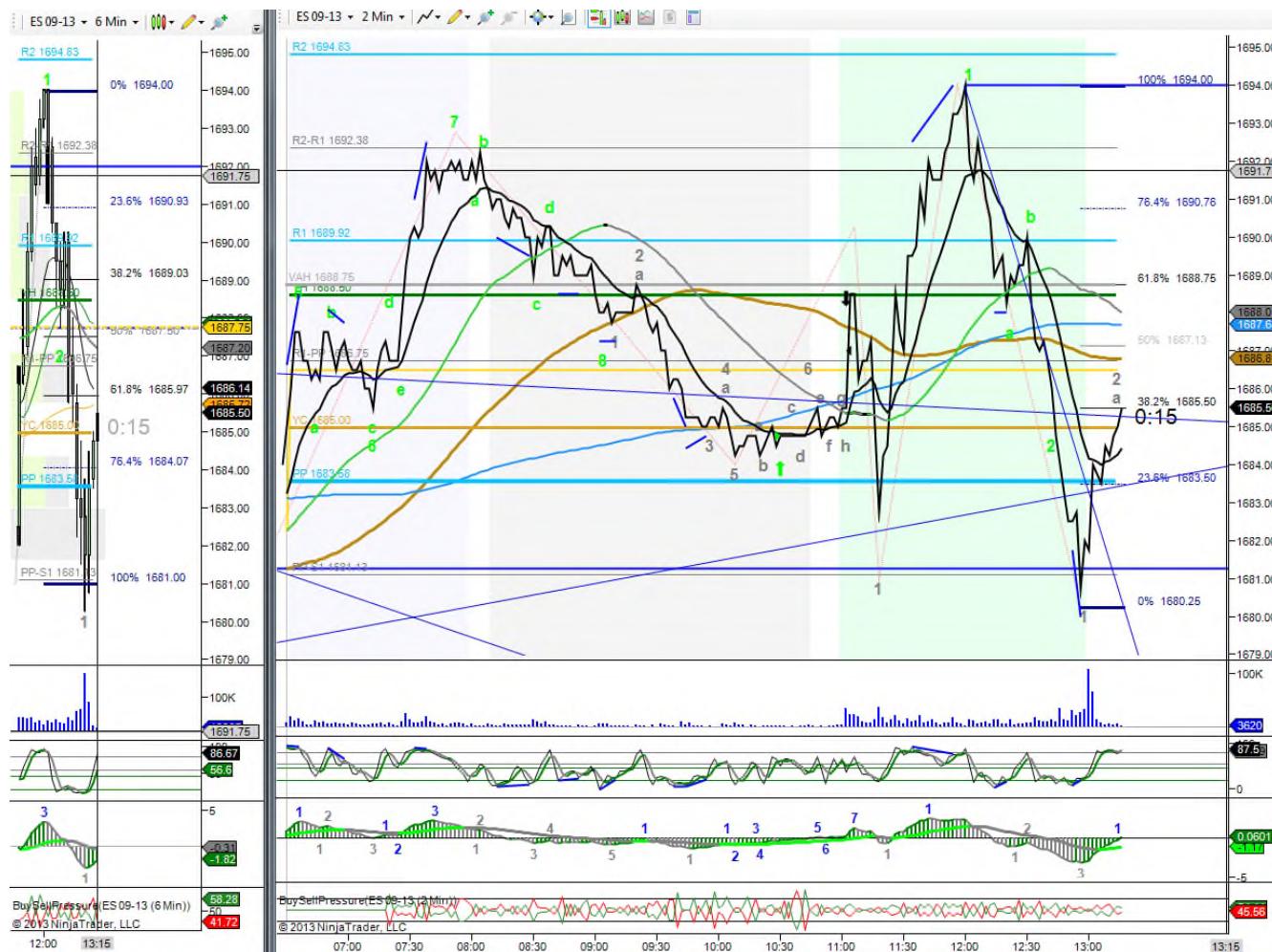
What will I do tomorrow to make things better:

- Full night sleep.
- Journal and follow up with BMT Forum, lumosity, and C# training.

07/31/13  
AM

Wednesday

06:06:20



OOPS totally forgot BEN's charts as well as my RENKO CHART...  
You can tell I'm a bit tired from the day.

Could be because I'm a bit MIFFED at SPRINT from the BAIT and SWITCH they pulled on all us stock holders with the "MERGER" Here I am with money and shares when I wanted shares for TAXABLE and MONEY for IRA accounts.... What a bunch of crooks.... Oh well... Better some than none.... After all I owned PAN AM all the way to zero....

07/31/13

Wednesday

2

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