

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
1697.00	295,118	0.754

Elephant Stomps/TINYS

06:58:36 AM

Slept well, but did not feel rested in the morning. Setting up for another low volume trading day.

07:00:17 AM **-3.09 :1 NYSE | -2.1 :1 NASD** 1696.75 302,954 0.763

08:00:34 AM **-5.16 :1 NYSE | -4.66 :1 NASD** 1688.75 **651,255** 0.988

Had correct entry off lows. Was not happy with market or my stop and figured that with 20% chance of getting stop hit without achieving my target that I would not take that chance. Now I am feeling I made the wrong decision at the time it seemed right. Well one tick profit is better than losing two points, as that is my standard initial SL. To go one tick below the low would have been 2.5 points and proper stop loss for my trade. Next time, next time, however not going to chase this trade as for me it is over. Will have to wait for pull-back before deciding. Either way vol to light to know future direction with certainty.

09:00:16 AM **-4.51 :1 NYSE | -3.24 :1 NASD** 1693.00 **796,711** 0.689

ARGE: Had the right idea just didn't follow through on it. Oh well. No use crying over spilt milk. 3 points would have been a lot nicer than 1 tick however. :( Just that the 2 point possible loss was more than I wanted to risk with the way the market was shaping up.

10:01:42 AM **-3.71 :1 NYSE | -2.53 :1 NASD** 1694.75 **877,589** 0.616

11:00:20 AM **-3.88 :1 NYSE | -2.84 :1 NASD** 1692.25 **938,053** 0.526

Choppy day that is for certain.

12:02:02 PM **-3.34 :1 NYSE | -2.78 :1 NASD** 1693.25 **1,040,57** 0.697

SP CHOP Trade continues... I am going to shut down early. Have appointments to get to. Really did not trade today. First trade was scratch however could hbe been much better. Read the tea leaves properly, just allowed myself to get distracted.

Extremely low volume day. Today would have been a good Reverse Trend Trade day. I have spent time working on learning C# today and doing my Lumosity training.

ES 09-13		
Ask	1692.00	565
Bid	1691.75	612
Volume	1019397	
Recent Trades:		
11:15:41 AM	1691.50	641
7:47:32 AM	1692.00	500
7:35:25 AM	1691.25	500
7:10:56 AM	1694.00	899

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	32 close	Long	1	1690.5	1690.75	8/6/2013 8:03 AM	8/6/2013 8:12 AM	Entry	Target1	8.48	8.48	4.02	25	12.5	4.02	0

What I did well today:

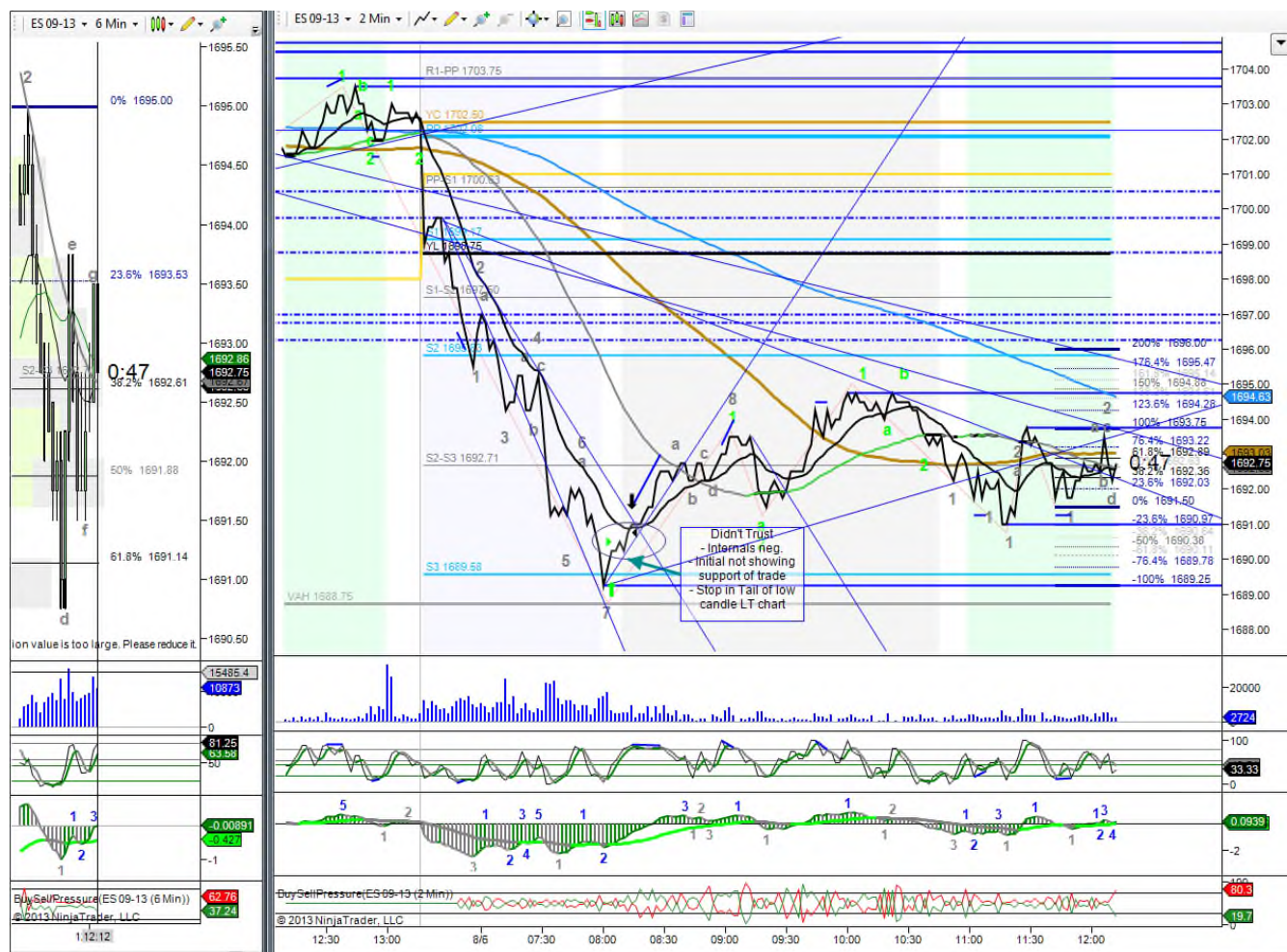
- Spotted correct entry for reverse "trend" trade, also defended capital.
- Spread my time out evenly so as not to just stare at chart all day. Drew in trend lines.

What could I have done better:

- Trust my judgement.
- Stick to original game plan.

What will I do tomorrow to make things better:

- Sleep 8 hours tonight, plan for tomorrow today, waste less time, take breaks.



WOW... So much to learn.... So much to learn...

In time I desire to be:

1. Making steady income.
2. Confident in Trades
3. A Mentor