

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?

06:31:01 AM **-4.31 :1 NYSE | -1.66 :1 NASD** 1687.50 210,663 0.517

PO: Paper sellers light/ Locals bought from paper

06:32 Ben: SEP S&P opening range 1687.00 to 1686.50

07:00:41 AM **3.29 :1 NYSE | -2.67 :1 NASD** 1683.25 444,875 0.995

08:01:08 AM **-2.88 :1 NYSE | -3.04 :1 NASD** 1683.75 712,424 0.888

09:02:36 AM **2.5 :1 NYSE | -3.24 :1 NASD** 1683.00 848,821 0.826

10:00:45 AM **2.13 :1 NYSE | -2.82 :1 NASD** 1687.50 954,648 0.739

11:24:42 AM **2.56 :1 NYSE | -2.55 :1 NASD** 1685.75 1,094,59 0.68

12:06:07 PM **2.11 :1 NYSE | -1.87 :1 NASD** 1687.50 1,164,65 0.737

01:02:00 PM **2.38 :1 NYSE | -1.79 :1 NASD** 1687.25 1,345,58 0.823

PAPER SELLS CC/ Merrill comes in buying// Still SIM 7 Trades
171.86 profit//

01:18:46 PM **2.32 :1 NYSE | -1.79 :1 NASD** 1688.00 1,371,73 0.768

13:16 Ben: SP500 pit session closed pit HOD 1689.20 LOD
1680.80 settle 1688.20 -5.70

Elephant Stomps/TINYS

ES 09-13		
Ask	1688.00	1390
Bid	1687.75	1178
Volume	1357849	
Recent Trades:		
12:53:11 PM	1687.25	857
12:35:21 PM	1687.75	594
8:31:03 AM	1683.00	500
6:50:18 AM	1688.25	771
6:44:31 AM	1687.50	500
6:30:00 AM	1687.25	652

ES Opening	1688.00	DELTA
15 MIN Range = Hi		
Lo	1685.25	2.75
VAL High -	1694.50	
POC -	1692.50	
VAL Low -	1690.50	4.00
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	202	
10	444	242
11	712	268
12	848	136
1	954	106
2	* 999	45
3	1164	165
Cash CLOSE	1345	181
PIT CLOSE	1371	26

SP_Pit	1687.00	DELTA
Opening Range =		
Sp Pit	1686.50	0.50
SP_Pit	1689.20	
Day High -		
Day Low -	1680.80	8.40
Closing Range	1688.30	
High -		
Low -	1688.00	0.30
Settle -	1688.20	
Net Change -	-5.70	

What I did well today:

- Today I did not chase the market
- I used OCO every trade
- Managed stops to lock in profit

What could I have done better:

- Better manage stops with trend pullback on higher timeframe.
- Wait for confirmation on entry, proper stop.

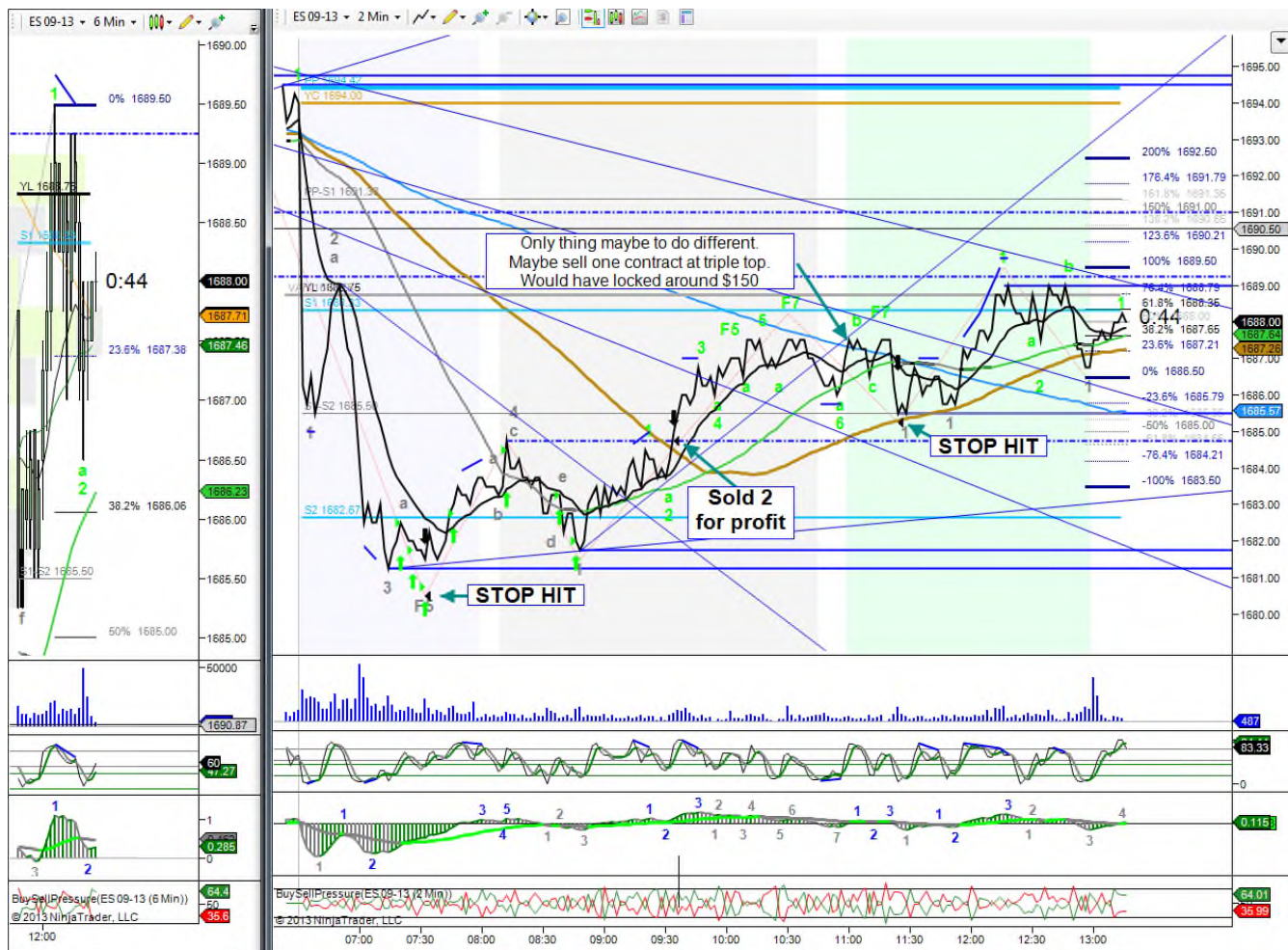
- What will I do tomorrow to make things better: - I will be sure to get more sleep.

08/07/13
AM

Wednesday

06:16:06

- Plan tonight for tomorrow's trading.
- C# program continuation.
- Get some rrrrrrrrrrrrrrrrrrrrrrrrrrrrrrr's in.



08/07/13

Wednesday

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