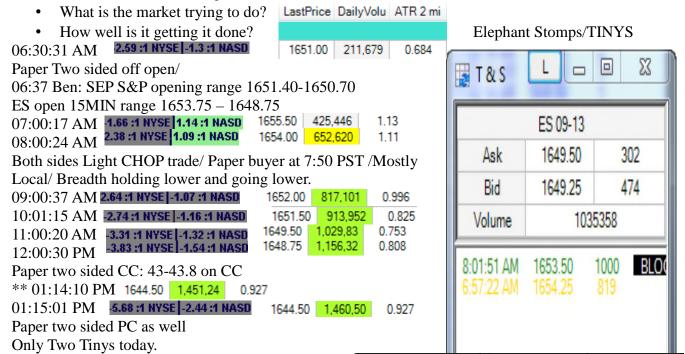
Questions to answer throughout the day:

• What is the market doing?



| ES Opening 15 MIN Range = Hi | | 1653.75 | DELTA | SI | |
|---|---|---------|--------|-------------|--|
| Lo | | 1648.75 | 5.00 | O S S | |
| VAL Hlgh - | | 1660.25 | | Di | |
| POC - | | 1655.25 | | Da | |
| VAL Low - | | 1653.75 | 6.50 | CI | |
| NOTE: Numbers are in thousands. Repeat for missed | | | | | |
| nums. Also * in column for times I missed volume. | | | | | |
| ES | | Volume | Change | S | |
| OPEN | | 211 | | N | |
| 10 | | 425 | 214 | | |
| 11 | | 652 | 227 | Wh | |
| 12 | | 817 | 165 | | |
| 1 | | 913 | 96 | | |
| 2 | | 1029 | 116 | Wh | |
| 3 | | 1156 | 127 | | |
| Cash CLOSE | * | 1399 | 243 | | |
| PIT CLOSE | | 1460 | 61 | | |

| SP_Pit Opening Range = | 1653.75 | DELTA |
|---------------------------|---------|-------|
| Sp Pit | 1648.75 | 5.00 |
| SP_Pit Day High - | 1656.50 | |
| Day Low - | 1643.00 | 13.50 |
| Closing Range High - | 1645.00 | |
| Low - | 1644.70 | 0.30 |
| Settle - | 1644.90 | |
| Net Change - | -6.20 | |

What I did well today:

- Today I continued to watch and learn.
- Market pattern like a shot put first up then down today.

What could I have done better:

- Not much when I get more consistent then maybe I will be able to trade with more distractions.
- I could trade SIM REGARDLESS, but don't

want to encourage any bad trading habits that I already have.

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What will I do tomorrow to make things better:

- Good nights sleep.
- Follow through on C# training today.
- If calm tomorrow maybe trade, but probably not as on key due to daughter in and out of house for last true vacation she will have before getting into the last year of college and then working.
- Continue with Trading Journal, work to start video on OPEN.



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