

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?

06:30:31 AM **2.59 :1 NYSE** **-1.3 :1 NASD**

LastPrice	DailyVolu	ATR 2 mi
1651.00	211,679	0.684

Paper Two sided off open/

06:37 Ben: SEP S&P opening range 1651.40-1650.70

ES open 15MIN range 1653.75 – 1648.75

07:00:17 AM **-1.66 :1 NYSE** **-1.14 :1 NASD** 1655.50 425,446 1.13

08:00:24 AM **2.38 :1 NYSE** **-1.09 :1 NASD** 1654.00 652,620 1.11

Both sides Light CHOP trade/ Paper buyer at 7:50 PST /Mostly Local/ Breadth holding lower and going lower.

09:00:37 AM **2.64 :1 NYSE** **-1.07 :1 NASD** 1652.00 817,101 0.996

10:01:15 AM **-2.74 :1 NYSE** **-1.16 :1 NASD** 1651.50 913,952 0.825

11:00:20 AM **-3.31 :1 NYSE** **-1.32 :1 NASD** 1649.50 1,029,83 0.753

12:00:30 PM **-3.83 :1 NYSE** **-1.54 :1 NASD** 1648.75 1,156,32 0.808

Paper two sided CC: 43-43.8 on CC






\*\* 01:14:10 PM 1644.50 1,451,24 0.927

01:15:01 PM **-5.68 :1 NYSE** **-2.44 :1 NASD** 1644.50 1,460,50 0.927

Paper two sided PC as well

Only Two Tinys today.

Elephant Stomps/TINYS

	T & S				
ES 09-13					
Ask	1649.50	302			
Bid	1649.25	474			
Volume	1035358				
8:01:51 AM	1653.50	1000	<b>BLO</b>		
6:57:22 AM	1654.25	819			

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

SP_Pit	1653.75	DELTA
Opening Range =		
Sp Pit	1648.75	5.00
SP_Pit	1656.50	
Day High -		
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.

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.

