

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?

06:30:47 AM **1.03 :1 NYSE** **1.43 :1 NASD** 1644.75 | 304,582 | 0.814

Locals Sell / Paper BUYS Open/ Locals appear SHORT

06:34 Ben: SEP S&P opening range 1645.50-1645.20

06:48:41 AM ES open 15 min RANGE 1646 – 1643.25

07:00:21 AM **1.29 :1 NYSE** **1.81 :1 NASD** 1645.50 | 497,338 | 1.1

07:21:30 AM Sticking to my schedule for the morning on my Checksheet. NASDAQ not following upturn in market exited longs so I can do my LUMOSITY without distraction. Playing the SHOULDDA game again already market with its usual sense of humor just BOUNCED and I had exited my longs TWO POINTS AGO... Oh well... Live and learn. I know could have just as easily DROPPED.

08:00:37 AM **2.08 :1 NYSE** **2.86 :1 NASD** 1651.25 | 800,995 | 1.03

Paper predominant buyers a.m. // Locals now CHOP TRADE

08:13:09 AM Light Local CHOP trade.

09:00:28 AM **3.93 :1 NYSE** **3.96 :1 NASD** 1654.75 | 992,566 | 0.842

10:12:42 AM **4.37 :1 NYSE** **4.74 :1 NASD** 1656.00 | 1,164,60 | 0.744

11:00:50 AM **3.86 :1 NYSE** **4.2 :1 NASD** 1654.50 | 1,245,26 | 0.737

11:28:14 AM Just turned off video and shortly computer. Taking a break from trading now, before I jump in and overtrade the day.

12:00:35 PM 1653.75 | 1,341,96 | 0.739

CLOSED SHOP AND WENT TO GET BLOOD DRAWN.

01:21:57 PM **2.95 :1 NYSE** **4.53 :1 NASD** 1650.50 | 1,576,22 | 0.891

13:20 Ben: SP500 pit session closed pit HOD 1656.50 LOD 1643.50 settle 1650.60

If I had entered my sell stop entry at 1652.50 as discussed in my market video then I would have been able to get at a minimum a point out of the trade and if closed perfectly 2.5points, but that would not have been perfect as target was 3points but ran out of room in the day. Had to get my blood drawn for upcoming Dr. Visit and decided to do it earlier than later in the day. 😊

What I did well today:

- Traded, in and out, didn't dwell on the past.

What could I have done better:

- Held my trades to target or STOP.
- Better organized.

What will I do tomorrow to make things better:

- Full night's sleep, hit hard a.m., Take market as it comes

Elephant Stomps/TINYS

ES 09-13		
Ask	1656.00	311
Bid	1655.75	292
Volume	1164669	
9:00:39 AM	1655.00	500
8:35:21 AM	1653.50	702
8:34:44 AM	1653.25	548
7:42:25 AM	1650.75	500
6:42:58 AM	1645.25	700
6:42:48 AM	1645.25	617
6:42:08 AM	1645.25	692

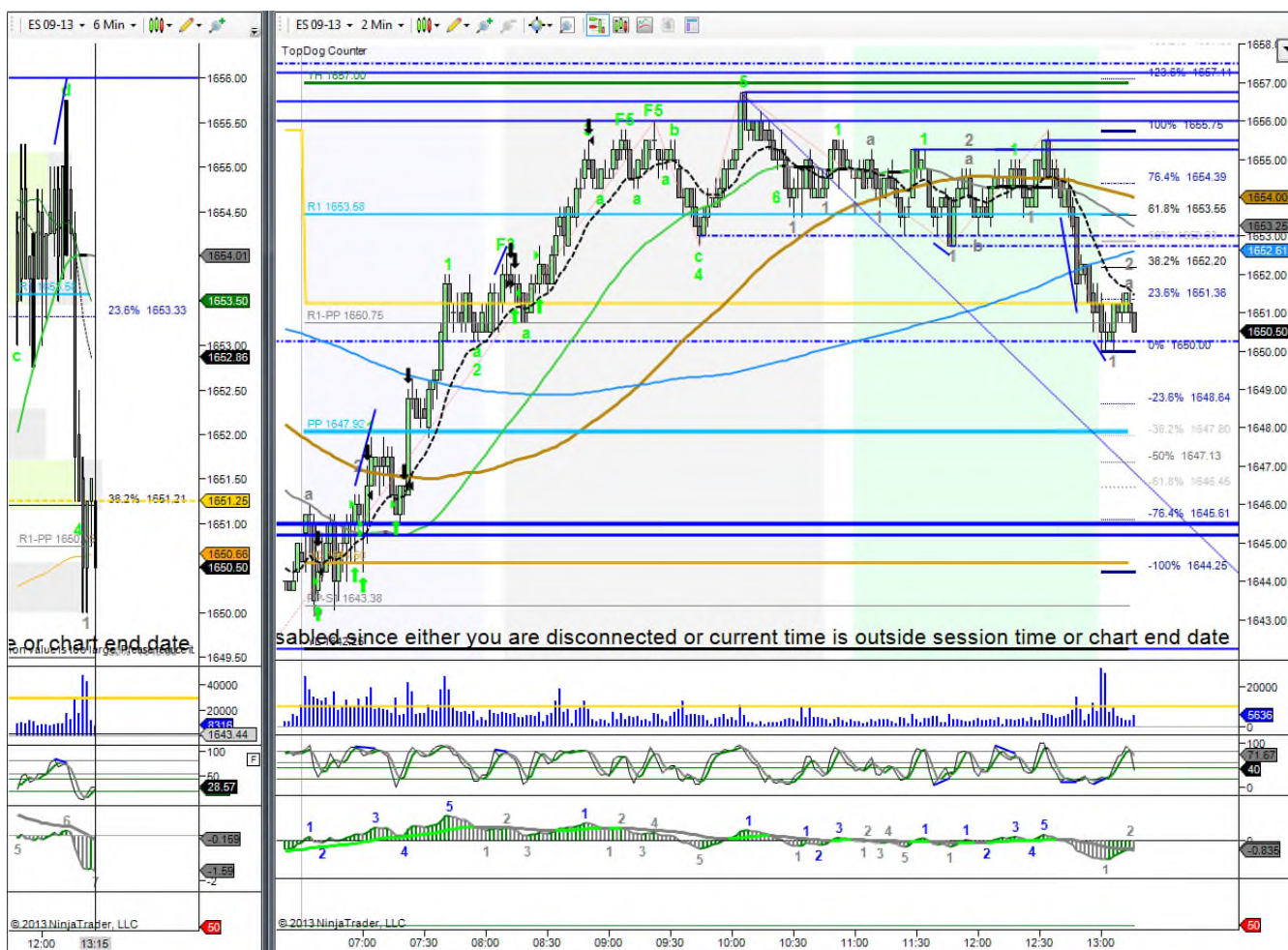
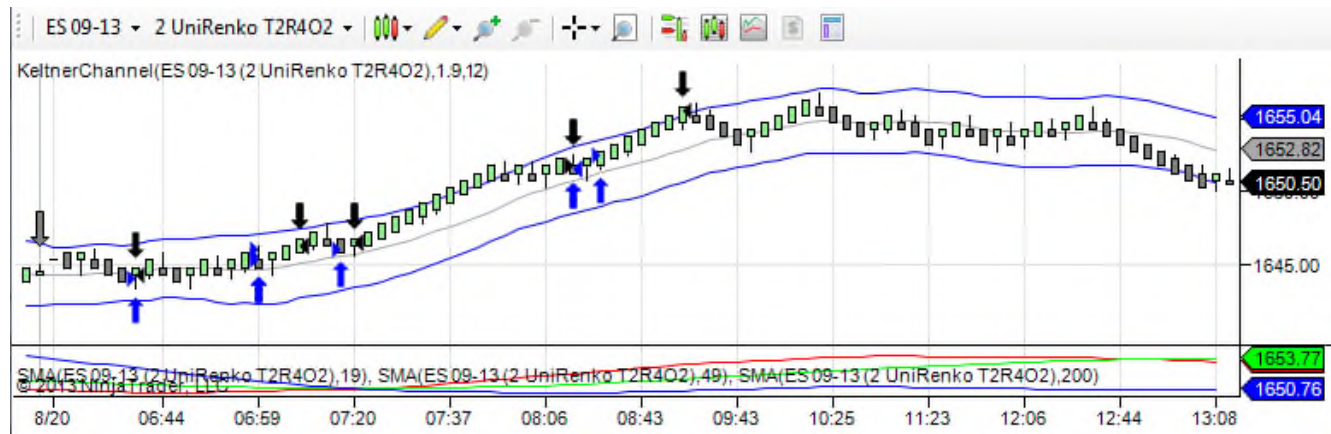
ES Opening	1646.00	DELTA
15 MIN Range = Hi		
Lo	1643.25	2.75
VAL High -	1656.00	
POC -	1652.50	
VAL Low -	1648.00	8.00
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	304	
10	497	193
11	800	303
12	9920	9120
1	1164	-8756
2	1245	81
3	1341	96
Cash CLOSE *	1509	168
PIT CLOSE	1576	67

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Tuesday

06:12:01 AM

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	3 Tick Q	Long	1	1644	1644.25	8/20/2013 6:37 AM	8/20/2013 6:37 AM	Entry	Target1	8.48	8.48	4.02	0	25	16.52	0
2	ES 09-13	Sim101	3 2 close	Long	1	1646	1646.25	8/20/2013 6:55 AM	8/20/2013 7:01 AM	Entry	Target1	8.48	16.96	4.02	75	75	66.52	0
3	ES 09-13	Sim101	3 Tick Q	Long	1	1645.5	1646.25	8/20/2013 6:58 AM	8/20/2013 7:01 AM	Entry	Target1	33.48	50.44	4.02	50	100	66.52	0
4	ES 09-13	Sim101	3 Tick Q	Long	1	1645.25	1646.5	8/20/2013 6:58 AM	8/20/2013 7:19 AM	Entry	Target1	58.48	108.92	4.02	50	62.5	4.02	0
5	ES 09-13	Sim101	3 Tick Q	Long	1	1646	1646.5	8/20/2013 7:14 AM	8/20/2013 7:20 AM	Entry	Target1	20.98	129.9	4.02	12.5	25	4.02	0
6	ES 09-13	Sim101	3 Tick Q	Short	1	1651.75	1651.5	8/20/2013 8:11 AM	8/20/2013 8:13 AM	Entry	Target1	8.48	138.38	4.02	12.5	12.5	4.02	0
7	ES 09-13	Sim101	3 Tick Q	Short	1	1651.75	1651.5	8/20/2013 8:12 AM	8/20/2013 8:13 AM	Entry	Target1	8.48	146.86	4.02	12.5	12.5	4.02	0
8	ES 09-13	Sim101	3 2 close	Long	1	1652.5	1655.5	8/20/2013 8:25 AM	8/20/2013 8:49 AM	Entry	Target1	145.98	292.84	4.02	50	150	4.02	0



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Tuesday

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