

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
2.83 :1 NYSE 3.69 :1 NASD	1659.25	232,374
		0.728

Elephant Stomps/TINYS

06:31:37 AM

Locals SOLD OPEN/ Paper both sides on OPEN.

[Missed collecting the opening range in SP Pit]

07:00:34 AM	1.29 :1 NYSE 2.74 :1 NASD	1655.50	420,843	1.03
08:01:09 AM	2.48 :1 NYSE 2.48 :1 NASD	1659.25	724,915	1.22
09:00:45 AM	1.7 :1 NYSE 2.3 :1 NASD	1657.00	879,721	1.01
10:00:33 AM	1.79 :1 NYSE 2.25 :1 NASD	1658.50	958,300	0.803
11:01:15 AM	1.96 :1 NYSE 1.87 :1 NASD	1658.00	1,009,68	0.643
12:04:48 PM	1.81 :1 NYSE 1.89 :1 NASD	1658.50	1,065,68	0.575
01:00:26 PM	2.35 :1 NYSE 2.07 :1 NASD	1661.00	1,247,33	0.799

CC: Paper both sides/ relatively quiet close

01:15:49 PM	2.32 :1 NYSE 2.07 :1 NASD	1661.25	1,302,32	0.791
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ES 09-13		
Ask	1661.75	962
Bid	1661.50	910
Volume	1213888	
12:45:31 PM	1661.75	500
11:57:23 AM	1659.00	500
10:06:14 AM	1657.50	500
8:51:20 AM	1657.25	547
7:58:27 AM	1659.25	556
7:49:35 AM	1656.00	638
7:24:07 AM	1653.75	500
7:09:58 AM	1654.00	778
7:03:42 AM	1652.50	651

ES Opening	1660.25	DELTA
15 MIN Range = Hi		
Lo	1656.25	4.00
VAL High -	1653.50	
POC -	1651.00	
VAL Low -	1647.50	6.00
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	232	
10	420	188
11	724	304
12	879	155
1	958	79
2	1009	51
3	1065	56
Cash CLOSE	1247	182
PIT CLOSE	1302	55

SP_Pit	0.00	DELTA
Opening Range =		
Sp Pit	0.00	0.00
SP_Pit		
Day High -	1662.50	
Day Low -	1652.50	10.00
Closing Range		
High -	1661.60	
Low -	1661.30	0.30
Settle -	1661.40	
Net Change -	6.60	

What I did well today: - Today non-Trading day

- Follow market and worked on C# training

What could I have done better: - Traded

- Start SIM Trading after learning C#

What will I do tomorrow to make things better:

- Get full night sleep, read up on news,

- Check upcoming announcements, check stocks, start IRA planning more.
- USE Video Capture and keep pause off to the side.
- Checksheet prep., Journal the day..

Today was basically SOH due to family issues.

06:19:24 AM

