

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?

06:30:54 AM 1.76 :1 NYSE 1.32 :1 NASD 1662.25 150,161 0.755

Locals sold open/ Then light buying shortly after/ Now Paper light buying Paper two sided off open.

06:32 Ben: SEP S&P opening range 1662-1662.30

Bank Holiday England/ Mixed activity/ Expecting more rollover activity in next couple weeks. Low energy OPEN

07:00:59 AM 1.36 :1 NYSE 1.34 :1 NASD 1662.25 286,647 0.95

08:00:19 AM 2.15 :1 NYSE 1.89 :1 NASD 1666.50 444,623 0.875

09:00:52 AM 1.73 :1 NYSE 1.85 :1 NASD

1665.50 556,398 0.696

10:02:09 AM 1.66 :1 NYSE 1.86 :1 NASD

1665.75 637,253 0.621

11:00:32 AM 1.18 :1 NYSE 1.81 :1 NASD

1663.00 721,550 0.633

12:00:22 PM 1.37 :1 NYSE 2.05 :1 NASD

1664.00 782,771 0.576

01:00:30 PM 1.86 :1 NYSE 1.08 :1 NASD

1655.25 1,142,85 1.35

01:23:47 PM 1.9 :1 NYSE 1.08 :1 NASD

1654.00 1,203,91 1.25

Elephant Stomps/TINYS

ES 09-13		
Ask	1654.25	251
Bid	1654.00	106
Volume	1210256	
12:59:40 PM	1655.25	665
12:51:34 PM	1655.25	722
6:59:47 AM	1662.75	500

ES Opening	1663.75	DELTA
15 MIN Range = Hi		
Lo	1659.75	4.00
VAL Hlgh -	1659.75	
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	150	
10	286	136
11	444	158
12	556	112
1	637	81
2	721	84
3	782	61
Cash CLOSE	1142	360
PIT CLOSE	1203	61

SP_Pit	1662.30	DELTA
Opening Range =		
Sp_Pit	1662.00	0.30
SP_Pit	1667.30	
Day High -		
Day Low -	1653.40	13.90
Closing Range		
High -	1654.30	
Low -	1654.00	0.30
Settle -	1654.20	
Net Change -	-7.20	

What I did well today:

- I didn't trade chop slop market.
- Protected capital

What could I have done better:

- I could have taken that trade I was eyeing for the 50SMA break by price with proper stop.

- Could have had more sleep and work on other areas of training for trading.

What will I do tomorrow to make things better:

- Get adequate sleep.
- Check upcoming FED announcements
- Update checksheet after postings to Big Mike's Trading
- Clean study and house more.

08/26/13

Monday

06:10:13 AM

CHARTS UniRenko, LT ST Trading charts.



08/26/13

Monday

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