

08/29/13
AM

Thursday

06:28:53

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
1629.75	312,168	1.23

06:30:58 AM **-1.77 :1 NYSE** **1.31 :1 NASD**

Paper both sides/ bulk on sell/ lite open

06:33 Ben: SEP S&P opening range 1629-1629.30

ES Opening 15min 1636.25 – 1629.50

BEN: Locals have been on bid since OPEN

07:00:19 AM **1.5 :1 NYSE** **4.06 :1 NASD** 1636.50 538,528 1.32

08:02:05 AM **2.1 :1 NYSE** **6.73 :1 NASD** 1643.00 887,014 1.17

09:00:24 AM **2.62 :1 NYSE** **5.4 :1 NASD** 1644.25 1,068,00 0.909

10:00:23 AM **2.63 :1 NYSE** **4.97 :1 NASD** 1642.00 1,189,92 0.782

10:58:54 AM Moved stop and it was hit for my SHORT Had test of initial SHORT entry and then DROP followed. Oh well. Locked in ONE TICK on a trade that shouldda been 3 POINTS. Key however is that did not LOSE TWO POINTS.

11:00:20 AM **1.54 :1 NYSE** **3.58 :1 NASD** 1638.25 1,337,27 0.824

12:00:24 PM **1.74 :1 NYSE** **3.71 :1 NASD** 1640.75 1,469,18 0.786

01:00:33 PM 1636.25 1,683,41 1.03

CC paper both sides, majority was buying

01:15:51 PM **1.73 :1 NYSE** **3.16 :1 NASD** 1636.75 1,734,72 0.993

PC Pit Close Paper sells coming into light.

Elephant Stomps/TINYS

T & S			L			X
ES 09-13						
Ask	1636.50		205			
Bid	1636.50		554			
Volume	1734721					
10:33:12 AM	1639.00	537				
8:15:01 AM	1643.00	500				
7:52:22 AM	1642.75	600				

ES Opening	1636.25	DELTA	SP_Pit	1629.30	DELTA
15 MIN Range = Hi			Opening Range =		
Lo	1629.50	6.75	Sp_Pit	1629.00	0.30
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.			SP_Pit	1644.50	
ES	Volume	Change	Day High -		
OPEN	312		Day Low -	1629.00	15.50
10	538	226	Closing Range		
11	887	349	High -	1637.00	
12	1068	181	Low -	1636.50	0.50
1	1189	121	Settle -	1636.70	
2	1337	148	Net Change -	4.50	
3	1469	132			
Cash CLOSE	1683	214			
PIT CLOSE	1734	51			

What I did well today: -Got full nights rest

- Up late but did not rush.
- Took reversal trade when appropriate.

What could I have done better: - Not nuts trade

- Stayed around to monitor trades closer.

- Locked more profit into trade.

What will I do tomorrow to make things better: - Be sure to get my rest. Follow up with trading.

- Be sure to get up on time, and set alarm tonight.

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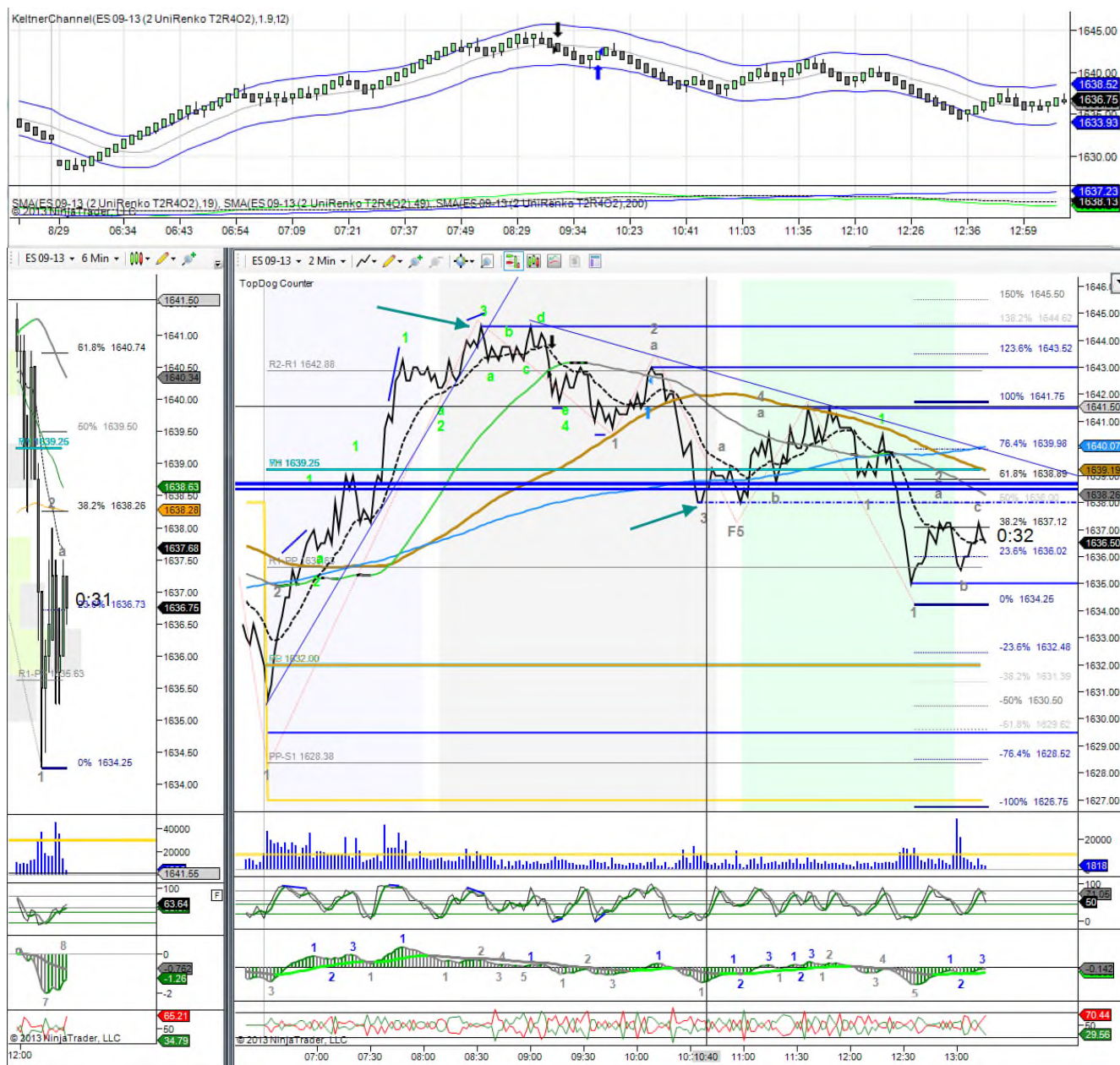
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- Take into account end of month action in trading tomorrow, as well as pre-holiday weekend trading.
- Continue C# training.
- Plan weekend.
- Get distractions out of the way.
- Maintain calm... Was so mad at first trade and let feelings get the better of me. Didn't take enough time recapping the positives of the trade. One tick profit realized, basically flat trade, but could have just as easily turned into a losing trade had I not moved my stop.



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