Questions to answer throughout the day:

• What is the market doing?

• What is the market trying to do: LastPrice DailyVolu ATR 2 mi

• How well is it getting it done? 06:30:33 AM 9.2:1 HYSE | 6.83:1 HAS

9.2 :1 NYSE | 6.83 :1 NASD | 1659.50 | 380,021 | 1.22

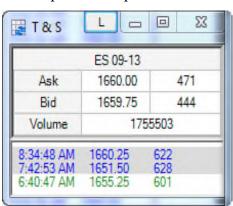
59-59.2 OPEN RANGE / Locals short/ Paper buys OPEN/ Now locals on Bid

06:32 Ben: SEP S&P opening range 1659-1659.20

This is reminding me of some dates I have been on in in the past... First everything goes against you then when things start in your favor you don't know to trust anything. Can't trade had to walk away from this psychotic market...

09:03:13 AM	3.34:1 NYSE 1.48:1 NASD	1659.75	1,752,97	1.22
10:00:29 AM	2.76 :1 NYSE 1.65 :1 NASD	1658.00	,875,75	0.862
11:08:49 AM	3.91 :1 NYSE 2.12 :1 NASD	1663.75	2,059,04	0.91
12:00:25 PM	3.46 :1 NYSE 1.99 :1 NASD	1661.00	2,164,58	0.85
01:03:30 PM	1.53 :1 NYSE 1.19 :1 NASD	1652.75	2,521,47	1.19
01:18:38 PM	1.54 :1 NYSE 1.2 :1 NASD	1654.50	2,558,48	1.11

Elephant Stomps/TINYS



ES Opening 15 MIN Range = Hi	1661.00	DELTA
Lo	1648.25	12.75
VAL Low -	1653.00	1653.00

NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.				
ES	Volume	Change		
OPEN	380			
10	913	533		
11	1458	545		
12	1752	294		
1	1875	123		
2	2059	184		
3	2164	105		
Cash CLOSE	2521	357		
PIT CLOSE	2558	37		

SP_Pit Opening Range =	1659.20	DELTA
Sp Pit	1659.00	0.20
SP_Pit Day High -	1663.80	
Day Low -	1639.00	24.80
Closing Range High -	1654.00	
Low -	1653.00	1.00
Settle -	1653.50	
Net Change -	0.50	

What I did well today:

-I showed up.

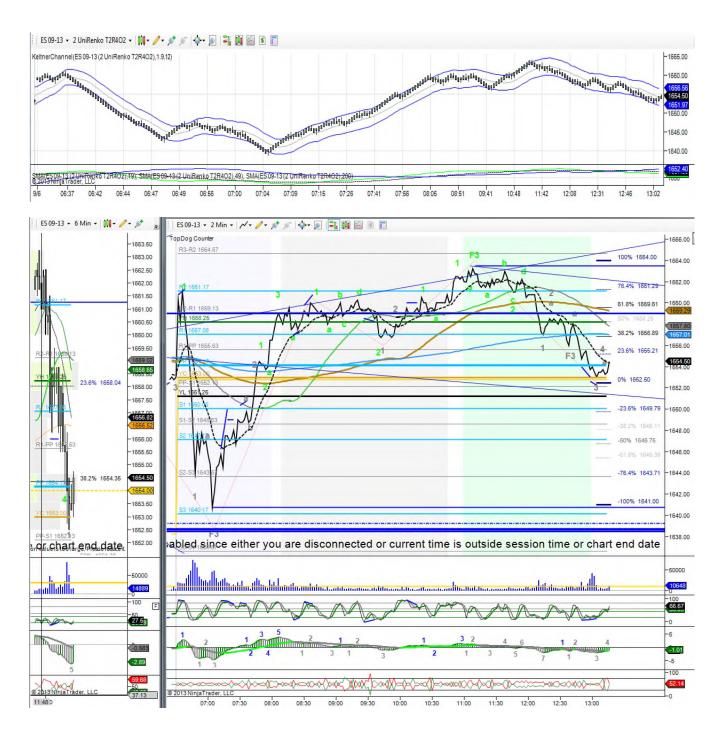
What could I have done better:

- Better prep
- Trade with the market.

What will I do tomorrow to make things better:

- Monday is doctor appointments.
- Prep for Tuesday.

09/06/13 Friday 1 06SEP13.odt



09/06/13 Friday 2 06SEP13.odt