

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 min (
1694.00	478,549	0.627

06:32:58 AM

2.14 :1 NYSE | 3.07 :1 NASD

Paper aggressive buyer on open

06:35 Ben: DEC S&P opening range 1692.20-1692.80

07:00:19 AM 2.08 :1 NYSE | 2.93 :1 NASD 1695.25 663,424 0.754

08:00:25 AM 2.61 :1 NYSE | 2.87 :1 NASD 1696.25 870,711 0.701

09:00:45 AM 2.05 :1 NYSE | 2.89 :1 NASD 1696.50 982,847 0.614

10:02:06 AM 2.56 :1 NYSE | 3.23 :1 NASD 1698.25 1,069,56 0.539

11:00:54 AM 2.45 :1 NYSE | 3.48 :1 NASD 1698.00 1,134,05 0.425

12:00:23 PM 2.39 :1 NYSE | 3.57 :1 NASD 1698.00 1,218,00 0.477

01:00:22 PM 2.59 :1 NYSE | 3.43 :1 NASD 1697.75 1,370,08 0.565

Light Paper buying CC/ Locals long all day

Still light local chop 01:11:54 PM

01:15:28 PM 2.65 :1 NYSE | 3.44 :1 NASD 1699.00 1,437,30 0.606

Small POP on Close GS buying.

Elephant Stomps/TINYS

ES 12-13		
Ask	1699.25	445
Bid	1699.25	240
Volume	1437302	
12:59:53 PM	1698.00	518
12:51:37 PM	1697.25	516
12:43:46 PM	1697.25	692
12:30:21 PM	1697.75	627
12:18:44 PM	1697.75	681
8:03:39 AM	1696.50	500
7:23:56 AM	1696.75	590
7:21:51 AM	1697.00	590
7:20:56 AM	1697.00	500

ES Opening	1695.25	DELTA
15 MIN Range = Hi		
Lo	1692.00	3.25
VAL High -	1697.75	
POC -	1695.25	
VAL Low -	1690.75	7.00
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	478	
10	663	185
11	870	207
12	982	112
1	1069	87
2	1134	65
3	1218	84
Cash CLOSE	1370	152
PIT CLOSE	1437	67

SP_Pit	1692.20	DELTA
Opening Range =		
Sp_Pit	1692.80	0.60
SP_Pit	1698.70	
Day High -		
Day Low -	1692.25	6.45
Closing Range	1698.50	
High -		
Low -	1698.10	0.40
Settle -	1698.30	
Net Change -	7.10	

What I did well today:

- Followed markets
- Did not impulse trade.

What could I have done better:

- Maybe it is time to impulse trade.
- Achieve even higher focus.

What will I do tomorrow to make things better:

- Full Night sleep.
- Chart
- Read up Top Dog Trading again
- Finish side projects and RELAX.

