

09/26/13
AM

Thursday

06:13:03

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?

06:33:02 AM 3.04 :1 NYSE 2.66 :1 NASD

LastPrice	DailyVolu	ATR 2 min (
1689.75	176,140	0.673

Paper steady buyers off open

First entry made off RENKO took it without being set or spotting confirmation. Not seeing VOLUME for OPEN. Will be OUT at 94.25. Locals have been offer since open/ Some flip on screen/ some SS

06:32 Ben: DEC S&P opening range 1690-1689.50

06:45:21 AM ES open 1688.75 – 1693.75

07:01:03 AM 2.71 :1 NYSE 2.84 :1 NASD 1694.75 320,579 0.78

08:00:28 AM 1.29 :1 NYSE 1.89 :1 NASD 1689.25 642,098 1.17

Missed 9AM somehow. I know I was sitting here. Just didn't record it. Oh well. Crazy morning that is for certain.

10:00:23 AM 1.45 :1 NYSE 1.7 :1 NASD 1691.00 959,645 0.796

11:00:22 AM 1.18 :1 NYSE 1.68 :1 NASD 1690.00 1,058,36 0.804

12:00:30 PM 1.08 :1 NYSE 1.49 :1 NASD 1686.75 1,199,27 0.967

01:00:31 PM 1.44 :1 NYSE 1.72 :1 NASD 1692.00 1,403,33 1.06

Paper buys on closing bell.

01:15:55 PM 1.47 :1 NYSE 1.72 :1 NASD 1692.50 1,457,00 0.961

Elephant Stomps/TINYS

ES 12-13		
Ask	1692.75	553
Bid	1692.50	837
Volume	1453433	
1:01:52 PM	1692.75	1209
1:01:19 PM	1692.50	517
1:01:03 PM	1692.50	648
12:55:42 PM	1689.50	567
8:21:14 AM	1687.00	581
6:47:10 AM	1693.75	500

ES Opening	1693.75	DELTA	SP_Pit	1690.00	DELTA
15 MIN Range = Hi			Opening Range =		
Lo	1688.75	5.00	Sp Pit	1689.50	0.50
VAL High -	1691.00		SP_Pit	1697.30	
POC -	1688.00		Day High -		
VAL Low -	1686.50	4.50	Day Low -	1686.00	11.30
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.					
ES	Volume	Change	Closing Range		
OPEN	176		High -	1692.70	
10	320	144	Low -	1692.30	0.40
11	642	322	Settle -	1692.50	
12	0	-642	Net Change -	6.70	
1	959	959			
2	1058	99			
3	1199	141			
Cash CLOSE	1403	204			
PIT CLOSE	1457	54			

- What I did well today: - Continue making changes
- Took one trade got meat out of up move a.m..
 - Keeping journal and records.
- What could I have done better: - Spaced after first trade.
- Need to do Lumosity after trading not during.

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What will I do tomorrow to make things better:

- Switching schedule and working LUMOSITY training after trade. I know that it will drop my Lumosity scores, but it is time to move the \$\$\$ scores up.
- Continue to journal and plan.
- Print check sheets to get ready for next week.

