1.05

Questions to answer throughout the day:

- What is the market doing?
- What is the market trying to do? LastPrice DailyVolu ATR 2 min (How well is it getting it done? -3.83 :1 NYSE -2.93 :1 NASD 1679 25 348 864 06:31:37 AM

T 1 D		0.0,00.	
Locals Buy open			
06:34 Ben: DEC S&P opening range 16	78.80-16	578.30	
07:00:29 AM 2:05:4 NYSEL4.24:4 NASD	1678 25	538 847	

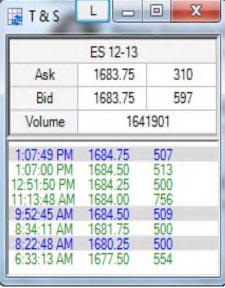
1.4 07:00:38 AM 1678.00 812,141 1.23 08:00:27 AM -1.56 :1 NYSE | -1.24 :1 NASD 1683.25 1,012,41 0.956 09:04:13 AM -1.15 :1 NYSE | -1.22 :1 NASD 1684.25 1,138,81 0.835 10:00:24 AM 1.07 :1 NYSE -1.13 :1 NASD 1685.50 1,250,14 0.802 1.2 :1 NYSE | 1.01 :1 NASD 11:00:25 AM

1683.00 1,374,63 0.833 12:00:41 PM -1.16 :1 NYSE -1.15 :1 NASD 1685.75 1,571,94 1.02 01:00:51 PM 1683.50 1,641,90 1.09 01:16:41 PM 1.26 :1 NYSE |-1.01 :1 NASD

ES Opening 15 MIN Range = Hi	1681.00	DELTA
Lo	1676.50	4.50
VAL <u>Hlgh</u> -	1690.25	
POC -	1686.75	
VAL Low -	1682.75	7.50
NOTE: Numbers are in thousands. Depost for missed		

nums. Also * in column for times I missed volume.			
ES	Volume	Change	
OPEN	348		
10	538	190	
11	812	274	
12	1012	200	
1	1138	126	
2	1250	112	
3	1374	124	
Cash CLOSE	1571	197	
PIT CLOSE	1641	70	

S



SP_Pit Opening Range =	1678.80	DELTA
Sp Pit	1678.30	0.50
SP_Pit Day High -	1687.00	
Day Low -	1673.50	13.50
Closing Range High -	1683.20	
Low -	1683.00	0.20
Settle -	1683.10	
Net Change -	-6.30	

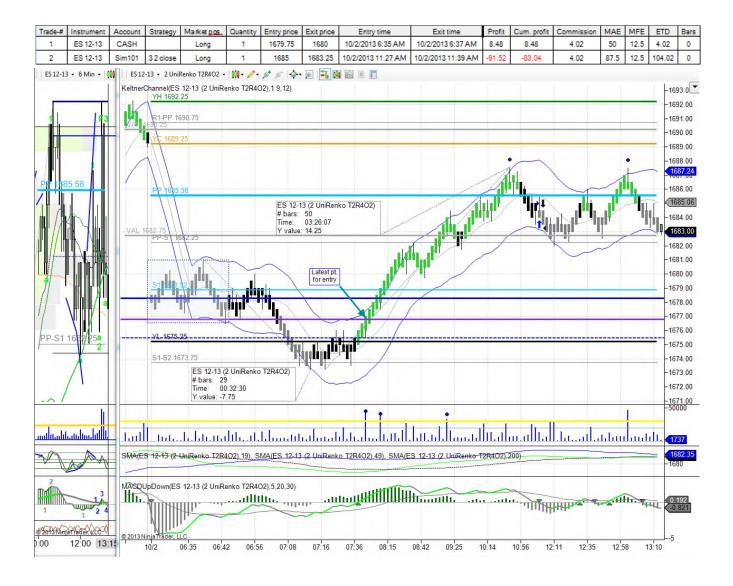
What I did well today: - Traded CASH account.

- Cautious
- Spotted entries.
- Switched to SIM when not confident later in day.

What could I have done better: - More CASH trades. - Confidence in initial position taken and stop What will I do tomorrow to make things better: - Changed chart slightly to give more professional pic. - Will see if helps keep me out of trading the CHOP which is so tempting, but easy way to lose \$\$\$!!!

Wednesday 02OCT13.odt 10/02/13 1

AM



10/02/13 Wednesday 2 02OCT13.odt