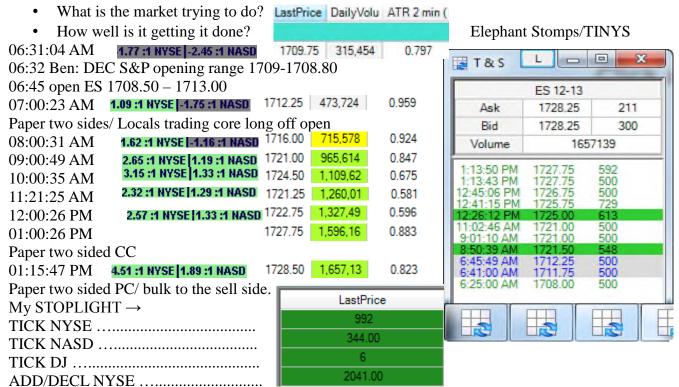
Questions to answer throughout the day:

• What is the market doing?



ES Opening	Г	1713.00	DELTA						
15 MIN Range = Hi	L	17 13.00	DELIA						
Lo		1708.50							
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.									
ES		Volume	Change						
OPEN		315							
10		473	158						
11		715	242						
12		965	250						
1		1109	144						
2	*	1201	92						
3		1327	126						
Cash CLOSE		1596	269						
PIT CLOSE		1657	61						

SP_Pit Opening Range =	1709.00	DELTA
Sp Pit	1708.80	0.20
SP_Pit Day High -	1728.70	
Day Low -	1708.70	20.00
Closing Range High -	1728.00	
Low -	1727.60	0.40
Settle -	1727.80	
Net Change -	14.60	

10/17/13 Thursday 1 17OCT13.odt

What I did well today: -Did better today, but I have a long way to go.

- Traded SIM as still leary of whip saw.
- Placed stops on all trades.
- Worked with ebb and flow of the day.

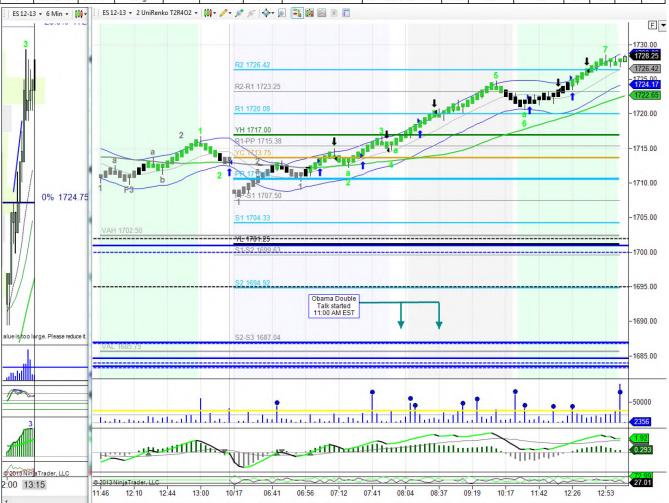
## What could I have done better:

- Could have placed better stops on first and second trade, however I was playing today very defensively.
- More sleep as usual.
- Better focus on the market.

What will I do tomorrow to make things better: -Live trade.

-Protect my gains.

Trade-#	Instrument	Account	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Profit	Cum. profit	Commission	MAE	MFE	ETD	Bars
1	ES 12-13	Sim101	Long	1	1713.25	1713.5	10/17/2013 7:04 AM	10/17/2013 7:07 AM	8.48	8.48	4.02	12.5	87.5	79.02	0
2	ES 12-13	Sim101	Long	1	1714	1714.75	10/17/2013 7:23 AM	10/17/2013 7:48 AM	33.48	41.96	4.02	0	125	91.52	0
3	ES 12-13	Sim101	Long	1	1719	1720.25	10/17/2013 8:33 AM	10/17/2013 8:35 AM	58.48	100.44	4.02	0	62.5	4.02	0
4	ES 12-13	Sim101	Long	1	1722.5	1723.5	10/17/2013 11:24 AM	10/17/2013 12:07 PM	45.98	146.42	4.02	50	50	4.02	0
5	ES 12-13	Sim101	Long	1	1725.25	1726.25	10/17/2013 12:26 PM	10/17/2013 12:41 PM	45.98	192.4	4.02	50	50	4.02	0



10/17/13 Thursday 2 17OCT13.odt