

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
1744.50	250,172	1.07

06:30:36 AM

4.93 :1 NYSE | 2.42 :1 NASD

OPEN: Pit Pop 90%/ Paper Sycorp Lite Buyer open/ LIGHT OPEN

06:45 AL: DEC S&P opening range 174400 to 174430

ES OPEN 15min RANGE: 1743- 1746.25

07:00:29 AM 3.84 :1 NYSE | 1.88 :1 NASD 1749.25 441,563 1.23

08:00:50 AM 1.95 :1 NYSE | -1.37 :1 NASD 1745.50 897,743 1.29

09:00:23 AM 2.3 :1 NYSE | 1.09 :1 NASD 1748.75 1,135,70 1.14

10:00:57 AM 1.85 :1 NYSE | -1.4 :1 NASD 1746.25 1,259,97 0.917

11:00:31 AM 2.07 :1 NYSE | -1.07 :1 NASD 1748.75 1,372,91 0.7

12:02:14 PM 2.66 :1 NYSE | 1.06 :1 NASD 1751.00 1,535,37 0.9

01:00:26 PM 2.26 :1 NYSE | 1.02 :1 NASD 1749.00 1,774,87 0.942

CC LOCALS SELL to PAPER BIDS

01:15:17 PM 2.3 :1 NYSE | 1.02 :1 NASD 1749.50 1,831,72 0.882

PC found PAPER SELLER

13:17 Ben: SP500 pit session closed pit HOD 1754.30 LOD

1742.00 settle 1749.40 \$ES_F

ES Opening 15 MIN Range = Hi	1746.25	DELTA
Lo	1743.00	3.25
VAL High -	1739.75	
POC -	1737.75	
VAL Low -	17.25	1722.50
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	250	
10	441	191
11	897	456
12	1135	238
1	1259	124
2	1372	113
3	1535	163
Cash CLOSE	1774	239
PIT CLOSE	1831	57

Elephant Stomps/TINYS

ES 12-13		
Ask	1749.50	628
Bid	1749.50	396
Volume	1831724	
1:05:46 PM	1749.25	521
12:59:59 PM	1749.50	749
12:58:16 PM	1748.75	700
12:58:01 PM	1748.75	635
12:56:59 PM	1749.50	831
12:56:33 PM	1749.50	602
12:55:01 PM	1750.25	700
12:54:29 PM	1750.50	594
12:51:43 PM	1749.75	500
12:44:01 PM	1751.00	596
12:42:49 PM	1750.75	574
12:39:05 PM	1750.50	612
12:35:45 PM	1751.00	681
12:33:21 PM	1751.00	617
12:31:42 PM	1751.50	549
11:13:41 AM	1749.75	552
10:53:49 AM	1749.00	729
8:06:51 AM	1747.00	845
7:56:45 AM	1743.50	583
7:55:26 AM	1744.00	561
7:55:20 AM	1744.75	554
7:55:10 AM	1745.00	500
7:50:02 AM	1747.50	556
7:28:08 AM	1752.00	515
7:27:24 AM	1752.50	1186
7:19:17 AM	1752.75	500
7:09:18 AM	1751.00	859
7:07:39 AM	1751.00	773
7:04:49 AM	1750.75	500
6:54:42 AM	1749.00	500

SP_Pit Opening Range =	1744.30	DELTA
Sp_Pit	1744.00	0.30
SP_Pit Day High -	1754.30	
Day Low -	1742.00	12.30
Closing Range High -	1749.80	
Low -	1749.00	0.80
Settle -	1749.40	
Net Change -	11.20	

Trade-#	Instrument	Account	Market pos.	Quantity	Entry price	Exit price	Profit	Cum. profit	Commission	MAE	MFE	ETD	Bars
1	ES 12-13	Sim101	Long	1	1751	1749.25	-91.52	-91.52	4.02	125	0	0	0

I did well today:

- Recognized that I was not in tune with the market.
- Traded SIM
- Kept PSYCH journal for PSYCH CAP

What could I have done better:

- Traded SIM earlier as to practice trading.
- If I don't cash trade I have to start SIM trading and get the number of trades up.

What will I do tomorrow to make things better:

- Trade more.
- Work to exit losing trades quicker.
- Follow system.
- Hold on to winners longer.

