

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?

06:30:56 AM 2.44 :1 NYSE -1.4 :1 NASD 1744.50 212,851 0.736

OPEN Solly Selling to locals and paper with size

06:37 Ben: opening range 1744.00 to 1744.50

06:45 ES Open 15min 1745.25 – 1740.25

07:00:26 AM 1.17 :1 NYSE -1.05 :1 NASD 1742.75 382,012 1.07

Still a bit like a deer in the headlights. I see the counter trend day setting up with lots of chop. Now it is time for me to get in and put my \$\$\$ where my head is. Where though.

08:00:25 AM 1.2 :1 NYSE 1.03 :1 NASD 1744.25 596,442 1.11

FEEL MAD THAT I OPTED OUT ON THIS RUN...

However I'm following plan. The VOL is so light a feather could move this market.

09:00:38 AM 1.29 :1 NYSE 1.17 :1 NASD 1745.25 723,164 0.882

10:00:33 AM 1.34 :1 NYSE 1.53 :1 NASD 1747.00 830,512 0.777

11:00:26 AM 1.25 :1 NYSE 1.27 :1 NASD 1745.75 904,171 0.677

12:00:32 PM 1.43 :1 NYSE 1.35 :1 NASD 1748.50 984,096 0.631

01:00:13 PM 1.32 :1 NYSE 1.21 :1 NASD 1747.25 1,154,18 0.813

CC JP SYCORP MORGAN all PAPER BUYING CC

Bought several hundred cars.

01:16:55 PM 1.39 :1 NYSE 1.2 :1 NASD 1748.50 1,237,31 0.904

Locals sell to paper on PC

13:16 Ben: SP500 pit session closed pit HOD 1750.30B LOD 1740.50 settle 1748.50 +6.70

Elephant Stomps/TINYS



ES Opening	1745.25	DELTA
15 MIN Range = Hi		
Lo	1740.25	5.00
VAL Hlgh -	1742.00	
POC -	1740.00	
VAL Low -	1738.00	4.00
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.		
ES	Volume	Change
OPEN	212	
10	382	170
11	596	214
12	723	127
1	830	107
2	904	74
3	984	80
Cash CLOSE	1154	170
PIT CLOSE	1237	83

SP_Pit	1744.50	DELTA
Opening Range =		
Sp Pit	1744.00	0.50
SP_Pit	1748.70	
Day High -		
Day Low -	1738.30	10.40
Settle -	1748.50	
Net Change -	6.70	

10/24/13
AM

Thursday

06:08:30

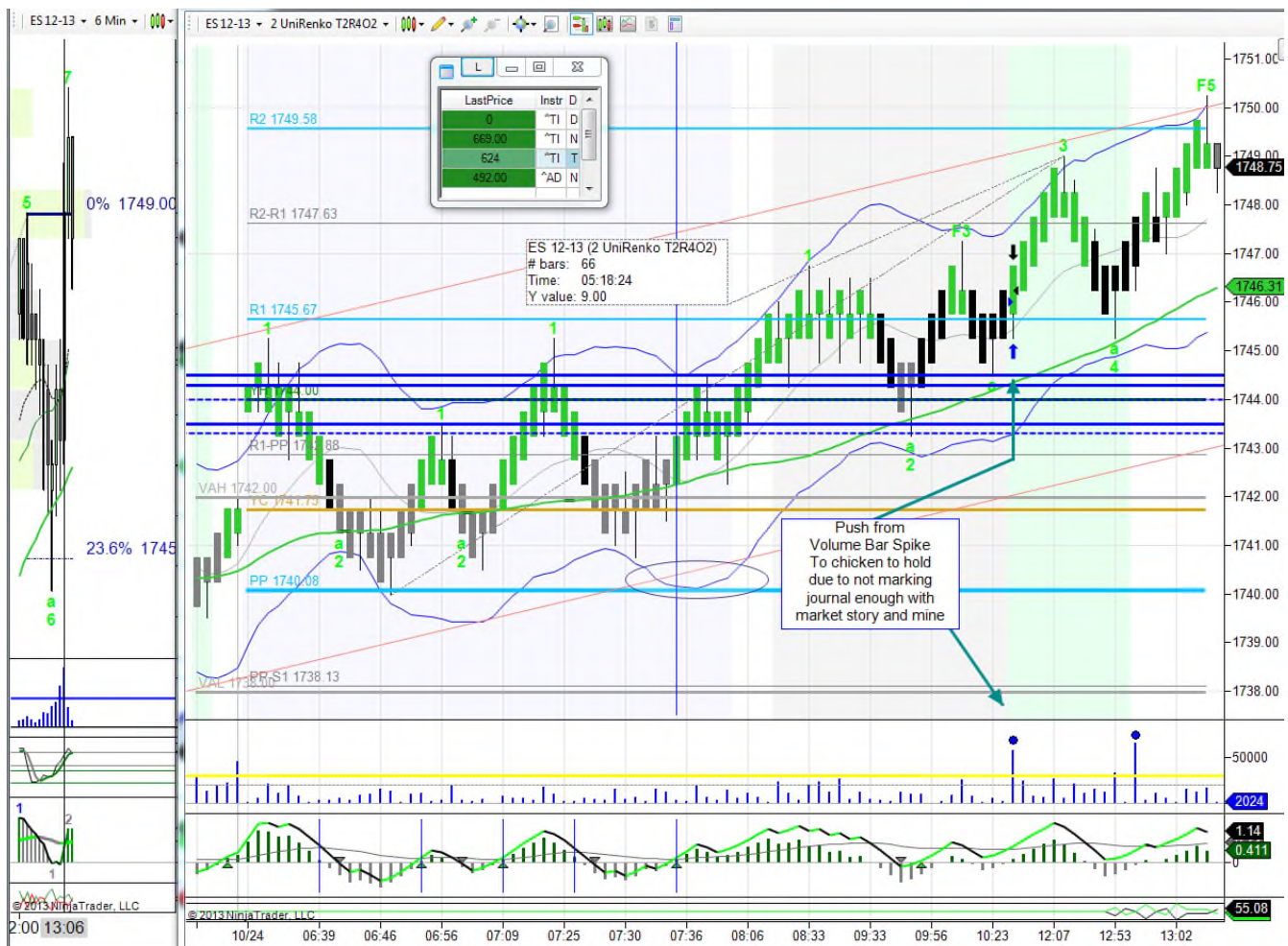
What I did well today: - Took a CASH TRADE

What could I have done better: - Stuck with CASH TRADE LONGER original entry

- Journal better psych issues of the day.
- Track market faster.
- Step back from market more often.
- Use STOPS and Limit orders for entries. Into the market vice hitting the BUTTONS.

What will I do tomorrow to make things better:

- Tonight I'll work on getting a full nights sleep and follow up with trading tomorrow.
- Will read up more about trader's psych journaling.
- Work more on focus on market when trading.



10/24/13

Thursday

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