

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

Elephant Stomps/TINYS

06:30:20 AM 1.33 :1 NYSE 1.91 :1 NASD 1750.50 185,011 0.75

OPEN Paper buyer paid up 0.30's bought light trade

06:31 Ben: DEC S&P opening range 1750.30 to 1750.00

07:01:50 AM 1.12 :1 NYSE 1.5 :1 NASD 1752.75 343,761 1.16

08:00:38 AM 1.02 :1 NYSE 1.17 :1 NASD 1749.75 560,229 1.03

09:00:33 AM 1.11 :1 NYSE 1.14 :1 NASD 1749.00 731,170 0.97

10:00:32 AM 1.09 :1 NYSE 1.14 :1 NASD 1750.00 834,838 0.711

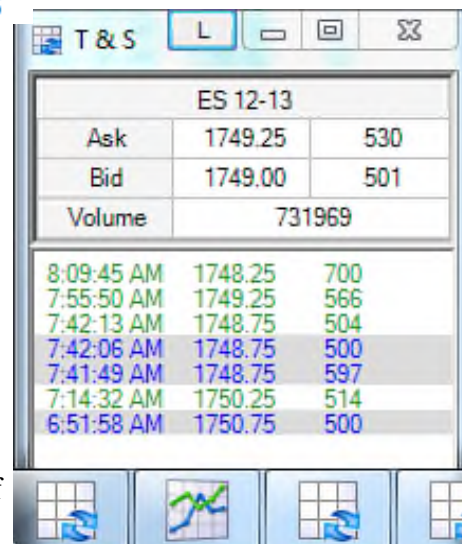
11:16:31 AM 1.24 :1 NYSE 1.13 :1 NASD 1751.50 944,686 0.625

12:02:50 PM 1.2 :1 NYSE 1.12 :1 NASD 1751.50 989,320 0.583

01:00:11 PM 1.58 :1 NYSE 1.01 :1 NASD 1754.00 1,207,20 0.774

01:16:51 PM Missed PC VOL

10/28/13 02:43:47 PM Friday was a one tick day for me. My friend Rudy came over before the close of the market and wanted to go for a hike so I did. I am learning more and more why a lot of successful traders have actual offices outside their home. Maybe some day I'll get to that level of trading there is a lot of trading that has to go down before that happens however.



ES Opening	1751.75	DELTA
15 MIN Range = Hi		
Lo	1749.00	2.75
VAL Hlgh -	1747.50	
POC -	1745.25	
VAL Low -	1742.25	5.25

NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.

ES	Volume	Change
OPEN	185	
10	343	158
11	560	217
12	731	171
1	834	103
2	944	110
3	989	45
Cash CLOSE	1207	218
PIT CLOSE	* 1267	60

SP_Pit	1750.30	DELTA
Opening Range =		
Sp Pit	1750.00	0.30
Closing Range		
High -	1754.20	
Low -	1753.60	0.60
Settle -	1753.90	
Net Change -	5.40	

What I did well today: - Well I did take one trade

What could I have done better:

- More trades, better journaling, add probabilities into my journal

What will I do tomorrow to make things better:

- Sleep/ Prep/ Follow the plan.

