Day Low -Closing Range

High -

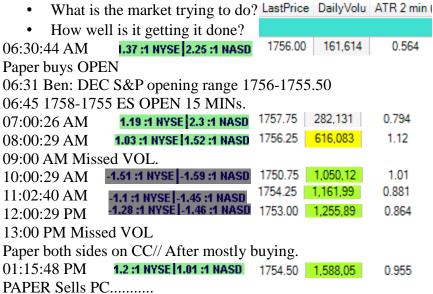
Low -

Settle -

Net Change -

Questions to answer throughout the day:

What is the market doing?



1.12	Bi	d	1754.25	7	90		
1.01 0.881	Volu	ime	158	8052			
0.864	12:59:5	8 PM	1756.75	742			
0.955		0 AM	1755.75 1751.00 1749.00	500 1028 857	BLO		
SP_Pit Opening Range	e =		1756.0	0	DELTA		
Sp Pit			1755.5	0	0.50		
SP_Pit Day High -		1761.00					
Day Low -			1747.5	0	13.50		

1754.80

1754.50

1754.70

3.70

01NOV13.odt

0.30

Elephant Stomps/TINYS

ES 12-13

1754.25

246

₹ T&S

Ask

ES Opening 15 MIN Range = Hi		1758.00	DELTA						
Lo		1755.00	3.00						
VAL <u>High</u> -		1759.25							
POC -		1754.25							
VAL Low -		1752.25	7.00						
NOTE: Numbers are in thousands. Repeat for missed nums. Also * in column for times I missed volume.									
ES		Volume	Change						
OPEN		161							
10		282	121						
11		616	334						
12	*	893	277						
1		1050	157						
2		1161	111						
3		1255	94						
Cash CLOSE	*	1523	268						
PIT CLOSE		1588	65						

What I did well today: - I controlled my anger/stress

- I fixed my system replacing a missing market analyzer
- I traded as soon as I had my system fully operational.
- Did not try to trade when not 100% ready.

What could I have done better: - I could have made more backup copies of my WORKSPACE so that I didn't have to totally rebuild during the day. My last few changes to my workspace were only changed in one spot.

- I could have relaxed more an traded cash, but after all that happened was not ready. What will I do tomorrow to make things better: - I will have a good weekend. -Do what I need to do and get a good night prepping on Sunday.

Here is my one trade. I have lots to learn.

Tr	rade-#	Instrument	Account	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Exit name	Profit	Cum. profit	Commission	MAE	MFE	ETD
	1	ES 12-13	Sim101	Long	1	1750.75	1754.75	11/1/2013 9:27 AM	11/1/2013 1:14 PM	Close	195.98	195.98	4.02	100	400	204.02



11/01/13 Saturday 2 01NOV13.odt