AM

Questions to answer throughout the day:

What is the market doing?

What is the market trying to do? LastPrice DailyVolu ATR 2 min (

How well is it getting it done? 06:30:37 AM -5.35 :1 NYSE | -3.58 :1 NASD Paper buys OPEN...

0.664 1756.25 277,932

Elephant Stomps/TINYS

06:31 Ben: DE0	C S&P opening range 1'		6.50	
07:00:23 AM	1.02 :1 NYSE -1.16 :1 NASD	1762.25	462,699	0.987
08:00:46 AM	1.29 :1 NYSE   1.49 :1 NASD	1763.50	686,034	0.967
09:04:47 AM	1.33 :1 NYSE   1.49 :1 NASD	1763.50	817,208	0.789
10:00:45 AM		1769.75	1,017,14	0.764
11:00:24 AM	2.79 :1 NYSE 3.46 :1 NASD	1772.50	1,173,83	0.698
12:28:39 PM	2.77 :1 NYSE   3.41 :1 NASD	1773.00	1,305,47	0.634
01:01:49 PM	4.3 :1 NYSE 5.51 :1 NASD	1777.75	1,572,69	0.869
01:18:02 PM	4.3 :1 NYSE 5.51 :1 NASD	1778.50	1,638,75	0.819

ES Opening 15 MIN Range = Hi	1759.25	DELTA
Lo	1755.50	3.75
VAL <u>High</u> -	1765.25	
POC -	1764.75	
VAL Low -	1760.25	5.00

NOTE: Numbers are in thousands. Repeat for missed

nums. Also * in column for times I missed volume.								
ES			Volume	Change				
	OPEN		277					
	10		462	185				
	11		686	224				
	12		817	131				
	1		1017	200				
	2		1173	156				
	3	*	1297	124				
	Cash CLOSE		1572	275				
	PIT CLOSE		1638	66				

What I did well today: - Traded Cash Account.

- In my second trade I used stop and anticipated the MACD cross-over correctly.
- Closed out first trade for profit vice letting my stop get hit.

What could I have done better:

- Held trades into stops.

0.967 0.789 0.789 0.789 0.714 0.764 0.838 0.698 0.789 0.634 0.634 0.699 0.869 0.819 0.8218 0.831 0.8218 0.830 0.832 0.833 0.832 0.83			1	ziepnan	t Stomps/	111113				
Bid   1782.75   112	77,932	0.664	-	2.8.T	L					
Ask   1782.75   112				1005						
0.967 0.789 0.789 0.789 0.714 0.764 0.838 0.698 0.789 0.634 0.634 0.699 0.869 0.819 0.8218 0.831 0.8218 0.830 0.832 0.833 0.832 0.83	000	0.007			ES 12-13	3				
Settle -   1778.70   29   1778.70   29   29   29   20   27   29   20   27   3   29   20   27   3   3   3   3   3   3   3   3   3				Ask	1782.75	112				
7,14				Bid	1782.50	29				
1:36:37 PM 1781.25 590 1:02:58 PM 1778.00 625 1:02:57 PM 1778.00 638 1:02:18 PM 1778.00 638 1:02:18 PM 1778.00 510 1:00:33 PM 1777.75 500 1:00:05 PM 1777.75 500 1:00:05 PM 1778.00 552 1:00:00 PM 1778.00 564 10:259.59 PM 1778.50 511 12:59:59 PM 1778.00 586 12:59:50 PM 1778.00 586 12:59:50 PM 1778.00 586 10:00:25 AM 1769.00 611 9:34:13 AM 1769.00 611 9:34:13 AM 1769.00 611 9:34:13 AM 1767.00 538 9:27:30 AM 1767.00 538 9:27:30 AM 1767.00 684   SP_Pit Opening Range = 1756.50 DELTA  SP_Pit Opening Range = 1756.00 0.50  SP_Pit Day High - 1779.00  Closing Range High - 1778.70  Settle - 1778.70			1	/olume	2	20273				
1.02:58 PM 1778.00 625 3.47 0.634 1:02:57 PM 1778.00 500 1:02:18 PM 1778.00 500 1:02:18 PM 1778.00 510 1:00:33 PM 1777.75 500 1:00:05 PM 1777.75 500 1:00:05 PM 1778.00 552 1:00:00 PM 1778.00 552 1:00:00 PM 1778.00 549 12:59:59 PM 1778.25 1086 12:59:50 PM 1778.25 1086 12:59:50 PM 1778.25 1086 12:59:00 PM 1778.00 558 12:59:00 PM 1778.00 558 12:59:00 PM 1778.00 564 10:22:26 AM 1769.00 736 10:00:25 AM 1769.00 736 10:00:25 AM 1769.05 726 10:19:29 AM 1769.00 611 9:34:13 AM 1769.05 538 9:24:01 AM 1767.00 538 9:23:52 AM 1767.00 684   SP_Pit Opening Range = 1756.50 DELTA  SP_Pit Opening Range = 1756.00 0.50  SP_Pit Day High - 1779.00  Closing Range High - 1778.50 0.50  Settle - 1778.70			1-2	6:37 PM	1781 25	590				
1:02:18 PM			1:0	2:58 PM	1778.00	625				
1:02:18 PM 1778.00 510 1:01:01 PM 1777.50 503 1:00:33 PM 1777.75 500 1:00:05 PM 1777.75 500 1:00:00 PM 1778.00 552 1:00:00 PM 1778.00 552 1:00:00 PM 1778.05 500 12:59:59 PM 1778.25 500 12:59:59 PM 1778.25 500 12:59:59 PM 1778.25 1086 12:59:00 PM 1778.00 558 12:57:02 PM 1778.00 558 12:54:14 PM 1777.00 500 12:46:57 PM 1765.00 726 10:19:29 AM 1769.50 726 10:19:29 AM 1769.00 736 10:00:25 AM 1769.75 568 9:54:44 AM 1769.00 611 9:34:13 AM 1767.00 538 9:27:30 AM 1767.75 511 9:24:01 AM 1767.00 538 9:23:52 AM 1767.00 684   SP_Pit Opening Range = 1756.50 DELTA  SP_Pit Day High - 1779.20  Closing Range High - 1779.00  Low - 1778.50 0.50  Settle - 1778.70						500 638				
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1:00:00 PM   1778.00   549     1:00:00 PM   1778.00   549     12:59:59 PM   1778.25   500     12:59:59 PM   1778.75   500     12:59:59 PM   1778.50   511     12:59:03 PM   1778.25   1086   BLC     12:59:03 PM   1778.25   535     12:59:02 PM   1778.00   568     12:59:02 PM   1778.00   568     12:54:14 PM   1777.00   500     12:46:57 PM   1776.50   564     10:22:26 AM   1769.50   726     10:19:29 AM   1769.50   726     10:19:29 AM   1769.00   736     10:00:25 AM   1769.75   568     9:54:44 AM   1769.00   611     9:34:13 AM   1767.50   886     9:27:30 AM   1767.75   511     9:24:01 AM   1767.00   538     9:23:52 AM   1767.00   684      SP_Pit						500				
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10:19:29 AM										
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SP_Pit     1756.50     DELTA       Opening Range =     1756.00     0.50       SP_Pit     1779.20       Day High -     1756.00     23.20       Closing Range High -     1779.00       Low -     1778.50     0.50       Settle -     1778.70			9:2	4:01 AM	1767.00					
Opening Range =         1756.50         DELTA           Sp Pit         1756.00         0.50           SP_Pit         1779.20         1779.20           Day High -         1756.00         23.20           Closing Range High -         1779.00         1778.50         0.50           Settle -         1778.70         1778.70         1778.70			9:2	3:52 AM	1/6/.00	684				
Opening Range =         1756.50         DELTA           Sp Pit         1756.00         0.50           SP_Pit         1779.20         1779.20           Day High -         1756.00         23.20           Closing Range High -         1779.00         1778.50           Low -         1778.70         1778.70	SP Pi	it								
Sp Pit     1756.00     0.50       SP_Pit     1779.20       Day High -     1756.00     23.20       Closing Range High -     1779.00       Low -     1778.50     0.50       Settle -     1778.70	_		=		1756.50	DELTA				
SP_Pit     1779.20       Day High -     1756.00     23.20       Closing Range     1779.00       High -     1778.50     0.50       Settle -     1778.70					1756.00	0.50				
Day Low - 1756.00 23.20  Closing Range High - 1778.50 0.50  Settle - 1778.70					1770 20					
Closing Range High -  Low -  Settle -  1779.00  1778.50  0.50  1778.70	Day High -				1113.20					
High - 1778.50 0.50  Settle - 1778.70	Day Low -			1756.00		23.20				
Settle - 1778.70					1779.00					
	Low -			1778.50		0.50				
Not Change 12 CO	Settle	-			1778.70					
iver Change -	Net Change -				13.60					

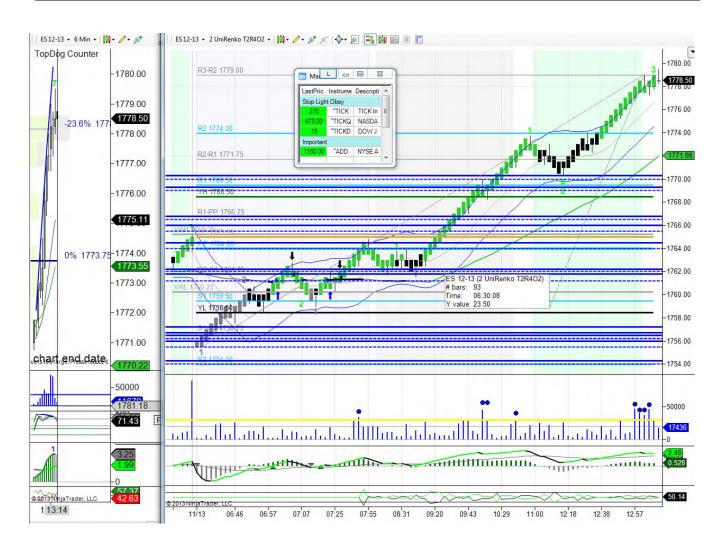
- AM
  - Better placement of stops.
  - Better paced myself for the trading day.
  - Trade more.
  - Learn to trade core position.

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What will I do tomorrow to make things better:

- Sleep
- Prepare
- Read up more on ES trading
- Start working on my own personal Play Book

Trade-#	Instrument	Account	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Entry name	Exit name	Profit	Cum. profit	Commission	MAE	MFE	ETD
1	ES 12-13	Cash	Long	1	1761.25	1761.75	11/13/2013 6:58 AM	11/13/2013 7:01 AM	Entry	Target1	20.98	20.98	4.02	12.5	62.5	41.52
2	ES 12-13	Cash	Long	1	1761.25	1761.5	11/13/2013 7:21 AM	11/13/2013 7:26 AM	Entry	Target1	8.48	29.46	4.02	25	25	16.52



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