

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
1756.25	277,932	0.664

06:30:37 AM **5.35 :1 NYSE | -3.58 :1 NASD**

Paper buys OPEN...

06:31 Ben: DEC S&P opening range 1756-1756.50

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

Elephant Stomps/TINYS

ES 12-13		
Ask	1782.75	112
Bid	1782.50	29
Volume	20273	
1:36:37 PM	1781.25	590
1:02:58 PM	1778.00	625
1:02:57 PM	1778.00	500
1:02:18 PM	1778.00	638
1:02:18 PM	1778.00	510
1:01:01 PM	1777.50	503
1:00:33 PM	1777.75	500
1:00:27 PM	1777.75	500
1:00:05 PM	1777.75	959
1:00:00 PM	1778.00	552
1:00:00 PM	1778.00	549
12:59:59 PM	1778.25	500
12:59:56 PM	1778.75	500
12:59:52 PM	1778.50	511
12:59:03 PM	1778.25	1086
12:59:00 PM	1778.25	535
12:57:02 PM	1778.00	558
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	1769.00	736
10:00:25 AM	1769.75	568
9:54:44 AM	1769.00	611
9:34:13 AM	1768.00	759
9:32:33 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

ES Opening	1759.25	DELTA
15 MIN Range = Hi		
Lo	1755.50	3.75
VAL High -	1765.25	
POC -	1764.75	
VAL Low -	1760.25	5.00
NOTE: Numbers are in thousands. Repeat for missed num's. 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.

SP_Pit	1756.50	DELTA
Opening Range =		
Sp_Pit	1756.00	0.50
SP_Pit		
Day High -	1779.20	
Day Low -	1756.00	23.20
Closing Range		
High -	1779.00	
Low -	1778.50	0.50
Settle -	1778.70	
Net Change -	13.60	

11/13/13  
AM

Wednesday

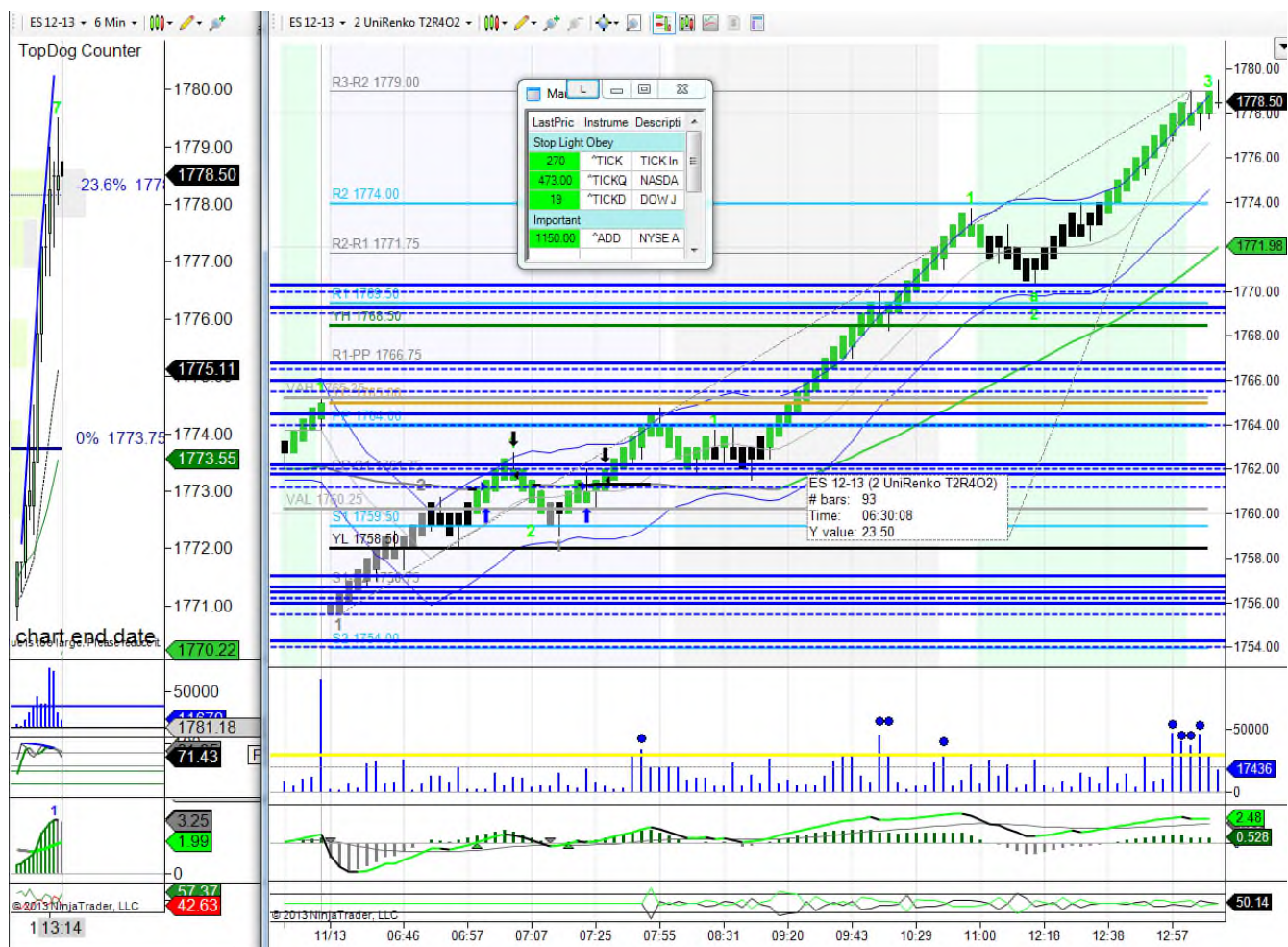
06:15:52

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

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



11/13/13

Wednesday

2

13NOV13.odt