AM

Questions to answer throughout the day:

How well is it getting it done?

What is the market doing?

What is the market trying to do? LastPric DailyVolu ATR 2

1784.50 434,131 1.21 06:38:36 AM 4.1:1 NYSE 5.27:1 NASD Ben reporting CHOP trade Just below opening Range/ Locals look short// Paper bought open

2.11:1 NYSE 4.38:1 NASD 1780.75 574,785 1.31 07:00:49 AM

Home numbers were not good. Dip two pints after. Mostly CHOP

morning.

07:18:52 AM Bull Flag 6MIN First Hour Negative/ Numbers coming at 0930 EST.// Perfect CHOP till 0930 Ticks falling off a tad.

08:00:21 AM SP Light Trade/

1.75 :1 NYSE 4.12 :1 NASD

Local

08:22:22 AM To busy messing with charts

and didn't take a 60% buy signal. Had not solid confirmation on six min LTC. Had I looked longer would have caught maybe the change, that or maybe used bracket STOP orders for entry.

1783.00 856.181 1.43

09:00:44 AM 3.49:1 NYSE 7.44:1 NASD 10:04:30 AM 3.01:1 NYSE 7.17:1 NASD

1790.75 1,117,57 1.26 1792.25 1,250,43 0.908

1789.25 1,655,59

1781.00 1,800,48

LastPric Instrume Descripti

*TICK

TICKQ

TICKD

^ADD

TICK In

NASDA.

DOWJ

NYSE A

1.05

1.36

Stop Light Obey

153

127.00

-23

Important

1446.00

Totally missed two moderately strong entry signals today due to fiddling with charts and having my eye off the ball. Strong ADD line showing possible reversal today unlikely, and that at this point

I'd be chasing the market.

1789.75 1,343,74 0.806 2.71 :1 NYSE | 5.52 :1 NASD 11:00:23 AM 1789.25 1,458,51 0.894 12:00:24 PM 2.7 :1 NYSE 4.96 :1 NASD

2.79 :1 NYSE 5.15 :1 NASD 01:00:19 PM Paper buys 400 cars CC and more after

01:18:23 PM 2.87:1 NYSE | 5.16:1 NASD

Yes Locals short all day// Paper just sold PC

Well: Good that traded.

Better: If I finally get myself trading CASH Account.

Tomorrow: Pay more attention. Also better sleep. Today I didn't

Sleep well : (Oh well. Tomorrow is another day.											- 17		- 17	
Trade-#	Instrument	Account	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Profit	Cum. profit	Commission	MAE	MFE	ETD
1	ES 03-14	Sim101	Short	1	1791.25	1791	1/30/2014 12:28 PM	1/30/2014 12:34 PM	8.48	8.48	4.02	25	62.5	54.02
2	ES 03-14	Sim101	Short	1	1791.5	1790.25	1/30/2014 12:30 PM	1/30/2014 12:39 PM	58.48	66.96	4.02	12.5	62.5	4.02
3	ES 03-14	Sim101	Long	1	1790.5	1788.25	1/30/2014 12:40 PM	1/30/2014 12:49 PM	-116.52	-49.56	4.02	125	25	141.52
4	ES 03-14	Sim101	Long	1	1790	1788.25	1/30/2014 12:46 PM	1/30/2014 12:49 PM	-91.52	-141.08	4.02	100	25	116.52
5	ES 03-14	Sim101	Long	5	1788.5	1789.25	1/30/2014 12:50 PM	1/30/2014 12:55 PM	167.4	26.32	20.1	62.5	187.5	20.1
6	ES 03-14	Sim101	Long	1	1788.5	1789.25	1/30/2014 12:50 PM	1/30/2014 12:55 PM	33.48	59.8	4.02	12.5	37.5	4.02

Elephant Stomps/TINYS

