

02/07/14

Friday

06:30:30 AM

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?

06:30:49 AM 5.51 :1 NYSE | 3.83 :1 NASD

TWO SIDED PAPER OFF OPEN GS/
BUY/ Solly Sell ES Open Range06:31 Ben: MARCH S&P opening
range 1778.50-1777.80

ES Open 15 min Range 17.75 1783.75

Missed 0700 was to busy on the
phone. Another crazy day in the
market that is for certain. Have yet to
feel secure enough in my trading to switch back to CASH trading.
Have loads of bad habits to break.

08:01:17 AM 2.24 :1 NYSE | 2.41 :1 NASD 1777.75 1,281.60 1.79

09:03:48 AM 3.08 :1 NYSE | 4.99 :1 NASD 1783.25 1,482.23 1.2

10:00:42 AM 2.92 :1 NYSE | 4.49 :1 NASD 1783.50 1,578.55 0.913

11:00:38 AM 3.4 :1 NYSE | 4.65 :1 NASD 1788.75 1,777.11 0.845

12:00:26 PM 3.8 :1 NYSE | 4.71 :1 NASD 1789.00 1,934.39 0.838

I want more days like today where I am adding to winners and
instead of fighting the market I am going with the market. I am
holding multiple contracts for longer periods of time and they are
increasing as profit increases. Granted I didn't get into all my
positions correctly today, but did a damn site better than I have all
week. Trying to keep at least one contract on and then add to it for
two point moves that seem like sure bet. Just entered into one more
for the day and hopefully we will see the two points materialize
soon. If not we will have to exit the trade...

01:00:23 PM 4.75 :1 NYSE | 5.44 :1 NASD 1791.75 2,197.46 0.953

Paper bought all the way till CC and then SOLD CC

01:33:11 PM 1792.75 2,331.99 0.903

05:56:25 PM 02/09/14 Little late finishing out the day... All in all
Friday started out slow but finished well. I am still not quite
exactly where I want to be trading, but at least I am fighting less.
That is a major step; next to exit losers quicker that will be a big
winning point for me.

ES Opening 15 MIN Range = Hi	83 ⁷⁵	SP_Pit Opening Range =	78 ⁵⁰	SP Pit Open:	
Lo	75.75	Sp Pit END DAY	77 ⁸⁰		Two S/D RPS
VAL High -	69 ⁵⁶	OF High-	1794	Cash Close:	
POC	69 ⁵⁰	Day Low -	1772 ⁷⁰	Paper Sells	
VAL Low -	62 ⁰⁰	CLOSING RANGE:		Pit Close:	
		High -	17 94	Paper Sells PC	
		Low -	17 93	more of pity sell to locals	
		Settle -	17 93.50		

LastPric	DailyVolu	ATR 2
1778.50	649,233	2.4

LastPric	Instrume	Descripti
383	*TICK	TICK In
243.00	*TICKQ	NASDAQ
7	*TICKD	DOW J
1432.00	*ADD	NYSE A

Elephant Stomps/TINYS

ES 03-14		
Ask	1793.00	303
Bid	1792.75	279
Volume	2332146	
1:11:52 PM	1792.75	500
1:09:18 PM	1792.50	1638
1:08:14 PM	1792.75	567
1:06:22 PM	1792.50	500
1:05:24 PM	1792.00	550
1:02:43 PM	1792.00	600
1:02:27 PM	1792.25	938
1:01:45 PM	1792.50	926
1:01:37 PM	1792.25	867
1:00:16 PM	1791.75	1134
1:00:14 PM	1791.75	1516
1:00:12 PM	1791.75	1264
1:00:08 PM	1791.75	500
1:00:00 PM	1791.75	703
12:59:57 PM	1791.50	500
12:59:53 PM	1791.50	500
12:59:13 PM	1792.00	570
12:58:11 PM	1792.25	589
12:58:10 PM	1792.25	1432
12:56:08 PM	1792.00	1066
12:55:37 PM	1792.00	1430
12:55:00 PM	1791.75	621
12:52:53 PM	1790.75	1080
12:51:56 PM	1791.00	500
12:50:05 PM	1792.00	976
12:49:51 PM	1792.00	982
12:46:35 PM	1793.25	500
12:45:32 PM	1792.75	500
12:45:27 PM	1792.75	869
12:45:00 PM	1792.50	648
12:44:55 PM	1792.25	500
12:39:52 PM	1791.75	558
12:38:06 PM	1792.25	500
12:25:03 PM	1790.50	789
12:16:33 PM	1790.75	603
12:10:08 PM	1790.50	550
12:09:07 PM	1790.50	800
12:02:15 PM	1790.25	568
12:01:51 PM	1789.75	769
12:01:32 PM	1789.75	500
11:59:00 AM	1789.25	631
11:58:49 AM	1789.00	731
11:57:02 AM	1788.50	571
11:56:06 AM	1788.75	632
11:46:56 AM	1790.00	500
11:32:53 AM	1789.25	579
11:04:57 AM	1789.25	500
11:04:25 AM	1789.50	843
10:59:02 AM	1788.75	635
10:58:50 AM	1789.00	500
10:56:44 AM	1787.50	681
10:56:44 AM	1787.50	524
10:52:59 AM	1788.25	701
10:50:48 AM	1787.75	671
10:46:59 AM	1787.75	1027
10:46:29 AM	1787.75	800
10:43:44 AM	1787.25	500
10:40:54 AM	1787.00	530
10:40:45 AM	1787.25	530
10:40:15 AM	1786.00	600
10:40:15 AM	1786.00	627
10:40:14 AM	1786.00	800
10:13:52 AM	1785.50	712
10:07:33 AM	1784.00	651
10:02:27 AM	1784.00	500
9:01:54 AM	1783.75	501
8:50:22 AM	1784.00	681
8:19:21 AM	1777.75	596
7:53:10 AM	1775.75	500
7:28:35 AM	1773.50	800

02/07/14

Sunday

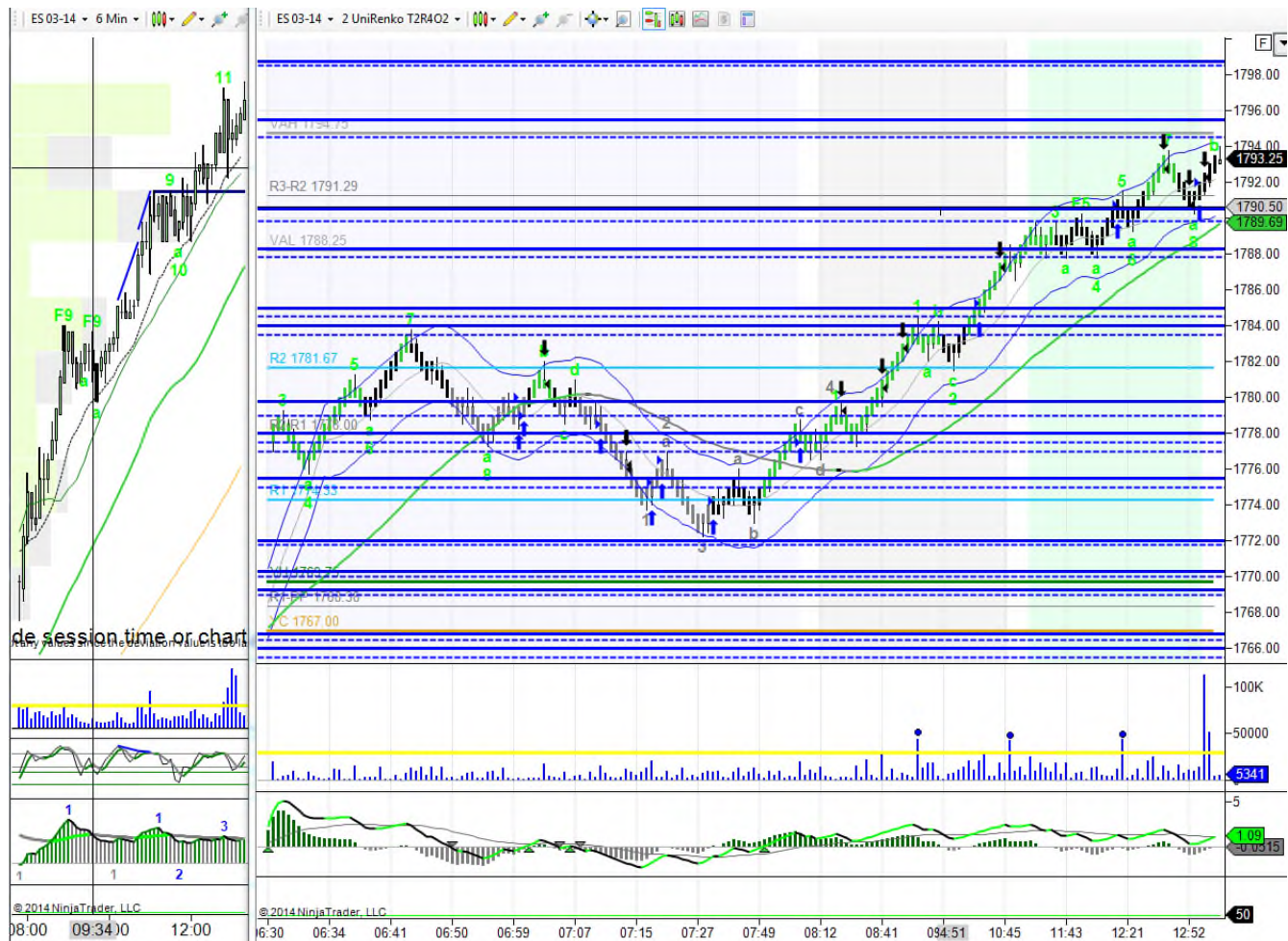
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Friday

06:30:30 AM

Trade-#	Instrument	Account	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Exit name	Profit	Cum. profit	Commission	MAE	MFE	ETD
1	ES 03-14	Sim101	Long	1	1780	1780.75	2/7/2014 6:59 AM	2/7/2014 7:01 AM		33.48	33.48	4.02	187.5	87.5	54.02
2	ES 03-14	Sim101	Long	1	1779	1776.25	2/7/2014 7:00 AM	2/7/2014 7:13 AM		-141.52	-108.04	4.02	137.5	150	291.52
3	ES 03-14	Sim101	Long	1	1778.5	1776	2/7/2014 7:10 AM	2/7/2014 7:13 AM	Close	-129.02	-237.06	4.02	125	50	179.02
4	ES 03-14	Sim101	Long	1	1775.25	1779.25	2/7/2014 7:17 AM	2/7/2014 8:15 AM		195.98	-41.08	4.02	150	925	729.02
5	ES 03-14	Sim101	Long	1	1776.5	1780.5	2/7/2014 7:22 AM	2/7/2014 8:32 AM		195.98	154.9	4.02	212.5	850	654.02
6	ES 03-14	Sim101	Long	1	1774.25	1782.75	2/7/2014 7:31 AM	2/7/2014 8:48 AM		420.98	575.88	4.02	62.5	925	504.02
7	ES 03-14	Sim101	Long	1	1777.5	1787.25	2/7/2014 7:55 AM	2/7/2014 10:41 AM		483.48	1059.36	4.02	37.5	487.5	4.02
8	ES 03-14	Sim101	Long	1	1785.25	1792.75	2/7/2014 10:12 AM	2/7/2014 12:45 PM		370.98	1430.34	4.02	25	425	54.02
9	ES 03-14	Sim101	Long	1	1790.75	1790.75	2/7/2014 12:03 PM	2/7/2014 12:51 PM		-4.02	1426.32	4.02	75	150	154.02
10	ES 03-14	Sim101	Long	1	1792	1792.25	2/7/2014 12:54 PM	2/7/2014 12:58 PM		8.48	1434.8	4.02	25	12.5	4.02



What I did well today: Stuck with SIM trading, I added to winning positions and traded for quick two point gains where possible as to minimize exposure to the market.

What could I have done better: I could learn to trade with less hesitation and get out of losing trades quicker so as to be ready for winners later in day.

What will I do tomorrow to make things better: Listen to the market and let the market tell me which direction to trade.

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Sunday

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