

02/19/14  
AM

Wednesday

06:14:00

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?

LastPric DailyVolu ATR 2

06:31:07 AM 2.98 :1 NYSE | -1.78 :1 NASD 1832.50 202,862 0.691

Opening range 1832.50-1833

07:00:24 AM 1.1 :1 NYSE | -1.27 :1 NASD 1838.75 389,794 1.11

Took an order short, was not my idea so closed it out when market didn't continue to drop as first went against me a point and half then didn't hit my 6 tick target. CHOP day since open rip up.

Althgouh not much of a true rip less than 10 pts. Range.

08:01:01 AM 1.37 :1 NYSE | 1.09 :1 NASD 1841.75 684,449 1

09:14:26 AM 1.13 :1 NYSE | -1.35 :1 NASD 1835.25 894,690 1.01

10:00:38 AM 1.36 :1 NYSE | -1.58 :1 NASD 1833.50 1,042,34 1.12

12:00:42 PM 1.27 :1 NYSE | -1.46 :1 NASD 1833.25 1,357,32 1.51

01:00:26 PM 2.29 :1 NYSE | -2.18 :1 NASD 1825.50 1,651,63 1.44

01:37:15 PM 1826.50 1,759,36 1.18

ES	
Opening	
15 MIN	
Range = Hi	1837
Lo	1831
VAL	
High -	1839
POC	1838 50
VAL	
Low -	1836 50

SP_Pit	
Opening Range =	18 33
	18 32 50
Sp_Pit	
END OF	
DAY High-	18 44 30
Day Low -	18 23 50
CLOSING	
RANGE:	
High -	25 70
Low -	20
Settle -	25 50
Net Change -	- 11.40

Elephant Stomps/TINYS

ES 03-14		
Ask	1825.00	194
Bid	1824.75	564
Volume	1734382	
1:03:07 PM	1825.75	500
1:03:00 PM	1825.75	681
1:02:47 PM	1825.50	1000
1:00:13 PM	1825.25	549
12:50:58 PM	1826.25	533
12:49:29 PM	1825.00	982
12:48:23 PM	1825.00	650
12:14:04 PM	1830.50	567
12:11:38 PM	1830.00	500
11:58:07 AM	1832.75	500
11:20:17 AM	1834.25	500
11:20:17 AM	1834.50	500
9:38:18 AM	1833.50	650
8:53:30 AM	1841.25	696
8:42:47 AM	1840.75	605
8:01:42 AM	1841.50	655
7:29:22 AM	1844.00	500
7:29:22 AM	1844.00	500
7:20:32 AM	1842.50	510
7:18:10 AM	1843.00	640

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**What I did well today:** \* I did get out and traded \* I did protect from loss \* I SIM Traded as have personal issues w/ family that will affect trading. \*Exited trades before they became major losers.

**What could I have done better:** \*I could have entered right side of trade \* Still taking to large risk on FOMC announcement. Next FOMC will try to SIM again even if I am cash trading by then \*Read market direction better, almost every trade was in the wrong direction for the overall market.

**What will I do tomorrow to make things better:** \* I'll be sure to get enough sleep and visualize a successful day before my first trade.

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	Short	1	1838.5	1838.25	2/19/2014 6:58 AM	2/19/2014 7:05 AM		8.48	8.48	4.02	62.5	62.5	54.02
2	ES 03-14	Sim101	Long	1	1842.75	1843	2/19/2014 7:16 AM	2/19/2014 7:38 AM		8.48	16.96	4.02	50	75	66.52
3	ES 03-14	Sim101	Long	1	1834.5	1834.75	2/19/2014 10:08 AM	2/19/2014 10:12 AM		8.48	25.44	4.02	12.5	37.5	29.02
4	ES 03-14	Sim101	Short	1	1834.5	1834.25	2/19/2014 11:00 AM	2/19/2014 11:02 AM		8.48	33.92	4.02	62.5	12.5	4.02
5	ES 03-14	Sim101	Short	1	1835.5	1834.25	2/19/2014 11:01 AM	2/19/2014 11:02 AM		58.48	92.4	4.02	87.5	75	16.52
6	ES 03-14	Sim101	Short	1	1836.5	1834.25	2/19/2014 11:01 AM	2/19/2014 11:02 AM		108.48	200.88	4.02	0	125	16.52
7	ES 03-14	Sim101	Long	1	1837.75	1838.25	2/19/2014 11:07 AM	2/19/2014 11:08 AM	Close	20.98	221.86	4.02	0	50	29.02
8	ES 03-14	Sim101	Long	1	1836	1836.25	2/19/2014 11:16 AM	2/19/2014 11:17 AM		8.48	230.34	4.02	25	12.5	4.02



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