

02/20/14
AM

Thursday

06:07:56

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?

06:30:19 AM 1.66 :1 NYSE 1.23 :1 NASD 1826.75 362,753 1.06

06:48:26 AM →
Forgot to get on
open, but was 1000
on ADD

LastPrice	Instrument	Description
Stop Light Obey		
-167	*TICK	TICK Index
-98.00	*TICKQ	NASDAQ Cumulative
-19	*TICKDJ	DOW JONES COMP
Important		
516.00	*ADD	NYSE Advancing Issu
149	*ADDQ	NASDAQ COMB NET
29	*ADDJ	Dow Jones COMP Net

06:52:46 AM Still Personal Issues that are making it difficult to trade. In November it was Francesca's Death. Just yesterday I learned that my father is on the short count to meeting his maker and has been checked into a nursing home with dementia.

07:00:22 AM 1.66 :1 NYSE 1.23 :1 NASD 1824.00 551,563 1.46

Decided to SIM trade the day. Looks like heading into CHOP day for certain. Kicking myself a little for not totally following my plan this morning.

08:10:42 AM 1.66 :1 NYSE 1.23 :1 NASD 1833.75 903,461 1.35
09:00:13 AM 1.66 :1 NYSE 1.23 :1 NASD 1832.25 1,007,09 1.15
10:28:49 AM 1.66 :1 NYSE 1.23 :1 NASD 1836.50 1,160,34 0.744
11:27:33 AM 2.33 :1 NYSE 3.43 :1 NASD 1836.25 1,279,91 0.778
12:04:35 PM 2.84 :1 NYSE 3.69 :1 NASD 1838.50 1,356,46 0.832
01:00:29 PM 3.1 :1 NYSE 3.86 :1 NASD 1837.50 1,494,41 0.809

Paper Sellers CC// After CC paper buyers

13:20 Ben: SP500 pit session close levels HOD 1840 LOD 1821 settlement 1836.20

Today's trade sloppy and SIM trading. Feeling like next week may be my week to start cash. Father dying back east so has distracted a bit from clear thought.

Elephant Stomps/TINYS

ES 03-14		
Ask	1836.00	166
Bid	1836.00	345
Volume	1594508	
1:04:01 PM	1836.00	823
1:01:49 PM	1835.75	500
1:00:27 PM	1835.50	566
1:00:16 PM	1835.75	711
12:59:10 PM	1838.00	675
12:49:14 PM	1839.75	718
12:49:07 PM	1839.50	799
12:48:55 PM	1839.25	500
12:46:37 PM	1838.75	926
12:45:16 PM	1838.75	691
12:23:46 PM	1838.75	500
12:12:20 PM	1838.75	554
12:03:18 PM	1838.75	723
12:01:11 PM	1839.00	621
12:01:08 PM	1839.25	500
11:45:08 AM	1837.75	500
11:14:21 AM	1836.75	734
10:41:10 AM	1837.25	500
10:41:08 AM	1837.25	524
8:51:16 AM	1832.50	600
7:12:29 AM	1827.00	850
7:01:55 AM	1824.75	625
6:09:45 AM	1827.00	703

ES Opening 15 MIN Range = Hi	31 25	SP_Pit Opening Range =	1827 80	Paper Sellers SP Pit Open:	1827
Lo	25 25	Sp_Pit END OF High-	1840	Cash Close: S	1821
VAL High -	1838	Day Low -	1821	PAPER SELLER CC	
POC -	1825 50	CLOSING RANGE:		Pit Close:	
VAL Low -	1823 50	High -	36 50	PAPER SELLER	
		Low -	1836		
		Settle -	1836 20		

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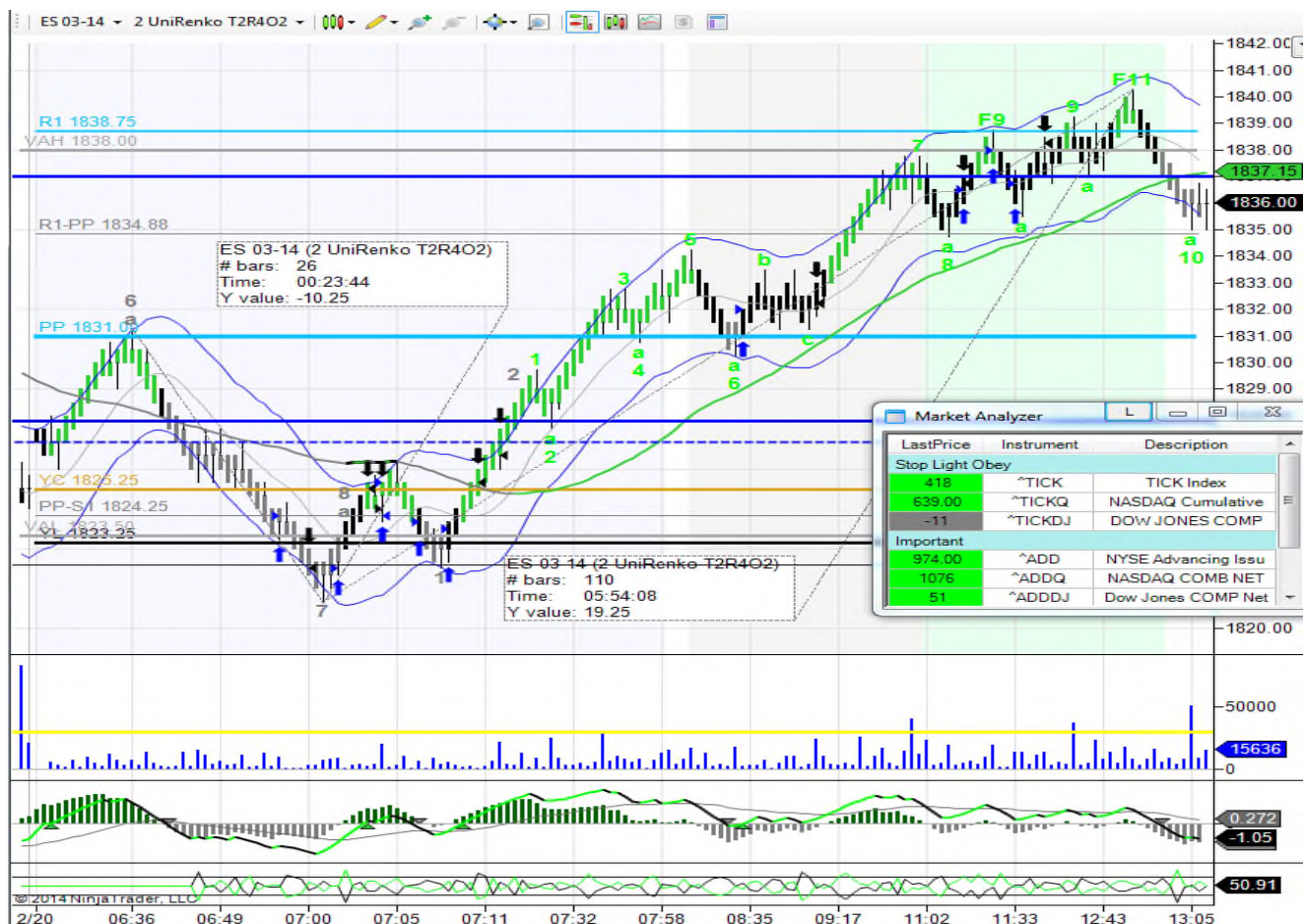
06:07:56

Trade-#	Instrument	Account	Strategy	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Entry name	Exit name	Profit	Cum. profit	Commission	MAE	MFE	ETD
1	ES 03-14	Sim101	3 2 close	Long	1	1824.25	1822.25	2/20/2014 6:59 AM	2/20/2014 7:00 AM	Entry	Stop1	-104.02	-104.02	4.02	100	25	129.02
2	ES 03-14	Sim101	3 2 close	Long	1	1822.25	1825.25	2/20/2014 7:01 AM	2/20/2014 7:02 AM	Entry	Target1	145.98	41.96	4.02	12.5	150	4.02
3	ES 03-14	Sim101	3 2 close	Short	1	1824.5	1824.25	2/20/2014 7:02 AM	2/20/2014 7:03 AM	Entry	Target1	8.48	50.44	4.02	25	12.5	4.02
4	ES 03-14	Sim101	3 2 close	Long	1	1825.5	1825.5	2/20/2014 7:05 AM	2/20/2014 7:11 AM	Entry	Target1	-4.02	46.42	4.02	162.5	87.5	91.52
5	ES 03-14	Sim101	3 2 close	Long	1	1824	1825.5	2/20/2014 7:07 AM	2/20/2014 7:11 AM	Entry	Target1	70.98	117.4	4.02	75	175	104.02
6	ES 03-14	Sim101	3 2 close	Long	1	1823.75	1826.5	2/20/2014 7:10 AM	2/20/2014 7:14 AM	Entry	Close	133.48	250.88	4.02	62.5	137.5	4.02
7	ES 03-14	Sim101		Long	1	1832	1832.25	2/20/2014 8:35 AM	2/20/2014 9:02 AM			8.48	259.36	4.02	25	75	66.52
8	ES 03-14	Sim101		Long	1	1832	1832.25	2/20/2014 8:35 AM	2/20/2014 9:03 AM			8.48	267.84	4.02	25	75	66.52
9	ES 03-14	Sim101		Long	1	1836.5	1836.75	2/20/2014 11:13 AM	2/20/2014 11:14 AM			8.48	276.32	4.02	0	25	16.52
10	ES 03-14	Sim101		Long	1	1836.5	1836.75	2/20/2014 11:13 AM	2/20/2014 11:14 AM			8.48	284.8	4.02	0	25	16.52
11	ES 03-14	Sim101		Long	1	1836.5	1836.75	2/20/2014 11:13 AM	2/20/2014 11:14 AM			8.48	293.28	4.02	0	25	16.52
12	ES 03-14	Sim101		Long	2	1838	1838.25	2/20/2014 11:21 AM	2/20/2014 11:50 AM			16.96	310.24	8.04	250	50	33.04
13	ES 03-14	Sim101		Long	1	1838	1838.25	2/20/2014 11:21 AM	2/20/2014 11:50 AM			8.48	318.72	4.02	125	25	16.52
14	ES 03-14	Sim101		Long	1	1836.75	1838.25	2/20/2014 11:28 AM	2/20/2014 11:50 AM			70.98	389.7	4.02	62.5	87.5	16.52
15	ES 03-14	Sim101		Long	1	1836.75	1838.25	2/20/2014 11:28 AM	2/20/2014 11:50 AM			70.98	460.68	4.02	62.5	87.5	16.52
16	ES 03-14	Sim101		Long	1	1836.75	1838.25	2/20/2014 11:28 AM	2/20/2014 11:50 AM			70.98	531.66	4.02	62.5	87.5	16.52

What I did well today: * SIM as still emotional *Traded *Protected gains.

What could I have done better: * Stayed in winners longer * Use Stops more * Go more with flow.

What will I do tomorrow to make things better: *SIM as still family issues. *Keep track and plan.
*Sleep.



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