

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?

06:30:27 AM 1.08 :1 NYSE 1.27 :1 NASD 1845.25 181,719 0.648

Light VOL ES Paper buys open.

06:32 Ben: MARCH S&P opening range 1845.50-1846/ Paper buys open

LastPrice	Instrument	Description
Stop Light Obey		
48	^TICK	TICK Index
63.00	^TICKQ	NASDAQ Cumulati
9	^TICKDJ	DOW JONES COM
Important		
81.00	^ADD	NYSE Advancing Is
74	^ADDQ	NASDAQ COMB N
2	^ADDDJ	Dow Jones COMP

Elephant Stomps/TINYS

ES 03-14		
Ask	1847.75	193
Bid	1847.50	120
Volume	3365	
1:13:38 PM	1845.75	523
1:13:04 PM	1845.50	913
1:10:34 PM	1845.75	935
1:02:58 PM	1844.75	759
1:02:43 PM	1844.75	633
1:02:42 PM	1844.75	950
1:02:39 PM	1844.50	502
1:02:19 PM	1844.25	724
1:02:18 PM	1844.25	645
1:00:40 PM	1844.50	690
12:58:38 PM	1842.00	500
12:46:53 PM	1840.50	798
11:51:33 AM	1844.00	502
10:47:10 AM	1846.75	861
10:33:18 AM	1848.25	547
9:42:35 AM	1845.00	759
9:42:02 AM	1845.25	541
9:41:41 AM	1845.75	740
9:35:04 AM	1846.25	712
9:30:36 AM	1845.25	642
9:21:05 AM	1845.00	580
9:11:30 AM	1846.00	518
9:05:18 AM	1845.00	500
8:58:03 AM	1846.25	661
7:42:58 AM	1844.25	730
7:40:57 AM	1844.00	800
7:40:04 AM	1844.75	500
7:34:24 AM	1841.50	655
7:33:55 AM	1841.75	759
7:33:52 AM	1841.75	541
7:33:19 AM	1842.50	581
7:33:16 AM	1842.50	816
7:29:51 AM	1841.25	534
7:28:57 AM	1842.25	615
7:26:33 AM	1843.50	500
7:22:40 AM	1844.50	623
7:22:37 AM	1844.50	677
7:19:46 AM	1843.25	519

07:00:30 AM 1.65 :1 NYSE 1.47 :1 NASD 1839.75 396,668 1.22

Okay three trades into my day and they were all less than desirable executions. I should be scratch on the day however I am down \$137 at the moment. Not bad, however this is because of my hesitation at exiting trades that were not working for me. Also from exiting trades early that were working for me.

Just may go to SOH. But in the mean time will take a bit of a break.

08:01:22 AM

1.21 :1 NYSE 1.1 :1 NASD 1844.75 693,875 1.35

Choppy day so far, hard to tell direction with such light volume.

09:02:27 AM

1.06 :1 NYSE 1.03 :1 NASD 1845.50 905,929 1.21

LastPrice	Instrument	Description
Stop Light Obey		
-82	^TICK	TICK Index
9.00	^TICKQ	NASDAQ Cumulati
-7	^TICKDJ	DOW JONES COM
Important		
-435.00	^ADD	NYSE Advancing Is
-536	^ADDQ	NASDAQ COMB N
-19	^ADDDJ	Dow Jones COMP

10:13:31 AM 1.05 :1 NYSE 1.05 :1 NASD 1847.50 1,031,30 0.911

Looking like going to chop trade for a while here. I SIM traded some. Almost ready to get back in CASH again. Just really not a good first trade this morning that is for certain.

11:00:35 AM 1.01 :1 NYSE 1.05 :1 NASD 1845.75 1,108,85 0.883

Okay what did I learn today. Today was not a day for trading for me. First I lost \$137 CASH TRADING and then followed up with loss of 328.14 SIM trading. Not a good day overall, but loads of valuable lessons.

12:02:00 PM 1.52 :1 NYSE 1.31 :1 NASD 1843.50 1,234,88 1.01

01:00:21 PM 1.43 :1 NYSE 1.24 :1 NASD 1842.00 1,437,80 1.17

Bulk paper on BUY SIDE CC// Paper both sides CC

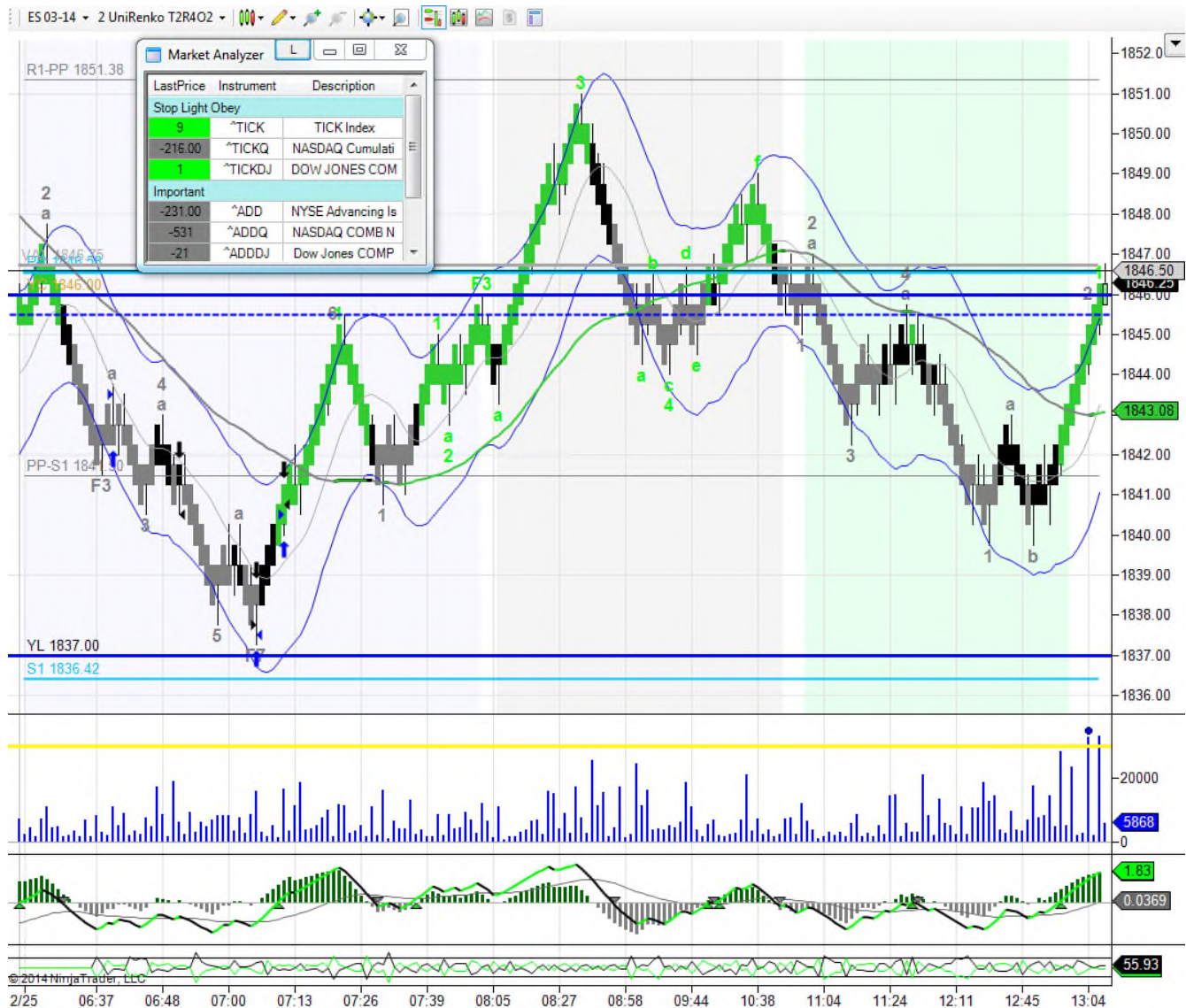
01:32:55 PM 1846.50 1,556,01 1.11

02/25/14

Tuesday

06:02:28 AM

Trade-#	Instrument	Account	Strategy	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Exit name	Profit	Cum. profit	Commission	MAE	MFE	ETD
1	ES 03-14	CASH		Long	1	1843.5	1840.5	2/25/2014 6:38 AM	2/25/2014 6:51 AM	Close	-154.02	-154.02	4.02	150	12.5	166.52
2	ES 03-14	CASH		Short	1	1837.75	1837.5	2/25/2014 7:04 AM	2/25/2014 7:05 AM		8.48	-145.54	4.02	12.5	12.5	4.02
3	ES 03-14	CASH		Long	1	1840.5	1840.75	2/25/2014 7:08 AM	2/25/2014 7:08 AM		8.48	-137.06	4.02	0	25	16.52
4	ES 03-14	Sim101		Long	1	1847	1847.5	2/25/2014 9:56 AM	2/25/2014 10:07 AM		20.98	-116.08	4.02	75	75	54.02
5	ES 03-14	Sim101		Long	1	1847	1848	2/25/2014 9:56 AM	2/25/2014 10:08 AM		45.98	-70.1	4.02	75	75	29.02
6	ES 03-14	Sim101		Long	1	1847	1847.25	2/25/2014 9:56 AM	2/25/2014 10:15 AM		8.48	-61.62	4.02	75	75	66.52
7	ES 03-14	Sim101		Long	1	1847.75	1848	2/25/2014 10:29 AM	2/25/2014 10:32 AM		8.48	-53.14	4.02	187.5	62.5	54.02
8	ES 03-14	Sim101		Long	1	1847.5	1843.75	2/25/2014 10:29 AM	2/25/2014 11:05 AM		-191.52	-244.66	4.02	187.5	75	266.52
9	ES 03-14	Sim101		Long	1	1847.5	1843.75	2/25/2014 10:39 AM	2/25/2014 11:05 AM		-191.52	-436.18	4.02	187.5	0	0
10	ES 03-14	Sim101		Long	1	1844.25	1843.75	2/25/2014 11:04 AM	2/25/2014 11:05 AM		-29.02	-465.2	4.02	25	25	54.02
11	ES 03-14	Sim101		Short	1	1844	1842	2/25/2014 11:39 AM	2/25/2014 12:12 PM		95.98	-369.22	4.02	50	200	104.02
12	ES 03-14	Sim101		Short	1	1843.25	1842	2/25/2014 11:52 AM	2/25/2014 12:12 PM		58.48	-310.74	4.02	37.5	162.5	104.02
13	ES 03-14	Sim101		Short	1	1843.25	1842	2/25/2014 11:52 AM	2/25/2014 12:12 PM		58.48	-252.26	4.02	62.5	162.5	104.02
14	ES 03-14	Sim101		Short	1	1842.75	1842	2/25/2014 12:06 PM	2/25/2014 12:12 PM		33.48	-218.78	4.02	12.5	137.5	104.02
15	ES 03-14	Sim101		Short	1	1842.75	1842	2/25/2014 12:06 PM	2/25/2014 12:12 PM		33.48	-185.3	4.02	75	137.5	104.02
16	ES 03-14	Sim101		Short	1	1842.75	1842.25	2/25/2014 12:06 PM	2/25/2014 12:38 PM		20.98	-164.32	4.02	75	137.5	116.52



02/25/14

Tuesday

2

25FEB14.odt

02/25/14

Tuesday

06:02:28 AM

37/1843 PAH YESTERDAY

ES Opening 15 MIN Range = Hi	<i>1847 75</i>	
Lo	<i>1840 50</i>	
VAL High -	<i>1856 25</i>	<i><- PLOT ON TOSS AND NT7</i>
POC -	<i>1851 25</i>	
VAL Low -	<i>1846 76</i>	

SP_Pit Opening Range =	<i>1846</i>	SP Pit Open:
	<i>1845 50</i>	
Sp_Pit END OF DAY High-	<i>1850 50</i>	Cash Close:
Day Low -	<i>1837 50</i>	<i>Min 1830 Bulk Buy</i>
CLOSING RANGE:		Pit Close:
High -	<i>1846 50</i>	<i>SWISSLY SOLLY SYS</i>
Low -	<i>1846 50</i>	<i>Sell</i>
Settle -	<i>46 30</i>	<i>Close</i>
Net Change -		

SIM - 27.26

CASH -137.00

What I did well today: * I traded. * I traded CASH. * I went to SIM when realized to emotional.

What could I have done better: * I could have let go of obvious losing position as soon as it was clear that it was turning into a losing trade. [I feel much like the guy you see on the movies that is holding the live wire and getting shocked. I know I should let go, but can't get myself to do it until there is more damage done. :(Definately something to work on.] *Also need to FOCUS more.

What will I do tomorrow to make things better: * Tomorrow no phone calls early in am. * Total focus on trading. * Focus on exiting losing trades before stops hit. * Focus on knowing entry / exits prior to entering trade. * Not start day util after FULL CHECKSHEET DONE IN MORNING PRIOR TO FIRST TRADE... Every time this happens.... 95% of the time when I have losing days it will be a day that I didn't fill in the entire morning checksheet. About 70% of the time when I forget to fill in morning checksheet I have a bad trading day.

02/25/14

Tuesday

3

25FEB14.odt