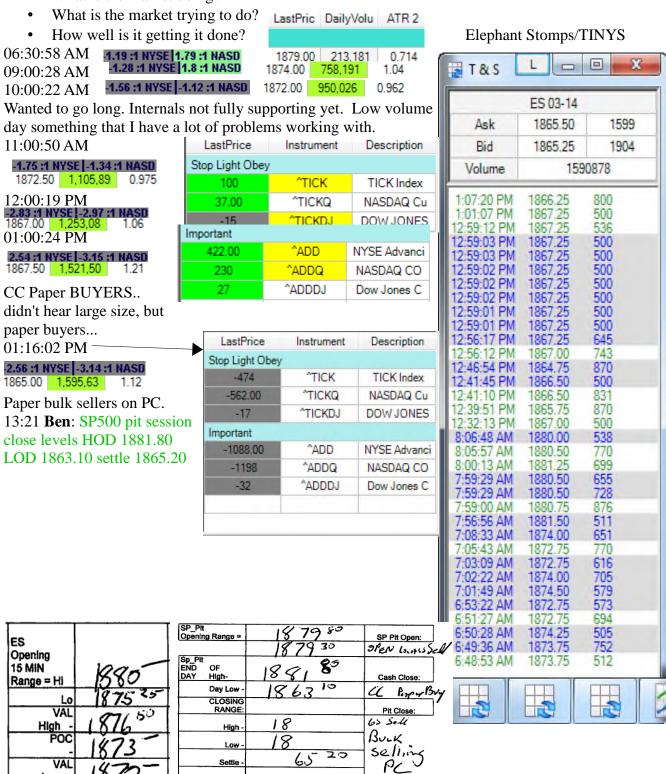
Questions to answer throughout the day:

• What is the market doing?



Low

NOTES: No video today as decided before the day started not to trade.

What I did well today: * Realized I wasn't ready. Leg hurt and still not 100% various reasons.

What could I have done better: * Not much. SOH was right thing to do in my position. Although when I do draw trend line from SMA time to start paying attention.

What will I do tomorrow to make things better: * Relax * Meditate * Rrrrrrrrrrrr'd * Research * Plan the day......

