

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?

06:30:58 AM **1.19 :1 NYSE | 1.79 :1 NASD** 1879.00 213,181 0.714
 09:00:28 AM **1.28 :1 NYSE | 1.8 :1 NASD** 1874.00 758,191 1.04
 10:00:22 AM **1.56 :1 NYSE | 1.12 :1 NASD** 1872.00 950,026 0.962

Wanted to go long. Internals not fully supporting yet. Low volume day something that I have a lot of problems working with.

11:00:50 AM
-1.75 :1 NYSE | -1.34 :1 NASD
 1872.50 1,105,89 0.975

12:00:19 PM
-2.83 :1 NYSE | -2.97 :1 NASD
 1867.00 1,253,08 1.06

01:00:24 PM
2.54 :1 NYSE | -3.15 :1 NASD
 1867.50 1,521,50 1.21

CC Paper BUYERS..
 didn't hear large size, but
 paper buyers...

01:16:02 PM
2.56 :1 NYSE | -3.14 :1 NASD
 1865.00 1,595,63 1.12

Paper bulk sellers on PC.
 13:21 **Ben:** SP500 pit session
 close levels HOD 1881.80
 LOD 1863.10 settle 1865.20

LastPrice DailyVolu ATR 2

1879.00 213,181 0.714

1874.00 758,191 1.04

1872.00 950,026 0.962

Elephant Stomps/TINYS

ES 03-14		
Ask	1865.50	1599
Bid	1865.25	1904
Volume	1590878	
1:07:20 PM	1866.25	800
1:01:07 PM	1867.25	500
12:59:12 PM	1867.25	536
12:59:03 PM	1867.25	500
12:59:03 PM	1867.25	500
12:59:02 PM	1867.25	500
12:59:02 PM	1867.25	500
12:59:02 PM	1867.25	500
12:59:01 PM	1867.25	500
12:59:01 PM	1867.25	500
12:56:17 PM	1867.25	645
12:56:12 PM	1867.00	743
12:46:54 PM	1864.75	870
12:41:45 PM	1866.50	500
12:41:10 PM	1866.50	831
12:39:51 PM	1865.75	870
12:32:13 PM	1867.00	500
8:06:48 AM	1880.00	538
8:05:57 AM	1880.50	770
8:00:13 AM	1881.25	699
7:59:29 AM	1880.50	655
7:59:29 AM	1880.50	728
7:59:00 AM	1880.75	876
7:56:56 AM	1881.50	511
7:08:33 AM	1874.00	651
7:05:43 AM	1872.75	770
7:03:09 AM	1872.75	616
7:02:22 AM	1874.00	705
7:01:49 AM	1874.50	579
6:53:22 AM	1872.75	573
6:51:27 AM	1872.75	694
6:50:28 AM	1874.25	505
6:49:36 AM	1873.75	752
6:48:53 AM	1873.75	512

LastPrice	Instrument	Description
Stop Light Obey		
100	^TICK	TICK Index
37.00	^TICKQ	NASDAQ Cu
-15	^TICKDJ	DOW JONES
Important		
422.00	^ADD	NYSE Advanci
230	^ADDQ	NASDAQ CO
27	^ADDJ	Dow Jones C

LastPrice	Instrument	Description
Stop Light Obey		
-474	^TICK	TICK Index
-562.00	^TICKQ	NASDAQ Cu
-17	^TICKDJ	DOW JONES
Important		
-1088.00	^ADD	NYSE Advanci
-1198	^ADDQ	NASDAQ CO
-32	^ADDJ	Dow Jones C

ES Opening 15 MIN Range = Hi	1880
Lo	1875.25
VAL High -	1876.50
POC	1873
VAL Low -	1870

SP_Pit Opening Range =	1879.50	SP Pit Open:	OPEN limits Sell
Sp_Pit END DAY	1879.30	Cash Close:	CL Paper Buy
OF High-	1881.80	Pit Close:	60 Sell Bulk selling PC
Day Low -	1863.10		
CLOSING RANGE:			
High -	18		
Low -	18		
Settle -	65.20		
Net Change -			

03/11/14

Tuesday

05:56:49 AM

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 * Rrrrrrrrrrr'd * Research * Plan the day.....



03/11/14

Tuesday

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