

Notes:

03/28/14

Tiny's 499 Plus in size

Time check for the day:

6:00 AM

6:15 AM

UP a bit late, but okay. Had trouble sleeping a tad last night.

6:30 AM

Paper Buys open

4.74 :1 NYSE | 2.17 :1 NASD

6:45 AM

Locals sell

3.14 :1 NYSE | 1.14 :1 NASD

12:00 PM

Talked myself right out of some good gains today. Stopped trading after that as I can tell my head is not in the market today. I had a setup that would have yielded easily \$700 but I walked away with only \$130 because I psyched myself into thinking I had to apply more cautious protection. Truth however is who is to say I didn't need to move my stop or not. The market could have easily decided to keep going and really cream me. FEAR... Not good to trade with FEAR... Totally had my entry planned, and exit. Needed to keep head in game and just stick with my trade

1:00 PM

CC Paper both sides close/ BULK buy Paper buys close 400 CARS...

3.02 :1 NYSE | 1.18 :1 NASD

1:15 PM

PC Paper Mixed Bulk SELLING

3.08 :1 NYSE | 1.18 :1 NASD

ES Opening

15 MIN Range = Hi

Lo

VAL High -

POC -

VAL Low -

1855.00

1845.25

1843.75

1841.25

1836.75

DELTA

9.75

7.00

SP_Pit

Opening Range =

Sp_Pit

SP_Pit

Day High -

Day Low -

Closing Range

High -

Low -

Settle -

1846.70

1846.30

1859.20

1845.30

1850.50

1850.20

1850.40

DELTA

0.40

13.90

0.30

For End of Day:

What I did I right?:

* Traded.

* Planned Trade

* Stopped trading when emotions got best of me.

What could I have done better?:

* FOCUSED more on trades.

*Declutter work space.

*Better sleep.

What will I do better tomorrow?:

*Clean Study

*SSD Laptop

* Sleep

*Study

*Plan Entries.

END OF DAY Results

Trade-#	Instrument	Account	Market pos.	Quantity	Entry price	Exit price	Entry time	Exit time	Profit	Cum. profit	Commission	MAE	MFE	ETD
1	ES 06-14	Sim101	Short	1	1853	1850.5	3/28/2014 10:10 AM	3/28/2014 10:20 AM	120.98	120.98	4.02	0	0	0
2	ES 06-14	Sim101	Short	1	1853	1852.75	3/28/2014 10:10 AM	3/28/2014 10:23 AM	8.48	129.46	4.02	0	125	116.52
3	ES 06-14	Sim101	Short	1	1853	1852.75	3/28/2014 10:10 AM	3/28/2014 10:23 AM	8.48	137.94	4.02	0	125	116.52

T & S

L

X

ES 06-14

Ask

1850.25

187

Bid

1850.25

474

Volume

1486384

1:14:22 PM

1850.50

749

1:13:21 PM

1850.00

500

1:12:06 PM

1850.00

563

1:09:15 PM

1850.00

1000

1:06:56 PM

1850.00

1000

1:06:56 PM

1849.75

1000

1:05:44 PM

1849.50

920

1:04:19 PM

1849.75

500

1:03:39 PM

1849.50

700

1:00:50 PM

1848.75

1579

12:59:57 PM

1849.50

613

12:59:51 PM

1849.25

979

12:46:55 PM

1847.50

696

12:31:08 PM

1848.50

500

12:12:15 PM

1847.25

500

11:15:14 AM

1847.00

500

10:00:18 AM

1854.75

548

7:53:10 AM

1858.25

524

ES 06-14

60 Min

13:15

3/28

12:30

1860.00

1855.00

1850.50

1845.00

1840.00

140K

EOW Trades

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 06-14	Sim101	Long	1	1845.25	1845.75	3/24/2014 8:21 AM	3/24/2014 8:30 AM		25	25	0	0	100	75
2	ES 06-14	Sim101	Long	1	1849.75	1850.5	3/24/2014 11:00 AM	3/24/2014 11:03 AM	Close	37.5	62.5	0	25	50	12.5
3	ES 06-14	Sim101	Long	1	1850.5	1851	3/24/2014 11:05 AM	3/24/2014 11:06 AM		25	87.5	0	0	25	0
4	ES 06-14	Sim101	Short	1	1850.5	1850.25	3/24/2014 11:07 AM	3/24/2014 11:07 AM		12.5	100	0	12.5	12.5	0
5	ES 06-14	Sim101	Long	1	1850	1849.25	3/24/2014 11:07 AM	3/24/2014 11:09 AM	Close	-37.5	62.5	0	50	0	0
6	ES 06-14	Sim101	Long	1	1849.75	1849.25	3/24/2014 11:08 AM	3/24/2014 11:09 AM	Close	-25	37.5	0	25	0	0
7	ES 06-14	Sim101	Long	1	1849.25	1849.25	3/24/2014 11:16 AM	3/24/2014 11:27 AM	Close	-2.01	35.49	2.01	100	0	0
8	ES 06-14	Sim101	Long	1	1849.25	1849.25	3/24/2014 11:17 AM	3/24/2014 11:27 AM	Close	-2.01	33.48	2.01	87.5	12.5	14.51
9	ES 06-14	Sim101	Long	1	1848.5	1849.25	3/24/2014 11:17 AM	3/24/2014 11:27 AM	Close	35.49	68.97	2.01	62.5	37.5	2.01
10	ES 06-14	Sim101	Long	1	1848	1849.25	3/24/2014 11:19 AM	3/24/2014 11:27 AM	Close	60.49	129.46	2.01	25	75	14.51
11	ES 06-14	Sim101	Long	1	1850.75	1850.25	3/24/2014 11:28 AM	3/24/2014 11:28 AM	Close	-29.02	100.44	4.02	25	0	0
12	ES 06-14	Sim101	Long	1	1862.25	1859.25	3/25/2014 6:59 AM	3/25/2014 7:02 AM		-154.02	-53.58	4.02	150	25	179.02
13	ES 06-14	Sim101	Long	1	1859.75	1861	3/25/2014 7:03 AM	3/25/2014 7:05 AM	Close	58.48	4.9	4.02	25	75	16.52
14	ES 06-14	Sim101	Long	1	1859.75	1861	3/25/2014 7:03 AM	3/25/2014 7:05 AM	Close	58.48	63.38	4.02	25	75	16.52
15	ES 06-14	Sim101	Short	1	1854.75	1854	3/25/2014 7:49 AM	3/25/2014 7:50 AM	Close	33.48	96.86	4.02	12.5	37.5	4.02
16	ES 06-14	Sim101	Short	1	1854.5	1854	3/25/2014 7:49 AM	3/25/2014 7:50 AM	Close	20.98	117.84	4.02	0	25	4.02
17	ES 06-14	Sim101	Short	1	1854.5	1854	3/25/2014 7:49 AM	3/25/2014 7:50 AM	Close	20.98	138.82	4.02	0	25	4.02
18	ES 06-14	Sim101	Long	1	1855.25	1859.75	3/25/2014 9:53 AM	3/25/2014 10:28 AM		220.98	359.8	4.02	62.5	225	4.02
19	ES 06-14	Sim101	Long	1	1860.75	1859.75	3/25/2014 11:12 AM	3/25/2014 12:30 PM		-54.02	305.78	4.02	212.5	12.5	66.52
20	ES 06-14	Sim101	Long	1	1857	1859.75	3/25/2014 11:49 AM	3/25/2014 12:30 PM		133.48	439.26	4.02	37.5	187.5	54.02
21	ES 06-14	Sim101	Short	1	1867	1867	3/26/2014 6:33 AM	3/26/2014 6:34 AM	Close	-4.02	435.24	4.02	0	25	29.02
22	ES 06-14	Sim101	Long	1	1867	1863.5	3/26/2014 6:42 AM	3/26/2014 6:47 AM		-179.02	256.22	4.02	175	50	229.02
23	ES 06-14	Sim101	Short	1	1863	1859.75	3/26/2014 7:00 AM	3/26/2014 8:48 AM		158.48	414.7	4.02	62.5	162.5	4.02
24	ES 06-14	Sim101	Short	1	1863	1859.75	3/26/2014 7:00 AM	3/26/2014 8:48 AM		158.48	573.18	4.02	175	162.5	4.02
25	ES 06-14	Sim101	Short	1	1863	1859.75	3/26/2014 7:00 AM	3/26/2014 8:48 AM		158.48	731.66	4.02	175	162.5	4.02
26	ES 06-14	Sim101	Short	1	1863	1862	3/26/2014 7:00 AM	3/26/2014 8:52 AM		45.98	777.64	4.02	175	162.5	116.52

EOW Trades

27	ES 06-14	Sim101	Long	1	1844	1840.5	3/27/2014 6:32 AM	3/27/2014 6:35 AM		-179.02	598.62	4.02	175	12.5	191.52
28	ES 06-14	Sim101	Short	1	1838	1839	3/27/2014 6:36 AM	3/27/2014 6:54 AM	Close	-54.02	544.6	4.02	50	75	129.02
29	ES 06-14	Sim101	Short	1	1836.25	1839	3/27/2014 6:37 AM	3/27/2014 6:54 AM	Close	-141.52	403.08	4.02	0	0	0
30	ES 06-14	Sim101	Short	1	1836.25	1839	3/27/2014 6:37 AM	3/27/2014 6:54 AM	Close	-141.52	261.56	4.02	137.5	112.5	254.02
31	ES 06-14	Sim101	Short	1	1838.5	1839	3/27/2014 6:52 AM	3/27/2014 6:54 AM	Close	-29.02	232.54	4.02	62.5	12.5	41.52
32	ES 06-14	Sim101	Long	4	1839	1845.5	3/27/2014 6:54 AM	3/27/2014 7:11 AM	Close	1283.92	1516.46	16.08	300	1600	316.08
33	ES 06-14	Sim101	Short	1	1853	1850.5	3/28/2014 10:10 AM	3/28/2014 10:20 AM		120.98	1637.44	4.02	0	0	0
34	ES 06-14	Sim101	Short	1	1853	1852.75	3/28/2014 10:10 AM	3/28/2014 10:23 AM		8.48	1645.92	4.02	0	125	116.52
35	ES 06-14	Sim101	Short	1	1853	1852.75	3/28/2014 10:10 AM	3/28/2014 10:23 AM		8.48	1654.4	4.02	0	125	116.52

ES 06-14 (2 UniRenko T2R4O2) 3/28/2014

