

TRADING RECORD for Jan 4-6-10

DATE OF ENTRY	TICKER	#SHARES/ CONTRACTS	TRIGGER PRICE	LONG OR SHORT	SWING OR DAY TRADE	TRADE DESCRIPTION	MINUTES TRADE TIMELINE	TGT EXIT	ENTRY PRICE	EXIT PRICE	NET GAIN/LOSS	DATE OF EXIT
1/4/10		500	84.13	L	DAY	LONG STK	15	85.8	\$ 84.12	\$ 84.48	\$ (0.36)	1/4/10
1/4/10		600	82.1	S	DAY	SHORT STK	15	80.2	\$ 82.05	\$ 81.33	\$ 0.72	1/4/10
1/4/10		1000	57.4	L	DAY	LONG STK	30	58.47	\$ 57.44	\$ 58.80	\$ 1.36	1/4/10
1/4/10		500	83.9	S	DAY	SHORT STK	15	82.36	\$ 83.60	\$ 83.40	\$ 0.20	1/4/10
1/4/10		300	66.16	S	DAY	SHORT STK	15	65.7	\$ 66.10	\$ 65.77	\$ 0.33	1/4/10
1/4/10		200	409.15	S	DAY	SHORT STK	5	406.6	\$ 408.75	\$ 409.30	\$ (0.55)	1/4/10
1/6/10		2000	31.81	L	DAY	LONG STK	15	32.97	\$ 31.81	\$ 31.61	\$ (0.20)	1/6/10
1/6/10		1000	29.3	S	DAY	SHORT STK	15	28.4	\$ 29.10	\$ 28.33	\$ 0.77	1/6/10
									\$ 29.10	\$ 28.24	\$ 0.86	
1/6/10		1000	50.8	L	DAY	LONG STK	15	52.1	\$ 50.83	\$ 52.10	\$ 1.27	1/6/10
									\$ 50.83	\$ 52.40	\$ 1.57	
1/6/10		500	119.12	L	DAY	LONG STK	15	121.6	\$ 119.21	\$ 118.78	\$ (0.43)	1/6/10
1/6/10		300	134.47	S	DAY	SHORT STK	15	132.97	\$ 134.20	\$ 133.01	\$ 1.19	1/6/10
1/5/10		4000	13.43	L	DAY	LONG STK	15	13.76	\$ 13.43	\$ 13.97	\$ 0.54	1/6/10
									\$ 13.43	\$ 14.19	\$ 0.76	
1/6/10		300	58.4	L	DAY	LONG STK	15	60.01	\$ 58.41	\$ 59.04	\$ 0.63	1/6/10
1/6/10		500	213.1	S	DAY	SHORT STK	15	210.01	\$ 213.17	\$ 212.42	\$ 0.75	1/6/10
1/6/10		500	119.1	S	DAY	SHORT STK	15	118.8	\$ 119.01	\$ 120.19	\$ (1.18)	1/6/10

										TOTAL	\$	8.23
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9 round trips

LEFT A LOT OF MONEY ON THE TABLE TODAY...BA WENT TO 59.90; ZION WENT TO 14.84; PCX FROM YESTERDAY WENT TO 19.2; NFLX WENT TO 53.5

And...went into POT twice and lost both times...and not just a little

AND did you see the run up in SHLD from my Monday long trigger at 84.13 ...it's 89.29 today...totally missed that one...trigger must have gone off while I was not paying attention ...