

EXAMPLE

HOW I DAY TRADE - MARKET NEWSLETTER

Stock Zone Day Trade Daily Watch List and trade review's

- FB: Nice 3R gainer with .05 of heat against the trade
- AAPL: Stopped out by .05 and went on to a nice 3R gain

Stock	Buy	Stop A	Stop C
NKE	78.4	0.22	0.66
PG	116.8	0.23	0.69
UN	58.8	0.12	0.36
XOM	67.37	0.11	0.33

Stock	Short	Stop A	Stop C
CSCO	47.69	0.14	0.42
CAT	117.45	0.3	0.9
FOXA	33.85	0.16	0.48
PFE	34.68	0.09	0.27

Short term Swing Trade Idea's, Review and Update's:

- Open Swings: IBM, move stop to low of the day 132.95

Stock	Buy	Stop	Exit
MCD	212.65	2	6.00
CELG	93.05	1.25	3.75
TGT	99.5	2	6.00

Stock	Short	Stop	Exit
TWTR	41.9	0.85	2.55
CVX	116.5	1.5	4.5
MU	44	1	3

Index Swing Trade Ideas Entry Zone & Review:

- Open Swings: QQQ, exited at 182.07

Index Swing	Long	Short	Stop A	Stop C
SPY	293.1	x	0.4	1
QQQ	x	188.65	0.4	x
IWM	x	149.86	0.3	0.8

Newsletter is provided for educational purposes. The purpose is to educate traders on short term trading setups through a two-step process of selecting Daily Charts and applying intraday trading

setups. Always use a stock trading simulator to test, master strategies and become more educated in the markets before risking real money. Become successful on a simulator for a minimum 6 months before risking your money and always use a stop. If the markets conditions don't feel right or if you're unsure of the current days trading environment then PASS on the trade. A missed trade is better than a losing trade.

– **Have a Great Trading Day!**

** The first newsletter comes with a supplement guide for following the newsletter and for placing stops/exits and risk/reward for day and swing trades.*