

EXAMPLE

HOW I DAY TRADE - MARKET NEWSLETTER

DAILY WATCH LIST:

Buy Zone Watch List: (**new* - added today)

Stock	Zone	Range
AZUL - <i>new</i>	35.62	36.03
BLDR - <i>new</i>	15.59	15.79
BRFS	8.12	7.99
CHGG	41.68	40.86
SBGI	57.55	56.94
FSLR	64.1	63.49
GOL	19.5	19.83
INFO	61.31	60.67

Sell Zone Watch List: (**new* - added today)

Stock	Zone	Range
SPR - <i>new</i>	76.48	77.16
A	72.8	72.39
MRK	82.52	81.83

Long Continuation Stocks to watch:

- All Stocks marked **-new-** in the Buy Zone Watch list
- HSY
- INFO

Short Continuation Stocks to watch:

- All Stocks marked **-new-** in the Short Zone Watch list
- CGC

SPY & QQQ DAILY REVIEW:

After a few days of digestion the market continued its rally while the watch list offered a few solid opportunities, most notable AMRN and ESTC discussed below. SPY offered a nice zone breakout trade with QQQ confirming. Trade shown below.

SPY: Buy & Sell Zones ideas: (C)=candle confirmation

- 296.53-298.93: Fade Long (C)
- 295.44-295.80: Fade Long (C)
- 294.33-294.88: Fade Long or look Short on a breakdown/pullback into the zone (C)

QQQ: Buy & Sell Zones ideas:

- 191.47-191.90 Fade Long (C)
- 190.26-191.62 Fade Long or look Short on a breakdown/pullback into the zone (C)

(*Consider SPY & QQQ zone setups only when both indexes are trading in the same direction – void if conflicting: Example: one index supporting a breakout while the other is up against zone resistance)

WATCH LIST REVIEW & CHARTS:

ESTC: Daily Setup: Continuation Intraday Setup: R1 Pivot Breakout Entry Type: Breakout

ESTC traded into the R1 pivot and pulled back. Proceeded to trade back to the pivot and base with tight 9ema support. Entry was a break of the high of the base with stop placed below the 20ema. First exit goal is R2 pivot. Can sell half at the pivot and trail with the 20ema or exit all at the pivot. Overall market was in confirmation of the trades direction.



SPY: SPY broke through the top zone with QQQ also confirming trade as was trading outside its zone with room to run. Entry was on the break of the zone with stop low of the day for a solid 2-1 risk/reward goal. SPY setup again with a 15 minute bar off the bottom of the zone and 20ema support.



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.

Charts Key:

- Daily Charts: Daily 9 (blue dotted) , 20 (red), 50 (orange), 200 (dark red) - (ema's)
- Intraday Charts 5 minute: 9 (blue dotted) , 20 (red), 60 (orange) -120 (red)(ema's)
- Intraday Charts 15 minute: 20 (red), 40(purple), 80 (orange) - 200(red) (ema's)
- Intraday Pivots: Green R1, Red S1 - White S2 and R2

- Have a Great Trading Day!