

Using Market Internals to Supercharge Your Swing Trading With Options

Presented by

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DISCLAIMER

Options involve risk and are not suitable for all investors. Prior to buying or selling an option, a person must receive a copy of Characteristics and Risks of Standardized Options (ODD). Copies of the ODD are available from your broker, by calling 1-888-OPTIONS, or from The Options Clearing Corporation, One North Wacker Drive, Suite 500, Chicago, Illinois 60606. The information on this presentation is provided solely for general education and information purposes and therefore should not be considered complete, precise, or current. Any strategies discussed including examples using actual securities and price data are strictly for educational and illustrative purposes. No statement within this presentation should be construed as a recommendation to buy or sell a security or to provide investment advice.

Notice: The material contained in this presentation are Eversley Forte's thoughts, ideas, and approach to trading the markets which have worked for him consistently in the past. Each individual investor will need to determine for themselves how they want to approach trading the markets and their own methods of managing the associated risks.

CBOE Put/Call Ratios

https://markets.cboe.com/us/options/market_statistics/daily/

The screenshot shows the Cboe website's 'Daily Market Statistics' page. The page features a navigation bar with links to 'Our Markets', 'Services', 'Market Statistics', 'Resources', 'About Cboe', and 'Global Sites'. A search bar and a 'LOGIN' button are also present. The main content area is titled 'Cboe Daily Market Statistics' and includes a disclaimer about the data's accuracy and a link to the 'Cboe Daily Market Statistics Archive'. A note directs questions to the Cboe Trade Desk at (913) 815-7001. The primary data is presented in a table titled 'Cboe Market Summary for Wednesday, November 6, 2019' with a 'Change Date' link. The table lists various put/call ratios, including Total, Index, Exchange Traded Products, Equity, CBOE Volatility Index (VIX), SPX + SPXW, and OEX. A cookie consent banner is visible at the bottom of the page.

Cboe Daily Market Statistics

The Cboe Market Statistics Summary Data is compiled for the convenience of site visitors and is furnished without responsibility for accuracy and is accepted by the site visitor on the condition that transmission or omissions shall not be made the basis for any claim, demand or cause for action. The information and data was obtained from sources believed to be reliable, but accuracy is not guaranteed. Your use of Cboe Market Statistics Summary Data is subject to the [Terms and Conditions of Cboe's Websites](#).

[Cboe Daily Market Statistics Archive](#)

NOTE: Any questions about this data may be directed to the Cboe Trade Desk at (913) 815-7001.

Cboe Market Summary for Wednesday, November 6, 2019 [Change Date](#)

RATIOS	
TOTAL PUT/CALL RATIO	0.93
INDEX PUT/CALL RATIO	1.36
EXCHANGE TRADED PRODUCTS PUT/CALL RATIO	1.15
EQUITY PUT/CALL RATIO	0.63
CBOE VOLATILITY INDEX (VIX) PUT/CALL RATIO	1.17
SPX + SPXW PUT/CALL RATIO	1.70
OEX PUT/CALL RATIO	3.43

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Sample Trading Plan: T-Lines Internals Buy – ETF Options

- QQQ - 90% wins with 1.0 ATR target.
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- **Setup:**
- Bullish crossover on the Trigger Lines.
-
- **Trigger:**
- Put/Call Ratio on the signal day must be equal or less than 0.85, or equal or greater than 1.0.
-
- **Trade management:**
- Buy Calls at the ETF open price of the next day. One full expiration cycle of time is needed. The first profit target is 1.0x ATR(5). After 1st target is hit, move the stop up to lock in profit, and trail stop on the remaining options.



Valid T-Lines Internals Buy QQQ - Call Options

Valid Trade Signal Dates	Put/Call Ratio Value	1 x ATR Profit Target Win or Loss	Valid Trade Signal Dates	Put/Call Ratio Value	1 x ATR Profit Target Win or Loss
08/03/20	0.67	1	07/08/13	1.04	1
03/31/20	1.14	1	04/24/13	0.79	1
02/04/20	0.82	1	04/10/13	0.85	1
10/14/19	1.15	1	12/18/12	0.85	1
06/10/19	0.78	1	11/26/12	0.62	1
03/12/19	1.01	1	09/13/12	0.77	1
12/03/18	0.76	0	07/30/12	0.78	1
11/06/18	1.12	0	07/18/12	0.85	1
02/22/18	1.12	1	01/03/12	0.76	1
12/12/17	0.85	1	10/12/11	1.27	1
10/04/17	0.83	1	03/29/11	0.74	1
08/30/17	0.83	1	01/03/11	0.64	1
07/12/17	0.71	1	12/03/10	0.76	1
04/24/17	1.05	1	06/11/10	1.08	1
03/29/17	0.83	1	06/03/10	1.07	1
07/06/16	1.01	1	11/10/09	0.83	1
05/19/16	1.37	1	10/14/09	0.69	1
02/01/16	1.02	1	08/25/09	0.81	1
11/27/15	1.12	1	07/15/09	0.77	1
09/11/15	1.21	1	05/29/09	0.77	1
05/19/15	1.03	1	03/13/09	0.71	1
04/10/15	0.85	1	02/03/09	0.81	1
03/24/15	1.04	1	10/30/08	0.80	0
01/23/15	1.28	1	05/30/08	0.84	0
12/26/14	0.73	1	04/18/08	0.82	1
08/15/14	1.01	1	03/24/08	0.82	1
04/23/14	1.01	1	02/27/08	1.09	1
02/11/14	0.84	1	11/30/07	1.06	1
01/15/14	0.75	1	08/24/07	1.06	1
12/20/13	0.75	1	06/14/07	0.79	1
11/15/13	0.75	1	03/21/07	1.13	1
09/05/13	0.82	1	02/12/07	1.18	1
			11/08/06	0.78	1

**T-Lines Internals
Buy QQQ - Call Options**

Total Trades = 63
Long 1x ATR Wins = 58
Win % = 92%

1 = win
0 = loss

X = Trade still in progress

Valid Squeeze Put/Call Buy QQQ - Call Options

Valid Trade Signal Dates	Put/Call Ratio Value	1 x ATR Profit Target Win or Loss	Valid Trade Signal Dates	Put/Call Ratio Value	1 x ATR Profit Target Win or Loss
03/19/20	1.12	1	03/04/13	1.12	1
03/04/20	1.25	0	11/16/12	1.03	1
10/04/19	1.05	1	10/16/12	0.81	0
08/16/19	1.10	1	10/04/12	0.81	0
08/08/19	1.05	1	04/25/12	0.76	1
06/04/19	0.81	1	10/06/11	1.24	1
12/28/18	0.78	1	08/23/11	1.02	1
11/28/18	0.84	1	08/15/11	1.12	1
10/30/18	1.18	1	06/14/11	1.02	1
10/25/18	1.03	1	05/31/11	0.76	1
10/16/18	1.03	0	03/21/11	0.74	1
04/05/18	0.85	1	12/01/10	0.79	1
02/14/18	1.17	1	11/24/10	1.05	1
12/11/17	0.82	1	09/01/10	0.82	1
09/29/17	1.05	1	07/09/10	0.84	1
08/22/17	1.02	1	06/10/10	1.00	1
11/07/16	1.22	1	05/27/10	1.01	1
09/15/16	0.84	1	02/03/10	0.84	1
06/29/16	1.17	1	10/09/09	0.79	1
06/23/16	1.28	1	07/10/09	1.07	1
05/10/16	1.07	1	06/29/09	0.78	1
01/22/16	1.11	1	05/26/09	0.72	1
12/23/15	0.84	1	03/10/09	0.72	1
8/26/2015*	1.04	0	11/25/08	0.78	1
08/14/15	1.01	0	11/10/08	1.11	0
07/10/15	1.02	1	09/18/08	1.18	0
05/14/15	0.79	0	09/12/08	1.01	1
01/20/15	0.80	1	07/15/08	1.16	1
01/08/15	0.85	1	07/08/08	1.02	1
12/18/14	0.78	0	03/18/08	1.00	1
10/17/14	1.20	1	03/11/08	1.11	1
08/13/14	1.08	1	11/27/07	0.82	1
04/09/14	0.61	1	08/17/07	1.24	1
08/23/13	0.81	1	08/08/07	1.01	1
06/26/13	0.85	1	03/15/07	1.15	1
			01/04/07	0.82	1

Squeeze Put/Call Buy QQQ - Call Options
Total Trades = 71
Total 1x ATR Wins = 61
Win % = 86%

1 = win
0 = loss

X = Trade still in progress

* partial loss

***Trades shaded in light blue are Market Internals Trades

Market Internals and Donchian Trades - From Market Decline in March Thru August 15									
Trade Date	Symbol	Strategy	Long or Short	Status	Trade Date	Symbol	Strategy	Long or Short	Status
03/13/20	DIA	Gap and Go	Long	Win	04/24/20	XLE	Cross	Long	Win
03/13/20	QQQ	Gap and Go	Long	Win	04/24/20	XLF	Cross	Long	Win
03/13/20	SPY	Gap and Go	Long	Win	04/24/20	XLK	Cross	Long	Win
03/13/20	XLI	Gap and Go	Long	Win	04/27/20	EEM	Cross	Long	Win
03/13/20	XLK	Gap and Go	Long	Win	04/27/20	IWM	Cross	Long	Win
03/17/20	UNG	TLines	Short	Win	04/27/20	IYR	Cross	Long	Win
03/17/20	QQQ	Stochastics	Long	Win	04/27/20	SPY	Cross	Long	Win
03/17/20	XLK	Stochastics	Long	Win	04/27/20	VNQ	Cross	Long	Win
03/19/20	QQQ	Squeeze	Long	Win	04/27/20	VWO	Cross	Long	Win
03/19/20	DIA	Stochastics	Long	Win	04/27/20	XLI	Cross	Long	Win
03/19/20	QQQ	Stochastics	Long	Win	04/30/20	EWB	TLines	Short	Win
03/19/20	SPY	Stochastics	Long	Win	05/01/20	IYR	TLines	Short	Win
03/19/20	XLI	Stochastics	Long	Win	05/01/20	UNG	TLines	Short	Win
03/19/20	XLK	Stochastics	Long	Win	05/01/20	VNQ	TLines	Short	Win
03/25/20	TLT	TLines	Long	Loss	05/04/20	DIA	TLines	Short	Win
03/31/20	QQQ	20.8 TLines	Long	Win	05/08/20	EFA	TLines	Long	Win
03/31/20	XLK	20.8 TLines	Long	Win	05/08/20	EWG	TLines	Long	Win
03/31/20	QQQ	Tenkan Flat	Long	Win	05/08/20	FXI	TLines	Long	Win
03/31/20	XLK	Tenkan Flat	Long	Win	05/08/20	SPY	TLines	Long	Win
04/01/20	DIA	20.8 TLines	Long	Win	05/08/20	XLB	TLines	Long	Win
04/03/20	TLT	Hook	Long	Win	05/15/20	DIA	Squeeze	Long	Win
04/03/20	DIA	Tenkan Flat	Long	Win	05/15/20	XLI	Squeeze	Long	Win
04/03/20	QQQ	Tenkan Flat	Long	Win	05/18/20	DIA	TLines	Long	Win
04/03/20	XLI	Tenkan Flat	Long	Win	05/18/20	EFA	TLines	Long	Win
04/03/20	XLK	Tenkan Flat	Long	Win	05/18/20	IWM	TLines	Long	Win
04/07/20	UNG	TLines	Long	Win	05/18/20	SPY	TLines	Long	Win
04/09/20	DIA	Tenkan Flat	Long	Win	05/18/20	XLB	TLines	Long	Win
04/09/20	XLI	Tenkan Flat	Long	Win	05/18/20	XME	TLines	Long	Win
04/13/20	GDJ	Cross	Long	Win	05/18/20	DIA	20.8 TLines	Long	Win
04/13/20	GLD	Cross	Long	Loss	05/18/20	SPY	20.8 TLines	Long	Win
04/15/20	IBB	Cross	Long	Win	05/18/20	DIA	Tenkan Flat	Long	Win
04/16/20	XLV	Cross	Long	Win	05/18/20	XLI	Tenkan Flat	Long	Win
04/17/20	QQQ	Cross	Long	Win	05/20/20	DIA	20.8 TLines	Long	Win
04/20/20	USO	TLines	Short	Win	05/21/20	XLI	Hook & TLines	Long	Win
04/22/20	FXI	Cross	Long	Win	05/21/20	DIA	Tenkan Flat	Long	Win
04/24/20	DIA	Cross	Long	Win	05/21/20	XLI	Tenkan Flat	Long	Win
04/24/20	EFA	Cross	Long	Win	05/26/20	IYR	Hook & TLines	Long	Win
04/24/20	EWB	Cross	Long	Win	05/26/20	VNQ	Hook & TLines	Long	Win
04/24/20	XLB	Cross	Long	Win	05/26/20	XLF	Hook & TLines	Long	Win

***Trades shaded in light blue are Market Internals Trades

Donchian and Market Internals Trades - From Market Decline in March Until August 15									
Trade Date	Symbol	Strategy	Long or Short	Status	Trade Date	Symbol	Strategy	Long or Short	Status
05/26/20	DIA	Tenkan Flat	Long	Win	07/13/20	DIA	Hook	Long	Win
05/26/20	XLI	Tenkan Flat	Long	Win	07/13/20	XME	Hook	Long	Win
06/05/20	USO	Cross	Long	Win	07/14/20	XLI	TLines	Long	Win
06/18/20	DIA	Cross	Long	Win	07/15/20	XLV	Cross	Long	Win
06/18/20	EWB	Cross	Long	Win	07/15/20	IYR	Hook	Long	Win
06/19/20	IBB	Hook	Long	Win	07/15/20	VNQ	Hook	Long	Win
06/19/20	USO	TLines	Long	Win	07/15/20	XLF	Hook	Long	Win
06/23/20	GDX	Hook	Long	Win	07/15/20	XLI	Hook	Long	Win
06/24/20	GLD	Cross	Long	Win	07/15/20	IWM	TLines	Long	Win
06/26/20	DIA	Tenkan Flat	Long	Win	07/16/20	XOP	TLines	Long	Win
06/26/20	XLI	Tenkan Flat	Long	Win	07/17/20	VNQ	TLines	Long	Win
07/02/20	XLV	Hook	Long	Win	07/21/20	XOP	Hook	Long	Win
07/02/20	USO	TLines	Long	Win	07/27/20	QQQ	Gap and Go	Long	Win
07/06/20	GDX	Cross	Long	Win	07/27/20	SPY	Gap and Go	Long	Win
07/06/20	EWG	TLines	Long	Win	07/27/20	XLK	Gap and Go	Long	Win
07/06/20	XLB	TLines	Long	Win	07/28/20	IYR	Hook	Long	Win
07/07/20	EFA	TLines	Long	Win	07/28/20	VNQ	Hook	Long	Win
07/07/20	SPY	TLines	Long	Win	08/03/20	IYR	Cross	Long	Win
07/07/20	SPY	20.8 TLines	Long	Win	08/03/20	XLF	Cross	Long	Win
07/08/20	TLT	Cross	Long	Win	08/03/20	QQQ	TLines	Long	Win
07/08/20	XLI	TLines	Long	Win	08/03/20	QQQ	20.8 TLines	Long	Win
07/08/20	DIA	20.8 TLines	Long	Win	08/03/20	XLK	20.8 TLines	Long	Win
07/09/20	XME	TLines	Long	Win	08/05/20	DIA	TLines	Long	Win
07/10/20	DIA	Tenkan Flat	Long	Win	08/05/20	DIA	20.8 TLines	Long	Win
07/10/20	XLI	Tenkan Flat	Long	Win					

Options Coaching Details (2 Programs)

Daily Chart Option Program (5 Daily Chart Option Swing Trading Strategies - \$1750):

This is a perfect swing trading program for the active trader who already has some experience trading options, and just wants to increase profitability and consistency. We provide comprehensive Trading Plans for each of the 5 Ichimoku/Donchian Daily Chart setups we specialize in. These strategies produce 20 to 40 potential swing trades each month. Win/loss % stats will be provided for each ETF. We only take trades where we expect 84% wins or higher. The 28 ETFs we trade, cover the major markets and sectors, interest rate ETFs, and international markets.

After consulting with you, we will customize a plan using specific ETFs and strategies to most effectively achieve your goals, and which fits into your lifestyle. There will be at least 6 months of support to get your trading consistent and to deal with various market conditions. We also send out periodic updates to the win/loss % stats for each ETF.

We will do a monthly review of your trades to make sure that any losses you experienced, were just normal and expected losses. If losses were due to any other reason, we will identify that cause, and try to eliminate it going forward. After 3-6 months of consistently trading the strategies, we will evaluate what is working for you and what is not. We will then make adjustments accordingly to fine tune and improve trading results. We do ask you to commit to at least 6 months of trading the methodology, to really understand the monthly profit/loss expectations. We will provide as much individualized guidance as possible during this time.

We will meet either via online conferencing using Zoom, or in person if you happen to live in the San Francisco Bay Area. We will make sure your charts are set up properly on your computer, and you have a good understanding of the trading strategies along with the related position management. That usually takes 5-7 hours for the option strategies. The first few meetings are usually 1-2 hours per session, either via online conferencing or in-person. After the initial meetings, we will be primarily communicating via phone, email, or online conferencing as needed each week when questions come up regarding trades. We try to be flexible with clients, since we all live busy lives.

Full Options Program (5 Weekly Chart and 5 Daily Chart Option Strategies - \$3995):

This is the program we recommend for anyone new to option trading, as well as experienced traders looking to add more consistency and profitability to their trading portfolios. The program also incorporates weekly chart option strategies which require very little attention during the week, but can produce very nice annual returns. For newer traders, we will provide guidance with selection of option brokers, setup of trading and analysis platforms, plus address any questions or concerns that come up.

The Market Internals set of 6 option strategies will also be included with the Full Options Program. Market Internals are like hooking up an analyzer to the market, to see what is really going on. When combined with technical buy/sell signals, we get a very powerful method of predicting short term directional price movement, which we will trade with options.

For **ETF options**, we provide you with comprehensive Trading Plans for each of the 5 Weekly Chart ETF/option long and short strategies. Review on these ETFs is done 1x per week on weekends, with orders placed Monday mornings. There is not much to do during the week with the weekly chart strategies, until the weekend. We will also provide comprehensive Trading Plans for each of the 5 Ichimoku/Donchian Daily Chart setups we specialize in, and the 6 Market Internals Strategies. Win/loss % stats will be provided for each ETF. We only take trades where we expect 84% wins or higher. The 28 ETFs we trade cover the major markets and sectors, interest rate ETFs, and international markets. The Daily Chart setups combined with the Weekly Chart setups produce 30 to 50 potential trading opportunities each month.

After consulting with you, we will customize a plan using aspects of each of the daily and weekly strategies to most effectively achieve your goal, and which fits into your lifestyle. There will be at least 6 months of support to get your trading consistent and to deal with various market conditions. We also send out periodic updates to win/loss stats for each ETF.

We will do a monthly review of your trades to make sure that any losses you experienced, were just normal and expected losses. If losses were due to any other reason, we will identify that cause, and try to eliminate it going forward. After 3-6 months of consistently trading the strategies, we will evaluate what is working for you and what is not. We will then make adjustments accordingly to fine tune and improve trading results. We do ask you to commit to at least 6 months of trading the methodology, to really understand the monthly profit/loss expectations. We will provide as much individualized guidance as possible during this time.

We will meet either via online conferencing using Zoom, or in person if you happen to live in the San Francisco Bay Area. We will make sure your charts are set up properly on your computer, and you have a good understanding of the trading strategies along with the related position management. That usually takes 5-10 hours for the option strategies. The first few meetings are usually 1-2 hours per session, either via online conferencing or in-person. After the initial meetings, we will be primarily communicating via phone, email, or online conferencing as needed each week when questions come up regarding trades. We try to be flexible with clients, since we all live busy lives.

I am available to schedule 1-on-1 coaching sessions on Monday, Tuesday, Wednesday, Friday, and Sunday. We can arrange for either online or in-person sessions.

Please call or email with any questions, and to discuss your specific situation and trading goals. We can work on a personalized plan to achieve those goals.

Bay Area Options and Forex Swing Traders website:

www.behindscenes.com

Meetup site for live events in the Bay Area:

www.meetup.com/Bay-Area-Options-and-Forex-Swing-Traders/