

# **Using Options For Consistent Profits**

## **Swing Trading Market Sectors**

**Presented by**

**Eversley Forte**

**408-244-4895**

**[trading@behindscenes.com](mailto:trading@behindscenes.com)**

## **DISCLAIMER**

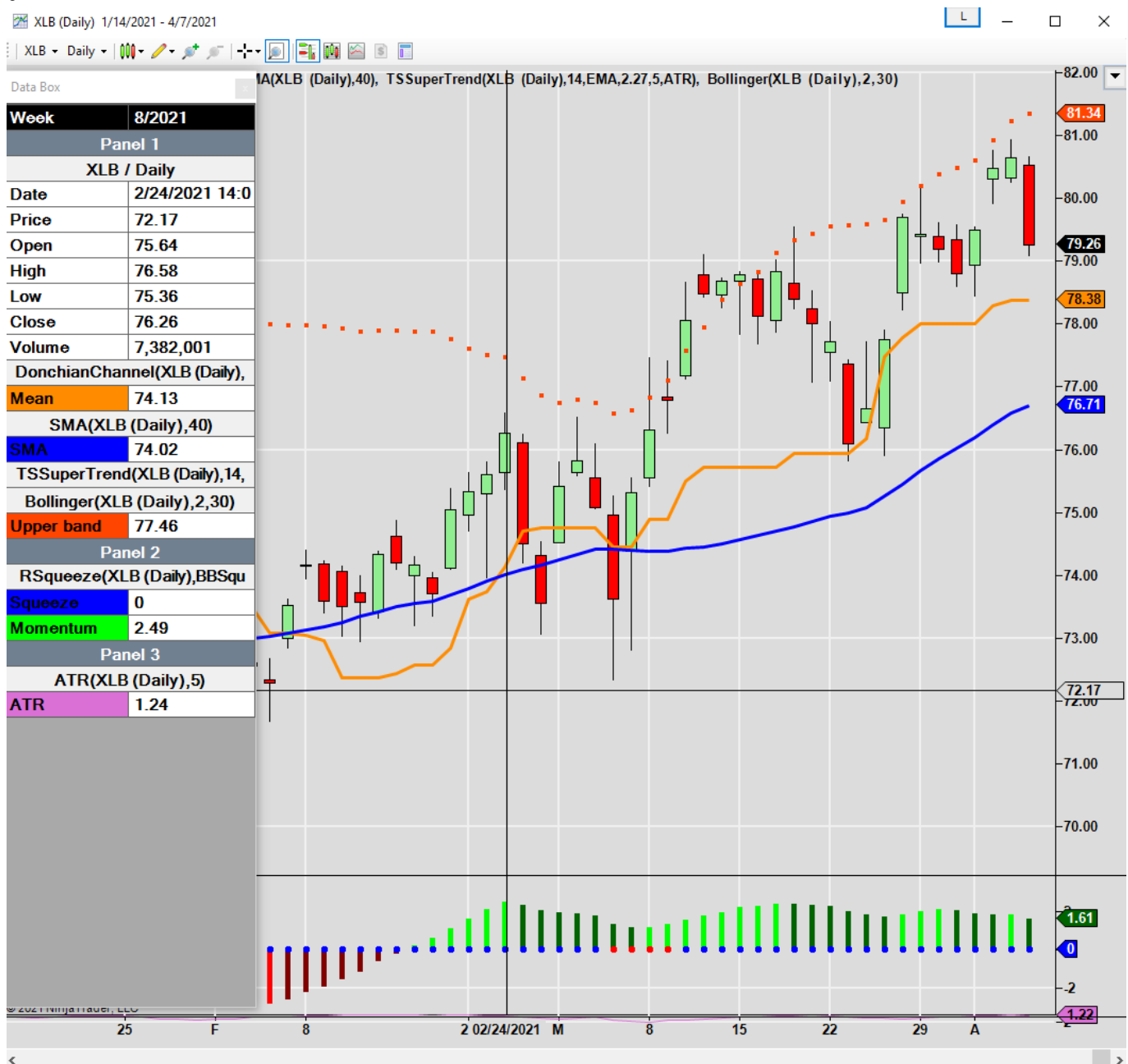
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**Notice: The material contained in this presentation are Eversley Forte's thoughts, ideas, and approach to trading the markets which have worked for him consistently in the past. Each individual investor will need to determine for themselves how they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

<b>Symbol</b>	<b>Sector</b>
DIA	Dow Jones
EEM	Emerging Markets
EFA	Europe, Australia, Asia
EWG	Germany
EWH	Hong Kong
FXI	China
GDX	Gold Miners
GLD	Gold
IBB	Biotechnology
IWM	Russell
IYR	Real Estate
QQQ	Nasdaq
SLV	Silver
SPY	S&P
TLT	Treasury Bond
UNG	Natural Gas
USO	Oil
VNQ	Real Estate
VWO	Emerging Markets
XHB	Homebuilders
XLB	Basic Materials
XLE	Energy
XLF	Financial
XLI	Industrial
XLK	Technology
XLV	Health Care
XME	Metals & Mining
XOP	Oil & Gas Exploration & Production
XRT	Retail

# Sample Trading Plan: Donchian Crossover Buy - ETF Options

- **Buy Setup**
- **Donchian Channel** Mean crosses over 40 SMA.
- **Buy Trigger:**
- Verify number of days the bearish crossover lasted.
- Signal day close relative to the upper Bollinger Band.
- **Trade management on buy side:**
- Buy ATM or ITM Calls at the next open (see stats).
- Detailed trade management and implementation will be reviewed during 1-on-1 coaching sessions.



**XLB - Donchian Crossover Buy**

Valid Donchian Crossover Buy Trade Dates	1 Exp Cycle 1 x ATR(5) Profit Target Win/Loss	2 Exp Cycles 1 x ATR(5) Profit Target Win/Loss
01/26/23	1	1
11/03/22	1	1
08/05/22	1	1
01/05/22	0	0
10/26/21	1	1
08/09/21	1	1
02/24/21	1	1
04/24/20	1	1
10/30/19	1	1
09/18/19	0	1
06/21/19	1	1
01/24/19	1	1
09/05/18	1	1
04/27/18	1	1
06/08/17	1	1
07/27/16	1	1
02/24/16	1	1
10/22/15	1	1
08/28/14	1	1
05/06/14	1	1
02/27/14	1	1
07/24/13	1	1
03/22/13	1	1
12/17/12	1	1
06/25/12	1	1
01/10/12	1	1
09/17/10	1	1
07/26/10	1	1
03/08/10	1	1
11/23/09	1	1
07/31/09	1	1
12/26/08	1	1
04/10/08	1	1
02/13/08	1	1
12/18/07	1	1
03/26/07	1	1
08/17/06	1	1
07/12/06	0	1
10/31/05	1	1
08/16/05	0	0
06/15/05	1	1
09/02/04	1	1
06/14/04	1	1
04/16/04	0	0
02/26/04	1	1
10/21/03	1	1
04/01/03	1	1
10/31/02	1	1
05/21/02	1	1
02/12/02	1	1
10/31/01	1	1
08/30/01	1	1
04/18/01	1	1
02/20/01	1	1
03/31/00	1	1
11/05/99	1	1

<b>XLB - Donchian Crossover Buy</b>	
1 Exp Cycle 1 x ATR(5) Profit Target	
Total Trades = 56	
Wins = 51	91% Wins
Losses = 5	

<b>2 Exp Cycles 1 x ATR(5) Profit Target</b>	
Total Trades = 56	
Wins = 53	95% Wins
Losses = 3	

1 = win
0 = loss

# Options Coaching Details (2 Programs)

## Daily Chart Option Program (6 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, is skilled at using their charting and analysis platforms, 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 all of 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 make available 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 experience, 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. I am available to schedule coaching sessions on Monday, Tuesday, Wednesday, Friday, and Sunday. We can arrange for either online video conferencing using Zoom, or in person sessions.

### **One-On-One Coaching:**

Through the years we have learned that some people prefer to be taught one-on-one. If you select this type of coaching, Eversley will work directly with you, either face to face or online using Zoom. This type of coaching will enable you to learn more quickly, and begin trading the Futures strategies live, much sooner. Eversley will focus his full attention on your needs, tailor his coaching based on your level of experience, and give you his full attention during each of your coaching sessions.

## Full Options Program (5 Weekly Chart and 11 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 all of 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 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 make available 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 experience, 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.

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 Futures Swing Traders website:**

[www.behindscenes.com](http://www.behindscenes.com)

**Meetup site for live events in the Bay Area plus Zoom meetups:**

[www.meetup.com/Bay-Area-Options-and-Forex-Swing-Traders/](http://www.meetup.com/Bay-Area-Options-and-Forex-Swing-Traders/)