Daily Market Worksheet for: (Day) , (Month) , (Date) , 20___.

SPY: Direction: Weekly 2-Day 2-Hour Comments:

PPO ○ ○ ○ _____

DO ○ ○ ○ _____

Candlesticks: _____ Trend Line: _____

Actions: _____

_____

QQQ: Direction: Weekly 2-Day 2-Hour Comments:

PPO ○ ○ ○ _____

DO ○ ○ ○ _____

Candlesticks: _____ Trend Line: _____

Actions: _____

_____

TLT: Direction: Weekly 2-Day 2-Hour Comments:

PPO ○ ○ ○ _____

DO ○ ○ ○ _____

Candlesticks: _____ Trend Line: _____

Actions: _____

_____

GLD: Direction: Weekly 2-Day 2-Hour Comments:

PPO ○ ○ ○ _____

DO ○ ○ ○ _____

Candlesticks: _____ Trend Line: _____

Actions: _____

_____

( )