"TRADING POST"tm 01/30/23

9:37 PM

01/30/23				<u>JIU</u>		m	
Simply TRADING the STOCK MARKET!							
PORTFO	LIO %RET	URNS An	nualized,C	ost Wtd.:	Realized	18.03%	TOTAL
No S	tress!	Try	« See		UnRealized	-1.47%	16.56%
!BUY! HOLD watch to buy !SELL! HOLD watch to sell HOLD neutral							neutral
LIMIT: 1 !BUY! /ETF/Day @1.0% X (TOT.PORTFOLIO ASSETS + CASH)							
ETF:	JNK	GDX	VCR	VDC	VIG	VDE	VFH
NAME:	Hi. Yield Bonds	Gold Miners	Consum. Discret.	Consum. Staples	Dividend Apprec.		Finan- cials
DATE:	01/30	01/30	01/30	01/30	01/30	01/30	01/30
TIME:	@4:00	@4:00	@4:00	@4:00	@4:00	@4:00	@4:00
SIGNAL:	HOLD	!SELL!	HOLD	HOLD	HOLD	!SELL!	!SELL!
TRADING		\$29.88		\$189.39		\$122.61	\$85.22
RANGE:		\$31.88		\$189.67		\$123.68	
CURRENT:	\$92.90	_			\$154.13		\$87.85
<u>LIMIT:</u>	LIMIT: 1 !SELL! / ETF / Day, Limited to 1 LOT of SHARES Sold						
ETF:	VWO	VHT	VIS	VGT	VAW	VNQ	V00
	_					-	0 5 500
NAME:	Emerging Markets	Health Care	Indust- rials	Informat. Tech.	Mater- ials	Real Estate I.T.	S&P 500 Index
NAME: DATE:	Markets	Care	rials	Tech.	ials	Estate I.T.	Index
				_			
DATE:	Markets 01/30	Care 01/30	rials 01/30	Tech. 01/30 @4:00 !SELL!	ials 01/30 @4:00 !SELL!	01/30 @4:00 HOLD	Index 01/30
DATE: TIME:	01/30 @4:00	Care 01/30 @4:00	rials 01/30 @4:00	Tech. 01/30 @4:00 !SELL!	ials 01/30 @4:00	01/30 @4:00 HOLD	01/30 @4:00
DATE: TIME: SIGNAL:	01/30 @4:00 !SELL!	01/30 @4:00 HOLD	rials 01/30 @4:00 !SELL!	Tech. 01/30 @4:00 !SELL! \$342.65	ials 01/30 @4:00 !SELL!	01/30 @4:00 HOLD	01/30 @4:00 !SELL!
DATE: TIME: SIGNAL: TRADING	01/30 @4:00 !SELL! \$40.51	01/30 @4:00 HOLD	rials 01/30 @4:00 !SELL! \$186.80 \$189.67	Tech. 01/30 @4:00 !SELL! \$342.65	ials 01/30 @4:00 !SELL! \$177.27 \$183.23	01/30 @4:00 HOLD	01/30 @4:00 !SELL! \$362.89 \$368.43
DATE: TIME: SIGNAL: TRADING RANGE:	01/30 @4:00 !SELL! \$40.51 \$42.17 \$42.12	01/30 @4:00 HOLD	rials 01/30 @4:00 !SELL! \$186.80 \$189.67 \$189.02	Tech. 01/30 @4:00 !SELL! \$342.65 \$345.55	ials 01/30 @4:00 !SELL! \$177.27 \$183.23 \$182.60	01/30 @4:00 HOLD	01/30 @4:00 !SELL! \$362.89 \$368.43 \$368.21
DATE: TIME: SIGNAL: TRADING RANGE: CURRENT:	01/30 @4:00 !SELL! \$40.51 \$42.17 \$42.12	Care 01/30 @4:00 HOLD \$242.74	rials 01/30 @4:00 !SELL! \$186.80 \$189.67 \$189.02	Tech. 01/30 @4:00 !SELL! \$342.65 \$345.55 \$345.14 ble PRICES	ials 01/30 @4:00 !SELL! \$177.27 \$183.23 \$182.60	01/30 @4:00 HOLD	01/30 @4:00 !SELL! \$362.89 \$368.43 \$368.21
DATE: TIME: SIGNAL: TRADING RANGE: CURRENT: RULE:	01/30 @4:00 !SELL! \$40.51 \$42.17 \$42.12 SIGNALS	Care 01/30 @4:00 HOLD \$242.74 are based	rials 01/30 @4:00 !SELL! \$186.80 \$189.67 \$189.02 on Availa	Tech. 01/30 @4:00 !SELL! \$342.65 \$345.55 \$345.14 ble PRICES VXUS	ials 01/30 @4:00 !SELL! \$177.27 \$183.23 \$182.60	01/30 @4:00 HOLD \$89.19	1ndex 01/30 @4:00 !SELL! \$362.89 \$368.43 \$368.21 ES Posted
DATE: TIME: SIGNAL: TRADING RANGE: CURRENT: RULE: ETF:	01/30 @4:00 !SELL! \$40.51 \$42.17 \$42.12 SIGNALS VOX Comcat. Services 01/30	Care 01/30 @4:00 HOLD \$242.74 are based BND Total	rials 01/30 @4:00 !SELL! \$186.80 \$189.67 \$189.02 on Availa BNDX Internatl. Bonds 01/30	Tech. 01/30 @4:00 !SELL! \$342.65 \$345.55 \$345.14 ble PRICES VXUS Internatl.	ials 01/30 @4:00 !SELL! \$177.27 \$183.23 \$182.60 as of DAT VTI Total	91/30 @4:00 HOLD \$89.19 TES & TIME	Index 01/30 @4:00 SELL! \$362.89 \$368.43 \$368.21 ES Posted XTN Trans-
DATE: TIME: SIGNAL: TRADING RANGE: CURRENT: RULE: NAME:	01/30 @4:00 !SELL! \$40.51 \$42.17 \$42.12 SIGNALS VOX Comcat. Services	Care 01/30 @4:00 HOLD \$242.74 are based BND Total Bonds 01/30 @4:00	rials 01/30 @4:00 !SELL! \$186.80 \$189.67 \$189.02 on Availa BNDX Internatl. Bonds	Tech. 01/30 @4:00 !SELL! \$342.65 \$345.55 \$345.14 ble PRICES VXUS Internatl. Stocks 01/30 @4:00	ials 01/30 @4:00 !SELL! \$177.27 \$183.23 \$182.60 as of DA VTI Total Stocks 01/30 @4:00	\$89.19 TES & TIME VPU Utilities	Index 01/30 @4:00 SELL! \$362.89 \$368.43 \$368.21 ES Posted XTN Transportat. 01/30 @4:00
DATE: TIME: SIGNAL: TRADING RANGE: CURRENT: RULE: NAME: DATE:	01/30 @4:00 !SELL! \$40.51 \$42.17 \$42.12 SIGNALS VOX Comcat. Services 01/30 @4:00 !SELL!	Care 01/30 @4:00 HOLD \$242.74 are based BND Total Bonds 01/30	rials 01/30 @4:00 !SELL! \$186.80 \$189.67 \$189.02 on Availa BNDX Internatl. Bonds 01/30 @4:00 HOLD	Tech. 01/30 @4:00 !SELL! \$342.65 \$345.55 \$345.14 ble PRICES VXUS Internatl. Stocks 01/30 @4:00 !SELL!	ials 01/30 @4:00 !SELL! \$177.27 \$183.23 \$182.60 as of DA VTI Total Stocks 01/30 @4:00 !SELL!	\$89.19 SES & TIME VPU Utilities 01/30	Index 01/30 @4:00 SELL! \$362.89 \$368.43 \$368.21 ES Posted XTN Transportat. 01/30 @4:00 SELL!
DATE: TIME: SIGNAL: TRADING RANGE: CURRENT: RULE: NAME: DATE: TIME:	Markets 01/30 @4:00 !SELL! \$40.51 \$42.17 \$42.12 SIGNALS VOX Comcat. Services 01/30 @4:00 !SELL! \$93.03	Care 01/30 @4:00 HOLD \$242.74 are based BND Total Bonds 01/30 @4:00	rials 01/30 @4:00 !SELL! \$186.80 \$189.67 \$189.02 on Availa BNDX Internatl. Bonds 01/30 @4:00 HOLD \$48.56	Tech. 01/30 @4:00 !SELL! \$342.65 \$345.55 \$345.14 ble PRICES VXUS Internatl. Stocks 01/30 @4:00 !SELL! \$53.41	ials 01/30 @4:00 !SELL! \$177.27 \$183.23 \$182.60 as of DA VTI Total Stocks 01/30 @4:00 !SELL! \$197.95	\$89.19 \$89.19 Estate I.T. 01/30 @4:00 HOLD \$150.46	Index 01/30 @4:00 SELL! \$362.89 \$368.43 \$368.21 ES Posted XTN Transportat. 01/30 @4:00 SELL! \$72.91
DATE: TIME: SIGNAL: TRADING RANGE: CURRENT: RULE: NAME: DATE: TIME: SIGNAL: TRADING RANGE:	01/30 @4:00 !SELL! \$40.51 \$42.17 \$42.12 SIGNALS VOX Comcat. Services 01/30 @4:00 !SELL! \$93.03 \$93.46	Care 01/30 @4:00 HOLD \$242.74 are based BND Total Bonds 01/30 @4:00 HOLD	rials 01/30 @4:00 !SELL! \$186.80 \$189.67 \$189.02 on Availa BNDX Internatl. Bonds 01/30 @4:00 HOLD \$48.56 \$48.58	Tech. 01/30 @4:00 !SELL! \$342.65 \$345.55 \$345.14 ble PRICES VXUS Internatl.	ials 01/30 @4:00 !SELL! \$177.27 \$183.23 \$182.60 as of DA VTI Total Stocks 01/30 @4:00 !SELL! \$197.95 \$201.43	\$89.19 \$89.19 ES & TIME VPU Utilities 01/30 @4:00 HOLD \$150.46 \$153.44	Index 01/30 @4:00 SELL! \$362.89 \$368.43 \$368.21 S Posted XTN Transportat. 01/30 @4:00 SELL! \$72.91 \$75.48
DATE: TIME: SIGNAL: TRADING RANGE: CURRENT: RULE: NAME: DATE: TIME: SIGNAL: TRADING RANGE: CURRENT:	Markets 01/30 @4:00 !SELL! \$40.51 \$42.17 \$42.12 SIGNALS VOX Comcat. Services 01/30 @4:00 !SELL! \$93.03	Care 01/30 @4:00 HOLD \$242.74 are based BND Total Bonds 01/30 @4:00 HOLD \$73.88	rials 01/30 @4:00 !SELL! \$186.80 \$189.67 \$189.02 on Availa BNDX Internatl. Bonds 01/30 @4:00 HOLD \$48.56 \$48.41	Tech. 01/30 @4:00 !SELL! \$342.65 \$345.55 \$345.14 ble PRICES VXUS Internatl. Stocks 01/30 @4:00 !SELL! \$53.41 \$55.96 \$55.93	ials 01/30 @4:00 !SELL! \$177.27 \$183.23 \$182.60 as of DA VTI Total Stocks 01/30 @4:00 !SELL! \$197.95 \$201.43 \$201.21	\$89.19 \$89.19 TES & TIME VPU Utilities 01/30 @4:00 HOLD \$150.46 \$153.44 \$149.64	Index 01/30 @4:00 SELL! \$362.89 \$368.43 \$368.21 ES Posted XTN Transportat. 01/30 @4:00 SELL! \$72.91

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