

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

IYY: Direction: Weekly 2-Day 4-Hour

Comments:

MACD ☐ ☐ ☐

DO ☐ ☐ ☐

Candlesticks: _____ Trend Line: _____

Actions: _____

SPY: Direction: Weekly 2-Day 4-Hour

Comments:

MACD ☐ ☐ ☐

DO ☐ ☐ ☐

Candlesticks: _____ Trend Line: _____

Actions: _____

QQQ: Direction: Weekly 2-Day 4-Hour

Comments:

MACD ☐ ☐ ☐

DO ☐ ☐ ☐

Candlesticks: _____ Trend Line: _____

Actions: _____

GLD: Direction: Weekly 2-Day 4-Hour

Comments:

MACD ☐ ☐ ☐

DO ☐ ☐ ☐

Candlesticks: _____ Trend Line: _____

Actions: _____