

# Daily Analysis Guide

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This guide breaks down the key trading terms we use every day, explains why they matter, and shows you exactly how to apply them in your own market analysis. By understanding these levels and concepts, you'll gain the clarity needed to trade with confidence and consistency.



# Daily Analysis

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## **We provide daily analysis for:**

- SP-500 etf (SPY), Nasdaq-100 ETF (QQQ), Tesla (TSLA), & NVIDIA (NVDA)

## **Why These 4?**

- They are widely followed high volume stocks. Offer tight spreads and high liquidity.
- They often move in tandem. If SPY & QQQ are rallying, NVDA and Tesla are likely rallying. If SPY & QQQ are approaching resistance, NVDA and or Tesla may also be approaching resistance
- Monitoring all 4, you gain a broader, real-time view of overall market direction.



# Quick Note Before We Begin

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- I want to share some key ideas that will help your day trading process.
- There's only 7 slides before I show you how to use our daily analysis.
- Highly recommended you view all 7 slides.



# It's Day Trading, Not Everyday Trading

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- Be patient enough to wait for the best trades
- Most new traders want to trade every day.
- Note – it is *day trading*, not *everyday trading*.
- Sometimes several days will go by with no A+ setup.
- You must be patient and disciplined enough to not force trades when they aren't there. Wait for the right market conditions and setups to trade
- \*market conditions (is the market trending?, is it consolidating?, are we in earnings season?, are there major news events this week?....etc. etc.)



# Plan Every Trade — Before You Enter

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- Have a trading plan. Plan the trade, or plan to fail.
- Before every trade - know where you will enter, stop out if wrong, and take profits if right. All three need to be decided and planned out before you enter the trade
- Turn trading into a process – clearly define your entry and exit rules, define your risk per trade, and keep your risk the same for all trades. Changing your risk per trade is like you trying to predict the market. Just think – If you increase position size on one trade – you are thinking this trade has a better chance of working than other trades. Follow a structured daily routine.
- Size smaller than you think you should. Never let a large loss take you out of the game. Focus on consistency, not home runs. Home run trades will happen – but your aim should be for consistent base hits. Base hits add up quick.



# Your Routine = Your Edge

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- Your main priority should be to build a disciplined trading system.
- Stop being so focused on the outcome of one trade. One trade will not make or break your trading career.
- Instead master the process, and the profits will follow.
- Most traders fail because they lack a simple – clear system.
- This leads them to take trades based on 17 different systems, which makes them trade based on emotions, hope trades work out, and feel emotionally attached to outcomes.
- For now, risk 1-2% per trade for 6-12 months.
- Note - Once you have achieved discipline and consistency within a successful trading system, scaling up and risking more on each trade will come. Do not rush this process.



# Journal All Your Trades

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- Journal every trade – yes every single trade.
- Every trade you review will make you sharper.
- What you put into this game – you will get out.
- If you lazily approach your post trade analysis, or your pre trade prep, you will have lazy inconsistent results.
- If you strictly analyze all your trades, both on the charts and your emotions, and plan all your trades in advance, you will have consistent positive results.
- The market rewards discipline.



# Use This As Your Trading Journal

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## Trading Journal

- 1) Date/time/ticker It's important to know which tickers and time of day you perform best in and trade within that window of time. It's also important to focus on trading a core group of tickers rather than trading 20-30 names per month. Less is more.
- 2) Confidence (1-5) How confident was I in this trade setup? Rank it 1-5. Does my confidence level align with the outcome of the trade? Higher conviction trades should produce positive outcomes. If this is not the case, then consider adjusting your strategy going forward.
- 3) Why did I enter this trade? Did I enter based on my trade plan or did I enter a random trade? It's important to have a plan before you enter each trade to help create a systematic approach to your trading.
- 4) Why did I exit this trade? - Price target, stop loss hit - Did the trade look weak? - Was it an emotional sell? - Am I selling prematurely or waiting too long to take profit or losses?
- 5) Did I follow my rules? - Did I properly manage risk? - Did I follow my trade plan? If you find yourself breaking your trading rules more than 3-5 times a week, make sure you're tracking this data so you can understand what you need to change/adjust with your trading.
- 6) What was the result of the trade (Win or Loss)? Each week, what is my win-to-loss ratio? What type of trades am I winning/losing on? Have I seen an improvement in my win/loss ratio over the past 3 months? What could I have done differently or change going forward? What did I do good





# Signs You Are Struggling As A Trader

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- Fear of Losing Money and/or Being Wrong
- Fear of Leaving Money on the Table
- FOMO
- Hesitation
- Jumping the Gun
- Over Trading
- Wide SL / Un-defined Risk
- Overindulgence with a Particular Stock
- Recklessness
- Forcing a Trade
- Combo of Errors
- Inexperience – News-Based / Results Day



# Signs You Are Improving As A Trader. You:

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- Followed the Trade Plan**

Entered, stopped out, or took profits exactly as planned.

- Respected Risk**

Used proper position sizing and didn't adjust stop loss mid-trade.

- Waited for Confirmation**

Entered only after your setup was fully validated.

- Stayed Patient**

Didn't chase price or panic—let the trade come to you.

- Took Profits Strategically**

Took partials or scaled out at logical targets—not emotionally.

- Held to Target**

Let the trade play out without cutting winners short.

- Avoided Overtrading**

Didn't force extra trades—only took quality setups.

- Managed Emotions Well**

Stayed calm regardless of outcome; no revenge trading.

- Journalled Immediately After**

Reflected on the trade while it was still fresh.

- Used Broader Market Context**

Checked SPY/QQQ or sector leaders before and during the trade.

- Improved Discipline**

Didn't let excitement, fear, or boredom influence execution.

- Adapted Intelligently**

If the setup changed, adjusted the plan *with reason*, not emotion.



# What we will cover

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- In our video analysis, you will notice we have terms on the right hand side that represent our support and resistance levels
- Each term represents the significance of the level
- These terms include—**minor, intraday-containment, session containment, weekly containment, multi-week containment, annual containment**, as well as **Up Pivot (UP)** and **Down Pivot (DP)**.
- This guide will tell you how day traders, swing traders, and position traders should apply these levels in their strategies.



# Rating System

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## **Not All Levels Are Equal:**

- Some support and resistance levels are more important than others and therefore require different approaches.

## **Our Ranking System:**

- We rank support and resistance levels based on how important they are.
- Higher-ranked levels are more likely to cause a big market reaction.
- Lower-ranked levels are less likely to have a major impact.

## **Why This Matters:**

- Our system helps you quickly spot the most important levels to watch so you can make better trading decisions.



# We use 6 ratings for our levels

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## Least Significant Support And Resistance Level

1

2

3

4

5

6

## Most Significant Support And Resistance Levels

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# These Are All The Levels We Use

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Least Significant Support And Resistance Level	
1	* Minor
2	* Intraday containment
3	* <b>Session containment</b>
4	*** <b>Weekly containment</b>
5	**** <b>Multi-week containment</b>
6	***** <b>Annual containment</b>
Most Significant Support And Resistance Levels	

These are all the level rankings we use in our daily analysis videos.

\*On our PDF, all levels session containment and higher will be in **bold type font**.

# Definitions of our levels

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- We'll start with the most significant - **annual containment** levels - and moving our way down to the least significant - **minor** levels.



# Annual containment

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- **What They Are:**

Annual containment levels are the most significant price zones we track. They outline where major buying or selling pressure could take place across a full year or longer. These levels essentially act as “guardrails” for the market, defining whether the year is more likely to trend higher, lower, or stay contained.

- **Why They Matter:**

- Show the overall market direction for the year.
- Breakouts or breakdowns here can lead to 6–12 month moves or longer.
- Provide context for institutional money flows and investor sentiment.

- **How to Use Them:**

- Best for position traders and investors holding long-term.
- Use them to guide overall bullish or bearish outlook for the year.
- Combine with shorter-term levels to refine entries and exits within the annual trend.





# Multi - Week containment

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- **What They Are:**

Levels that can guide or limit market activity for several weeks to a few months. They act as medium-term boundaries that the market respects before moving decisively.

- **Why They Matter:**

- Define intermediate trends lasting weeks to months.
- Provide reliable zones for entry, exit, and stop placement.
- Useful for swing and position traders looking beyond the short term.

- **How to Use Them:**

- Ideal for swing traders holding positions for multiple weeks.
- Use them to align trades with medium-term market direction.
- Place stops beyond these levels for protection against short-term noise.



# Weekly containment

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- **What They Are:**

Levels that can control market activity for one week to several weeks. They create short-to-medium-term boundaries that strongly influence market direction.

- **Why They Matter:**

- Markets often reverse or accelerate after testing these zones.
- Keep trades aligned with the dominant 2–3 week trend.
- Provide natural support/resistance for planning trades.

- **How to Use Them:**

- Best for short-term traders focused on 1–3 week setups.
- Use them to confirm trade direction alongside daily or session levels.
- Place stops around these levels for short-term risk management.



# Session containment

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- **What They Are:**

Levels that guide price activity within a single trading session, sometimes extending for 2–5 days.

- **Why They Matter:**

- Frequently trigger sharp intraday reversals or breakouts.
- Define where short-term battles between buyers and sellers take place.
- Offer clarity for traders watching day-to-day momentum shifts.

- **How to Use Them:**

- Best for day traders or short swing trades (2–5 days).
- Watch closely for intraday reactions as high-probability setups.
- Use them for timing very short-term trades or overnight swings.



# Intraday containment

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- **What They Are:**

Levels that define potential boundaries for price movement within the day or even part of the day.

- **Why They Matter:**

- Highlight possible reversals or breakouts on intraday timeframes.
- Show where momentum is likely to stall or accelerate during the session.
- Essential for managing trades inside a single trading day.

- **How to Use Them:**

- Best for day traders capitalizing on intraday volatility.
- Use them to time precise entries and exits.
- Occasionally useful for 1–2 day trades if levels carry into the next session.



# Minor

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- **What They Are:**  
Less dominant price points within a stock's range that still play an important role for short-term decisions.
- **Why They Matter:**
  - Spark quick intraday moves and short-term reversals.
  - Useful for scaling profits or managing stops.
  - Provide decision points for aggressive traders.
- **How to Use Them:**
  - Best for scalping and rapid trades lasting minutes to hours.
  - Look for \$1–\$3 type moves lasting 5–60 minutes.
  - Use them to fine tune exits or lock in partial profits.



# Levels

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Minor levels - \$1-\$3 move during the day (5-60 minutes)

Intraday - \$3-\$5 move over the next day

Session - \$5-\$15 move over the next 2-5 days.

Weekly - \$15-\$30 move over the next 2-3, 3-5 weeks

Multi-week - \$30-\$50 move over the next 1-3 months

Annual – \$50-\$100 move over the next 6-12 months



# Levels

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So right now you should be understanding that not all of our levels might be important to you.

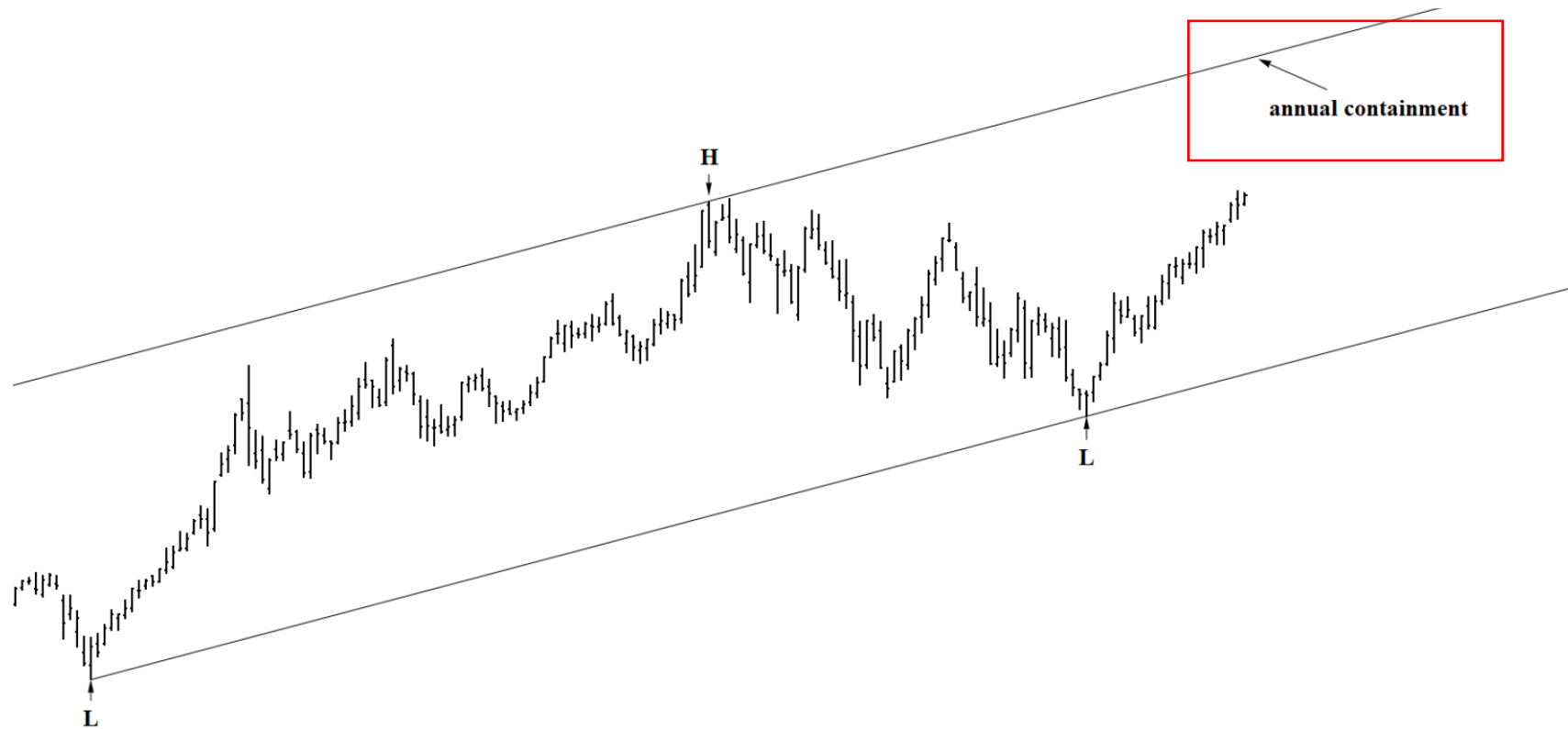
If you are a swing trader, always looking to hold stocks for 2-3 weeks and targeting \$15-\$20 moves. There is no point in being concerned about our minor, intraday, or session containment levels.

If you are a position trader targeting 6-12 month moves with \$50-\$100 move, there would be no point in you watching our minor, intraday, session, or weekly containment levels.



# Annual Example

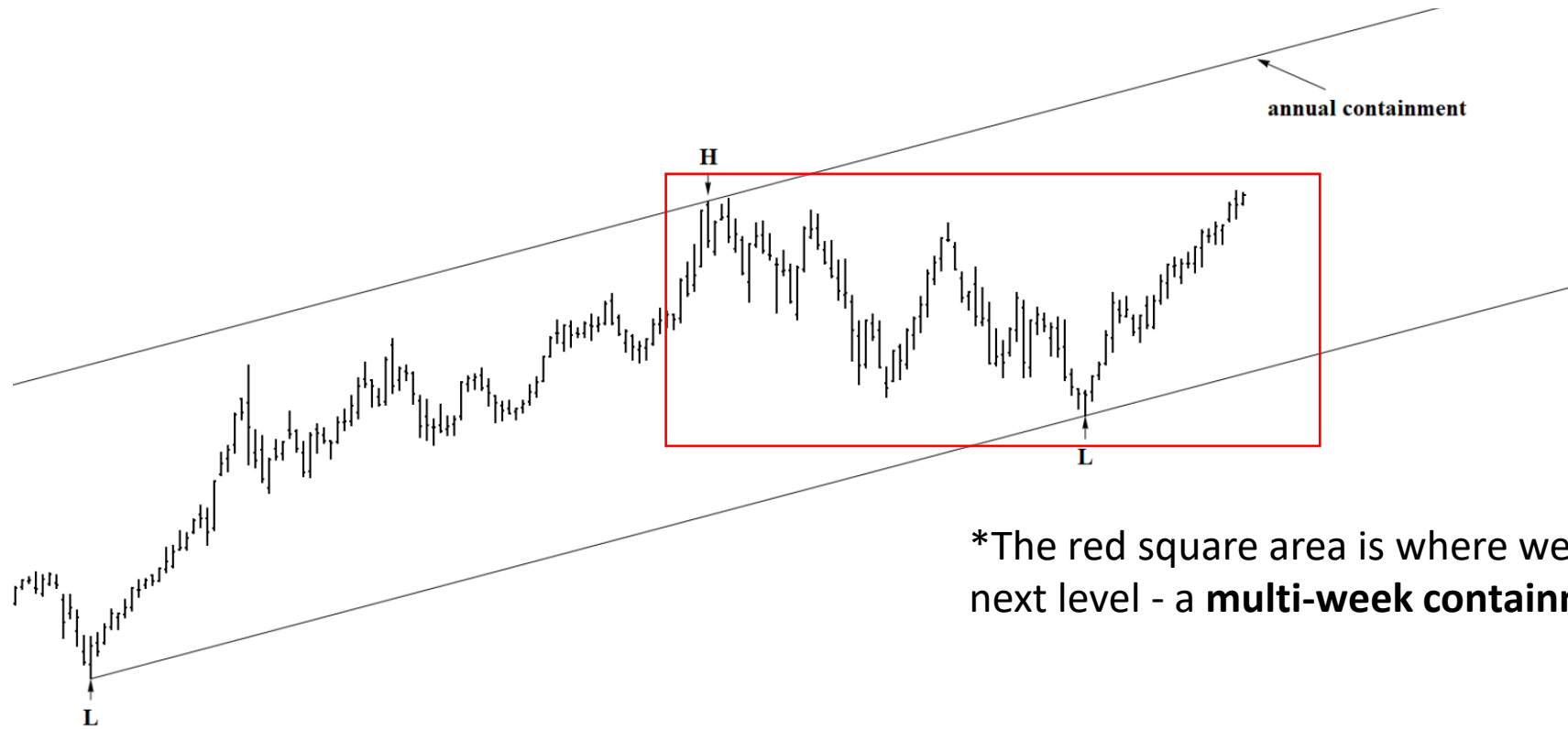
This is a weekly chart showcasing 3.5 years of trading activity





# Annual Example

This is a weekly chart showcasing 3.5 years of trading activity

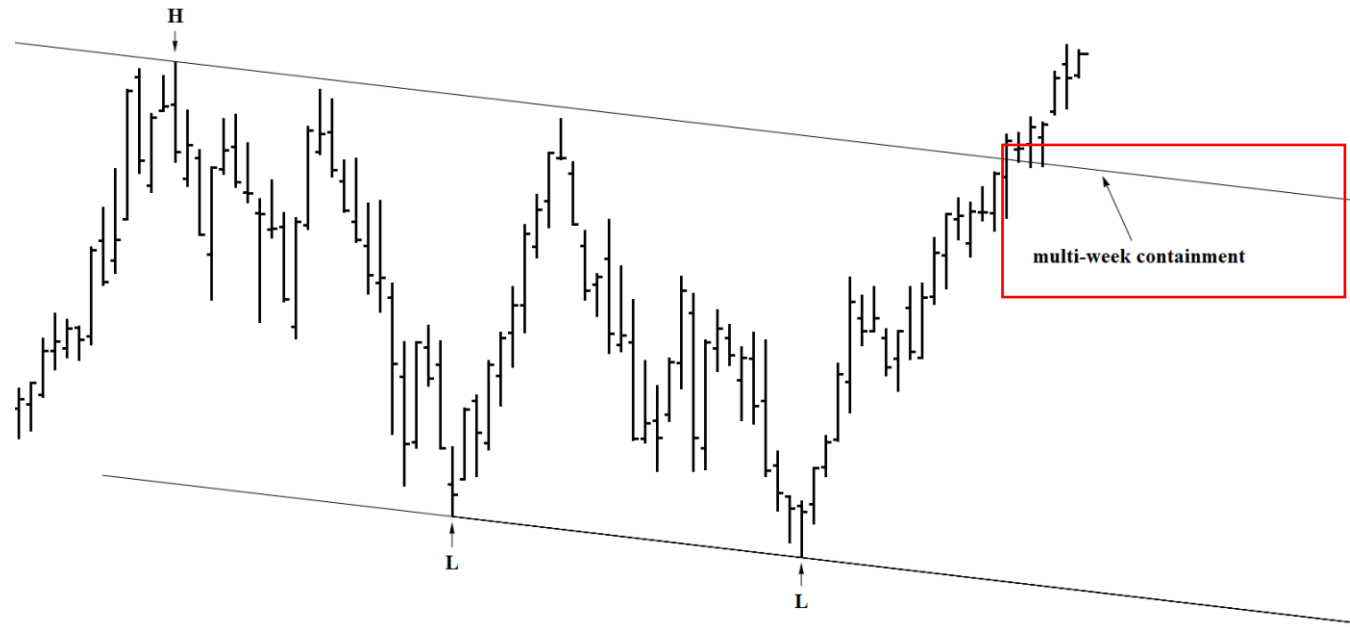


\*The red square area is where we will find or next level - a **multi-week containment**



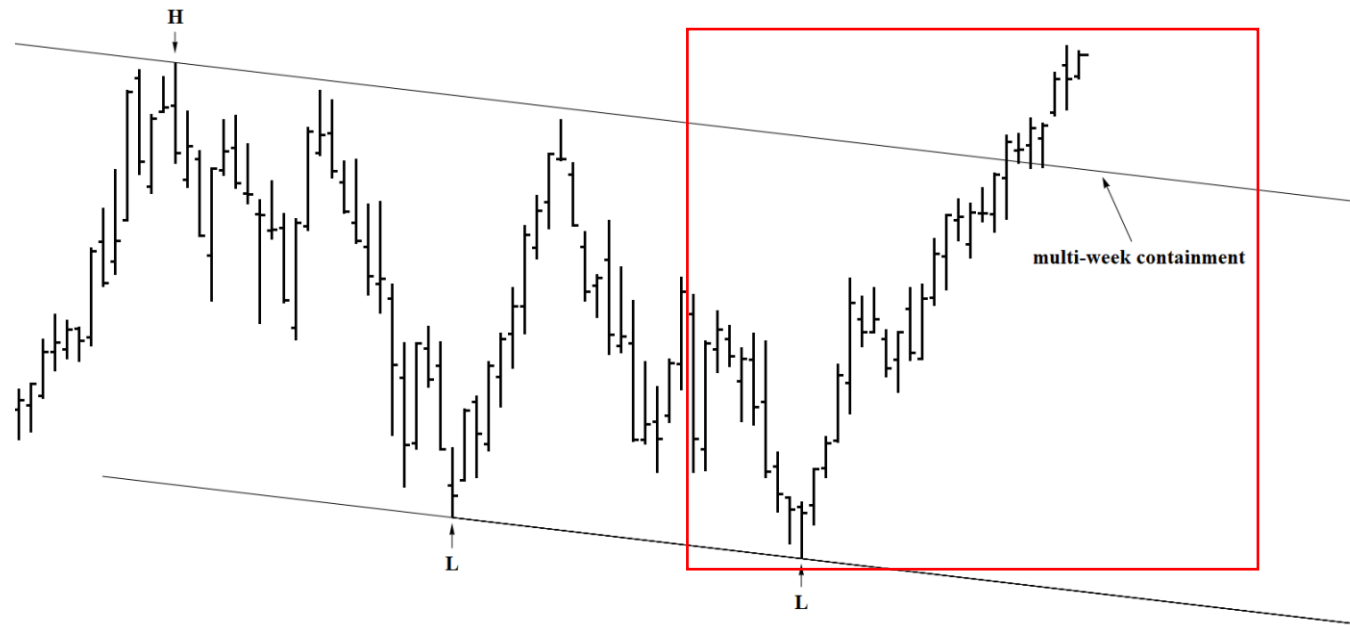
# Multi-Week Example

This is a weekly chart showcasing 1.5 years of trading activity



# Multi-Week Example

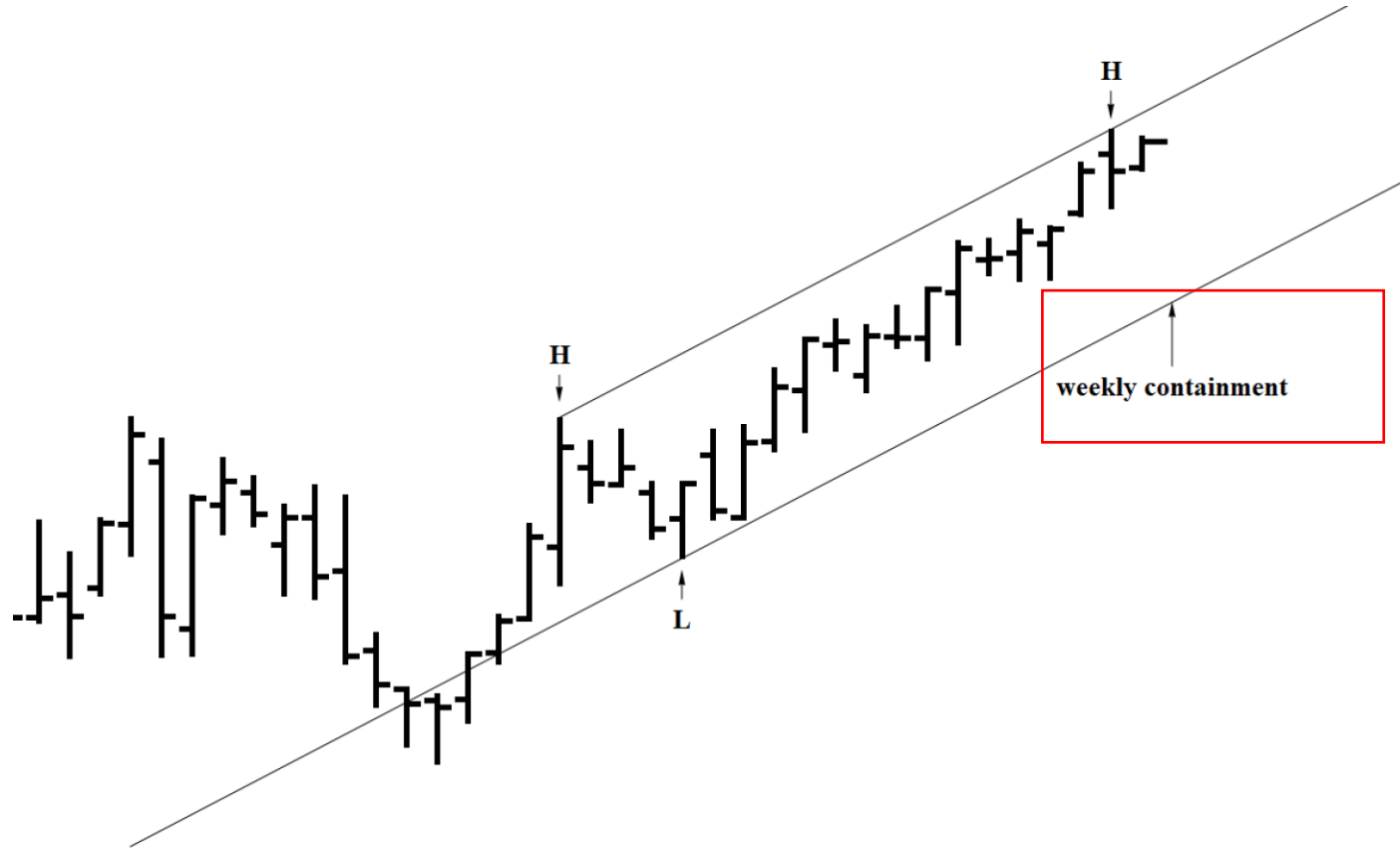
This is a weekly chart showcasing 1.5 years of trading activity



\*The red square area is where we will find our next level - **a weekly containment level**

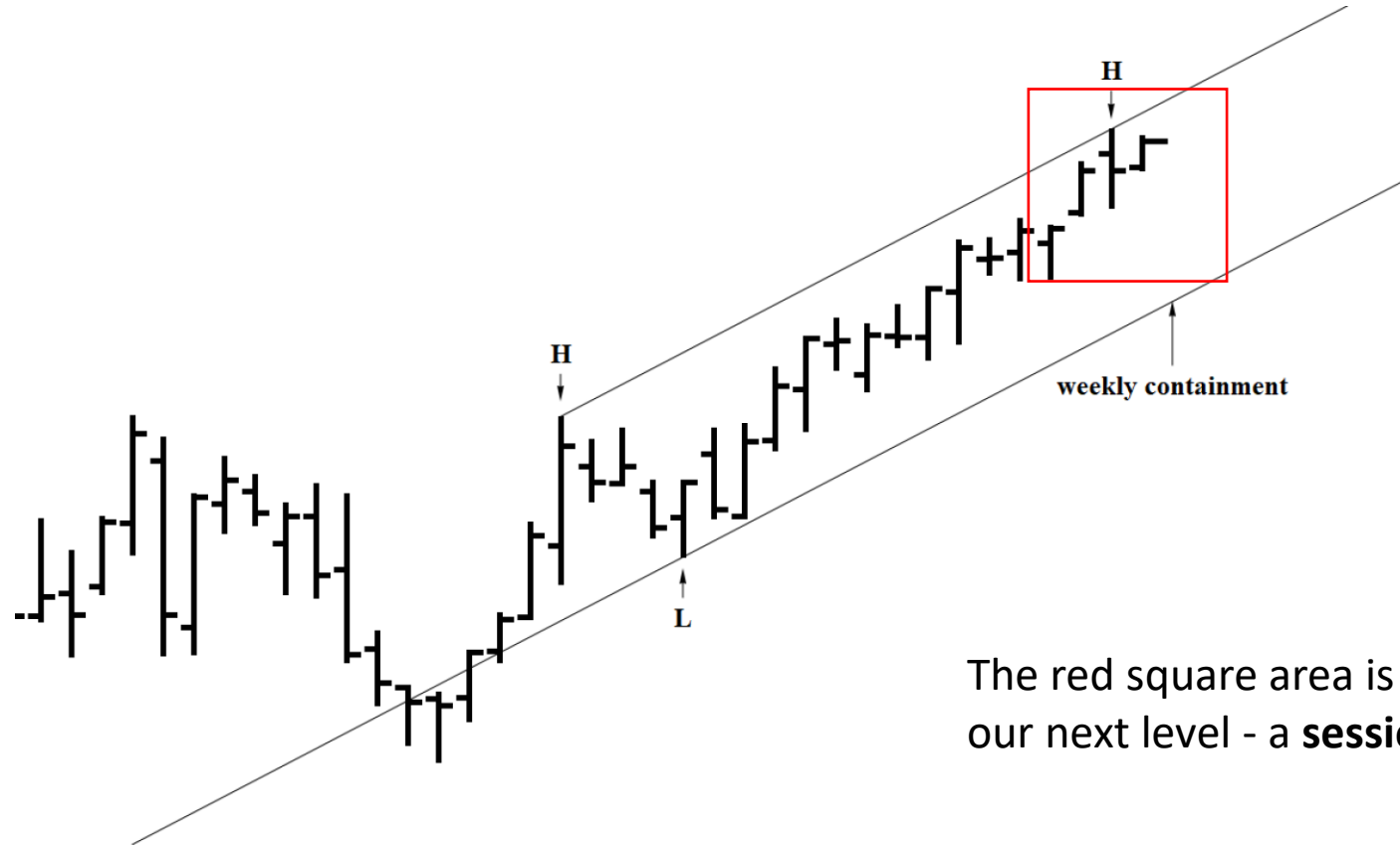
# Weekly Containment Example

This is a weekly chart showcasing 3 months of trading activity



# Weekly Containment Example

This is a weekly chart showcasing 3 months of trading activity



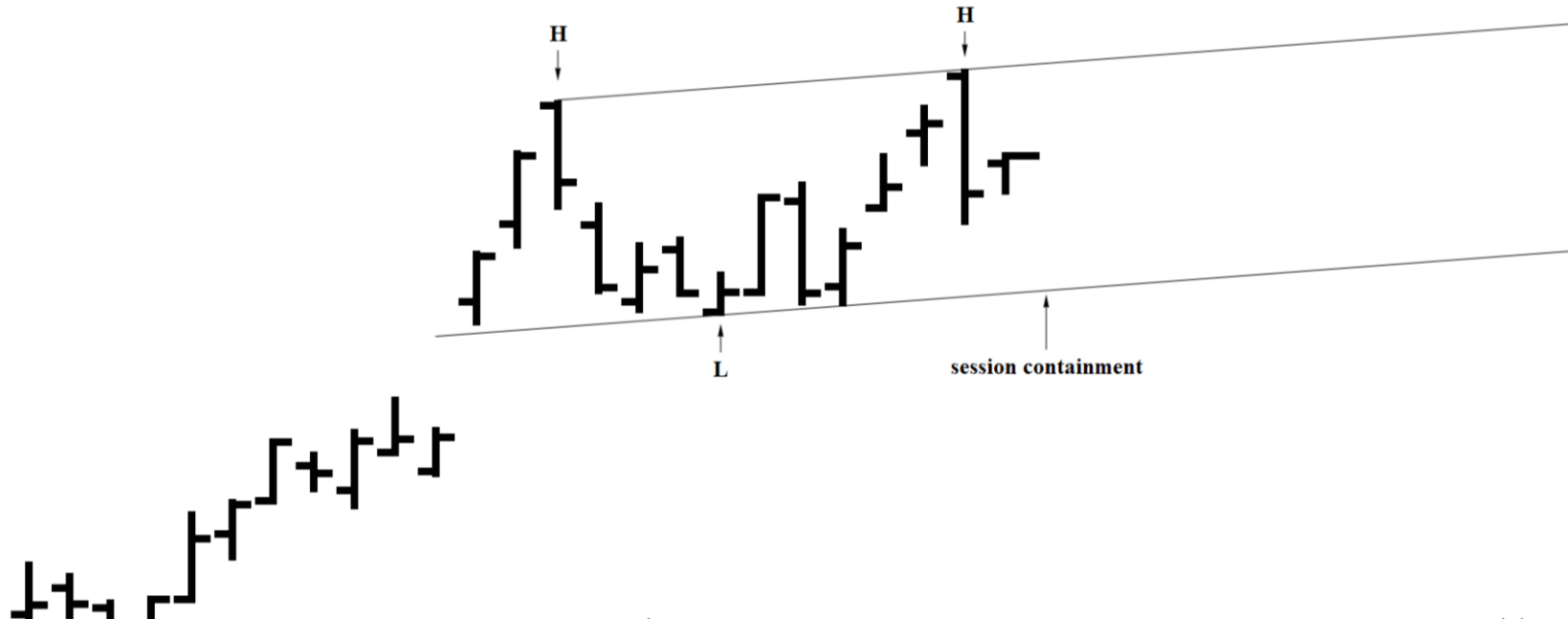
The red square area is where we will find our next level - a **session containment**



# Session Containment Example

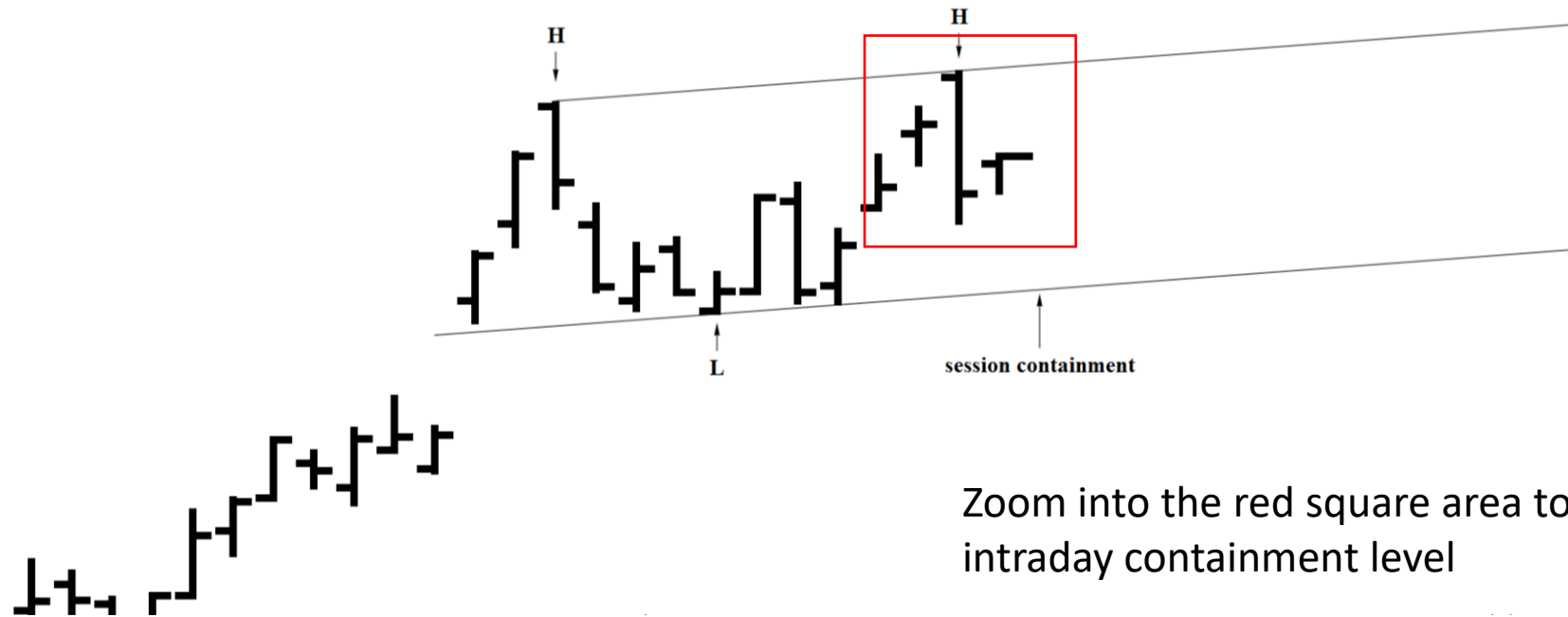
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This is a daily chart showcasing 2 weeks of trading activity



# Session Containment Example

This is a daily chart showcasing 3 weeks of trading activity



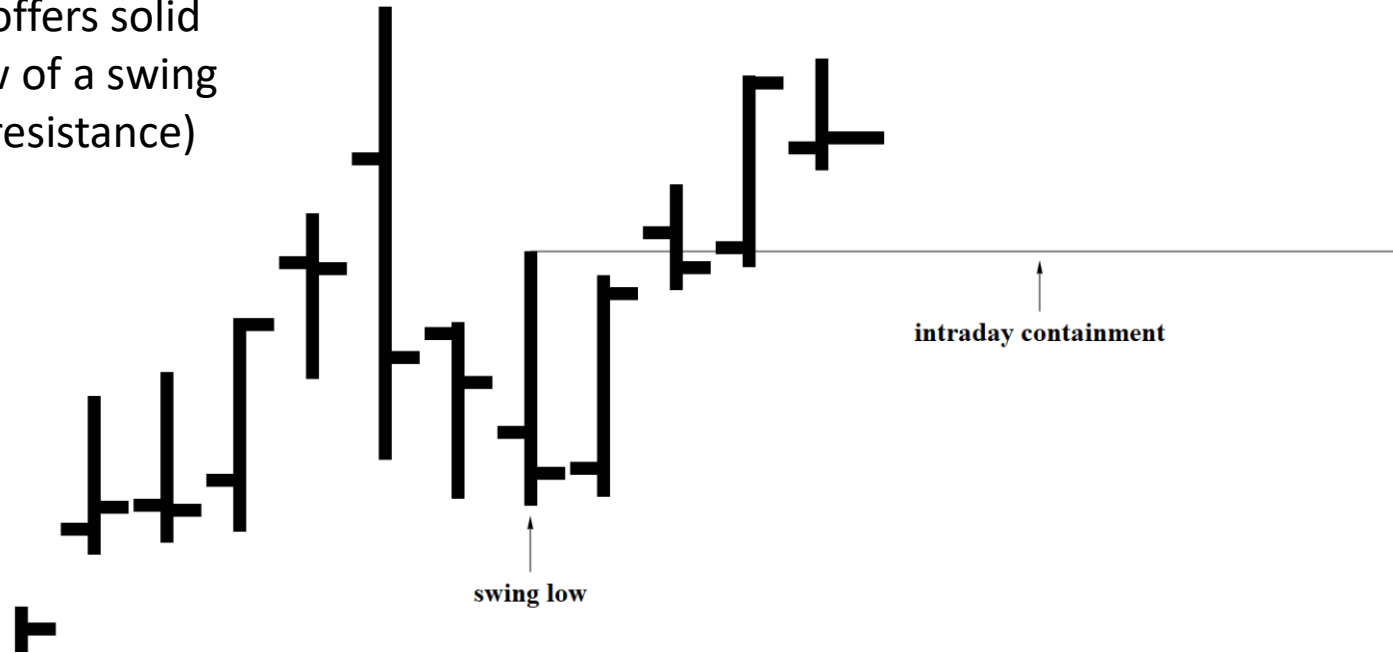
Zoom into the red square area to find a  
intraday containment level



# Intraday Containment Example

This is a 60 min chart showcasing 3 days of trading activity

\*The high of a swing low offers solid intraday support. (The low of a swing high offers solid intraday resistance)

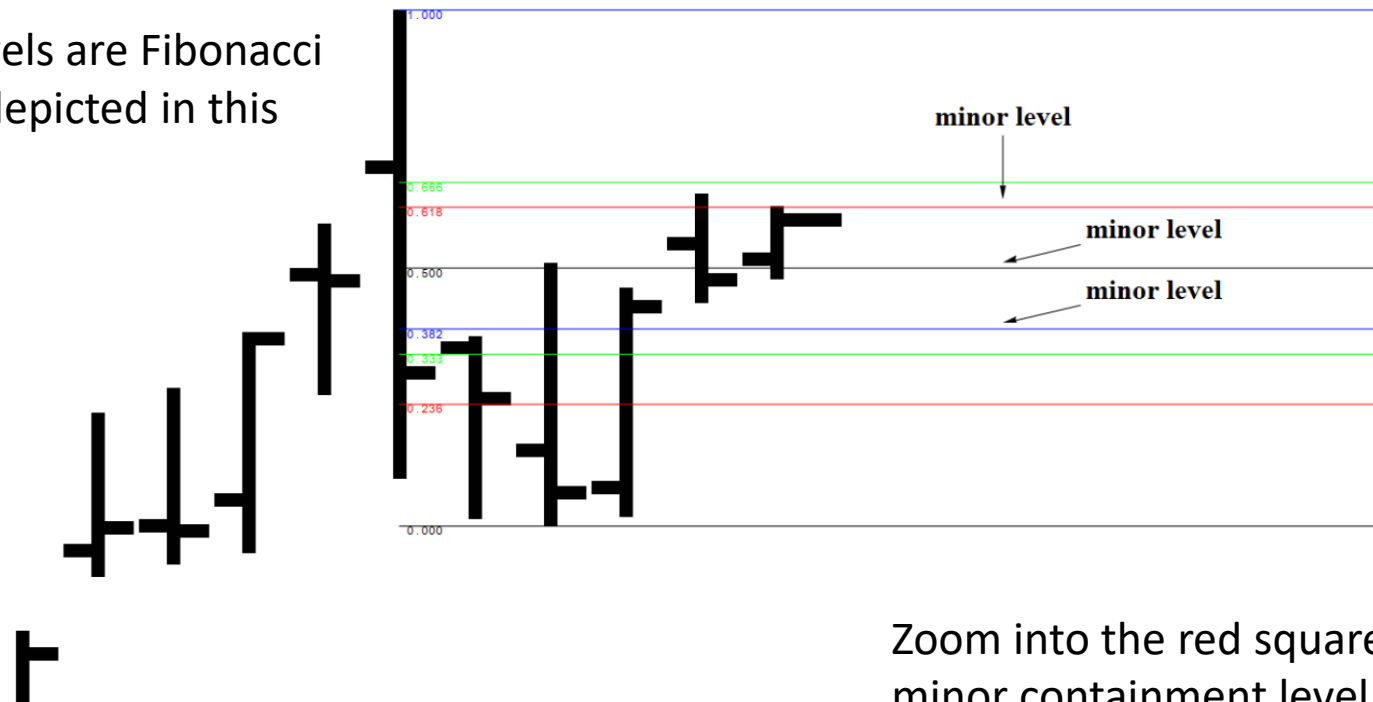




# Minor Level Example

This is a 60 min chart showcasing 3 days of trading activity

\*Most of our minor levels are Fibonacci retracement levels as depicted in this image



Zoom into the red square area to find a minor containment level



# Up Pivot (UP) & Down Pivot (DP)

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- The term **UP** & **DP** can be applied to any level session containment and higher.
  - Expect an added element of momentum buying/selling pressures, typically correlated with the underlying trend.
- **Up Pivot (UP):** a critical upper price level that, when breached, can shift the market's direction upwards for a determined period, often leading to increased buying pressure and potential bullish trends.
- **Down Pivot (DP):** a crucial lower price level that, when broken, can pivot the market's direction downwards for a specified duration, typically instigating increased selling pressure and potential bearish trends.



# Up Pivot (UP) example

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Weekly chart highlighting 1.5 years of trading activity



\*Common examples may be your typical “bull flag”



# Down Pivot (DP) example



# Important Note

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- Keep in mind that the chart examples provided in this presentation are for illustration purposes only.
- Properly rating our levels necessitates a thorough grasp of the market context.
- For instance, in our example of **session containment** level, don't automatically categorize all 14-day channel bottoms as **session containment**.
- Depending on a stock's longer-term underlying trend, a 14-day channel bottom might have more significant implications for the market, potentially elevating its rating to a weekly or **multi-week** containment level.



# How To Use Our Rating System



Our rating system can be used for:  
Day traders, swing traders, and position traders

# How traders can use our levels

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- The rating system for support and resistance levels is versatile and adaptable to **different trading styles and timeframes**.
- Traders can leverage this system to identify levels that are most relevant to their specific approach, whether they are day traders, swing traders, or position traders.
- Let's explain how different traders should utilize our rating system.



# Position Traders/Investors

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(Holding for several months to years)

**Focus on:**

- **Annual Containment (★★★★★)** – Defines multi-year trend changes.
- **Multi-Week Containment (★★★★★)** – Key for tracking large-scale moves.
- **Weekly Containment (★★★)** – Ideal for identifying strong turning points within broader trends.

**How to Use Them:**

- Use these levels to spot major long-term support and resistance zones.
- A *weekly settlement* above resistance or below support often signals the start of a new trend.
- Avoid the noise of intraday movements; focus on weekly closes and big-picture shifts. Ignore **minor**, **intraday**, and **session** as they are not relevant to long-term moves.





- Focus on **weekly containment**, **multi-week containment**, and **annual containment** levels
- All levels rated lower than **weekly containment** are of no use to you.

**119.81 \*\*\*\*\* Annual contain**

**119.81 \*\*\*\*\* Annual contain**



# Swing Traders

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- **(Holding for days to weeks)**
- **Focus on:**
  - **Session Containment (★)** – Defines critical daily pivots for short-term moves.
  - **Weekly Containment (★★★)** – Major weekly barriers that set the stage for 1-3 week swings.
  - **Multi-Week Containment (★★★★)** – Ideal for holding positions over several weeks.
  - **Annual Containment (★★★★★)** – Watch for breaks or holds at major trend-defining levels.
- **How to Use Them:**
  - Focus on *daily and/or weekly closes* above resistance or below support.
  - Use session levels for 1-5 day entries and exits, while weekly and multi-week levels guide longer holds.
  - Look for clean breakouts or sharp rejections to enter or exit your swing trades.



# Swing Trader

- Looks for a move in a stock that spans from a few days to several weeks.
- Therefore, a swing trader should focus on **session containment** levels and higher.

## PDF support and resistance

153.78 \*\*\*\*\* Annual contain

150.91 \* minor

149.96 \*\*\* weekly containment

146.95 \* minor

144.23 \* session containment

141.74 \* minor

140.35 \* intra-day containment

138.26 \* minor

136.91 \*\*\* weekly containment

134.37 \* minor

133.25 \* session containment

132.30 \* minor

130.06 \* minor

129.04 \*\*\* weekly containment

127.54 \* minor

126.11 \*\*\*\*\* multi-week contain

119.81 \*\*\*\*\* Annual contain

## Focus on these levels

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119.81 \*\*\*\*\* Annual contain



# Day Traders

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(Holding trades intraday)

Focus on:

- **All Levels:**
  - **Minor** – Use for quick scale-outs, not entries.
  - **Intraday Containment** – Ideal for pinpointing short-term entry and exit points.
  - **Session Containment** – Key daily pivot; strong for intraday trend definition.
  - **Weekly Containment** – Powerful enough to create major intraday swings.
  - **Multi-Week Containment** – When tagged, can produce large single-day moves.
  - **Annual Containment** – Breaks here can lead to major intraday surges.

How to Use Them:

- Utilize any level for quick intraday moves; enter on breakouts or pullbacks at key zones. Use minor only for profit-taking, not entries.
- If price *tags or breaks* a level, look for momentum in that direction lasting 15 minutes to a full session.
- Be ready to flip direction if the price holds or rejects at these key zones.



# Day Trader

- Focus will be on all levels.
  - Let's say a stock opens at 137.00.
- Focus on resistance levels just above 137.00 and support levels below 137.00.
- Tip – since all levels will be consistent throughout the day, draw them as horizontal lines.

## PDF support and resistance

**153.78 \*\*\*\*\* Annual contain**

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## Focus on these levels

**144.23 \* session containment**

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**136.91 \*\*\* weekly containment**

134.37 \* minor

**133.25 \* session containment**



# Summary

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Trader Type	Key Levels to Use	Trade Duration	Strategy Tip
Position Trader/Investor	Weekly, Multi-Week, Annual	Months to years	Focus on major trend changes at big levels; look for confirmed breakouts or strong holds.
Swing Trader	Session, Weekly, Multi-Week	Several days to weeks	Use breaks and holds at key levels for setups; watch for confirmations before entry.
Day Trader	All Levels (Minor for scale-outs only)	Intraday	Utilize any level for quick intraday moves; enter on breakouts or pullbacks at key zones. Use minor only for profit-taking, not entries.



# Conclusion – Top-Down Approach

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When participating in the stock market, a top-down analysis is essential.

- 1. Identify Key Levels:** Start with a weekly or monthly chart. Here, you'll pinpoint your annual or multi-week containment levels.
- 2. Spot Current Trends:** Shift to a weekly chart to discern ongoing trends and highlight your multi-week and weekly levels.
- 3. Examine Daily Dynamics:** A daily chart will showcase session containment, intraday containment, and minor levels. Often, these minor levels appear on daily or even hourly charts.



# Conclusion - Aligning Timeframes with the Rating System

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- By synchronizing our rating system with various timeframes, traders can hone their strategies according to their trade duration.
- This method emphasizes focusing on the most pertinent support and resistance levels, enhancing decision-making, and amplifying the likelihood of successful trades.





# Conclusion - The Fluidity of Market Trends

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- Market trends and structures are ever-evolving. Today's session containment level might morph into a weekly containment tomorrow and vice versa.
- Our reliance on technical analysis, both an art and science, allows us to extract high-probability trading plans from an ocean of data.
- With over 25 years in stock market and commodity trading, we've refined our analytical prowess, granting us a competitive edge.
- A critical point to note here: you do not need a crystal ball to generate profits. Our long-standing expertise affords us a robust framework for analysis, which means success isn't hinged on predicting the future, but rather on understanding the present.



# Conclusion

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- As Mark Douglas, a highly respected trader with whom we've had the privilege to collaborate at the Chicago Board of Trade, once said,  
"The best traders aren't afraid. They aren't afraid because they have developed attitudes that give them the greatest degree of mental flexibility to flow in and out of trades based on what the market is telling them. Fear comes from a lack of understanding or a lack of belief in one's ability."
- This wisdom underscores the significance of mastering key support and resistance levels before trading.
- Utilizing a structured rating system gifts you a daily trading blueprint eliminating the fear of uncertainty and allowing you to execute your edge.

