

# SWING TRADING CHECKLIST

## QUICK REFERENCE CHECKLIST FOR SWING TRADERS

### MARKET TIMING (prior to opening up new positions)

|                      |   |                          |
|----------------------|---|--------------------------|
| <b>Market Timing</b> | <p>Use the S&amp;P 500 to time your trades to the market with Williams %R. Only establish new positions when one of the following conditions occurs.</p> <p><b>Moving Averages:</b> For long positions, the 10 SMA must be <i>above</i> the 30 EMA. For short positions, the 10 SMA must be <i>below</i> the 30 period EMA.</p> <p><b>Williams %R:</b> Set Williams %R at a 3 period setting. Oversold is less than -80. Overbought is more than -20</p> <p><b>Long Positions:</b> The 10 SMA is above the 30 EMA and Williams %R is oversold - BUY</p> <p><b>Short Positions:</b> The 10 SMA is below the 30 EMA and Williams %R is overbought - SHORT</p> <p><b>Hourly Chart:</b> Look at the hourly chart on the S&amp;P 500 for bullish or bearish patterns.</p> <p><b>Supplemental:</b> Look at the VIX to identify extreme market readings.</p> <p><i>Note: Only use this market timing method to establish new positions – not to exit positions. Trail your stops on individual stocks to exit positions.</i></p> | <input type="checkbox"/> |
|----------------------|---|--------------------------|

### SELECTING INDIVIDUAL STOCKS (for long positions)

|                      |  |                          |
|----------------------|--|--------------------------|
| <b>Trend</b>         | The trend is up with the 10 SMA above the 30 EMA. The stock is in between the 10 SMA and 30 EMA (Traders Action Zone). This stock is in a stage 2 uptrend. | <input type="checkbox"/> |
| <b>200 SMA</b>       | The stock is above the 200 period moving average.  | <input type="checkbox"/> |
| <b>Pullback</b>      | The stock has at least 3 consecutive down days with lower highs.   | <input type="checkbox"/> |
| <b>Candlesticks</b>  | The stock has a bullish candlestick pattern for today (hammer, engulfing, piercing), and/ or traded over the high of the previous day.                     | <input type="checkbox"/> |
| <b>Hourly Chart</b>  | The hourly chart matches your expectations on the daily chart.   | <input type="checkbox"/> |
| <b>Earnings</b>      | The stock is not coming out with an earnings release within the next couple of days.   | <input type="checkbox"/> |
| <b>Support Level</b> | This stock is trading at a support level (prior swing point high or low).  | <input type="checkbox"/> |

### MANAGEMENT (for managing your money and your trades)

|                         |   |                          |
|-------------------------|---|--------------------------|
| <b>Money Management</b> | Do not risk more than 2% of your money on any one trade. Use this number to determine how many shares you should buy.   | <input type="checkbox"/> |
| <b>Trade Management</b> | For swing trades, trail your stops under the current days low or the previous days low – whichever is lower. If the stock is at the beginning of a trend, consider selling only ½ of your position when stopped out. Trail your stops on the remaining shares under swing point lows until stopped out. | <input type="checkbox"/> |

### TRADING TIPS

|                        |  |                          |
|------------------------|--|--------------------------|
| <b>First Pullbacks</b> | The first pullback after a significant event (breakout, trend line break, etc.) offers the best trading opportunities. | <input type="checkbox"/> |
| <b>Price Action</b>    | The degree to which a stock moves into the prior days range determines the significance of the move.                   | <input type="checkbox"/> |

Notes:

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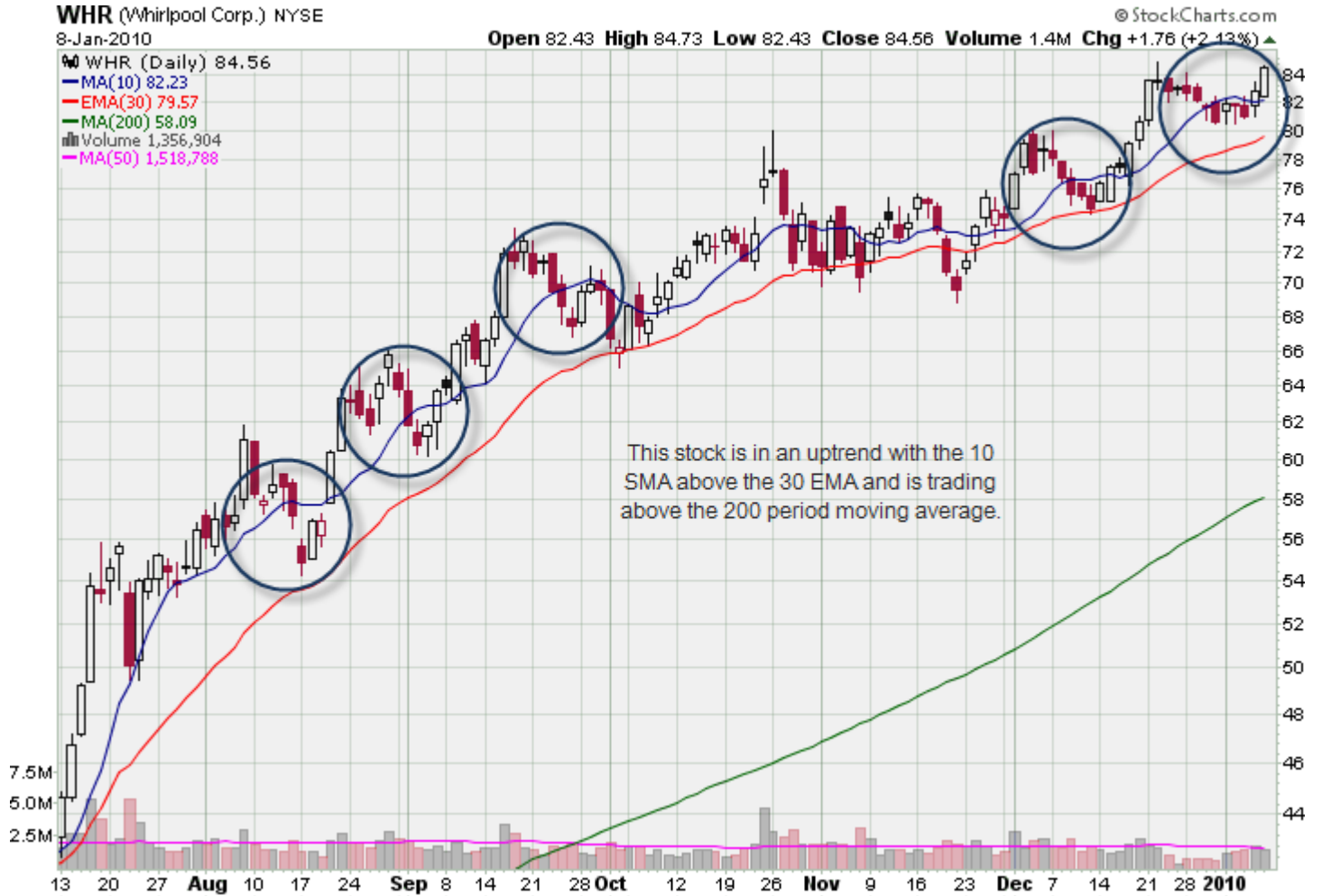
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# EXAMPLE CHART

## QUICK REFERENCE CHART FOR SWING TRADERS



Notes:

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Reference:

- [Swing-Trade-Stocks.com](http://Swing-Trade-Stocks.com)
- [ChartWatchers.com](http://ChartWatchers.com)
- [TazTrader on Twitter](https://twitter.com/TazTrader)