

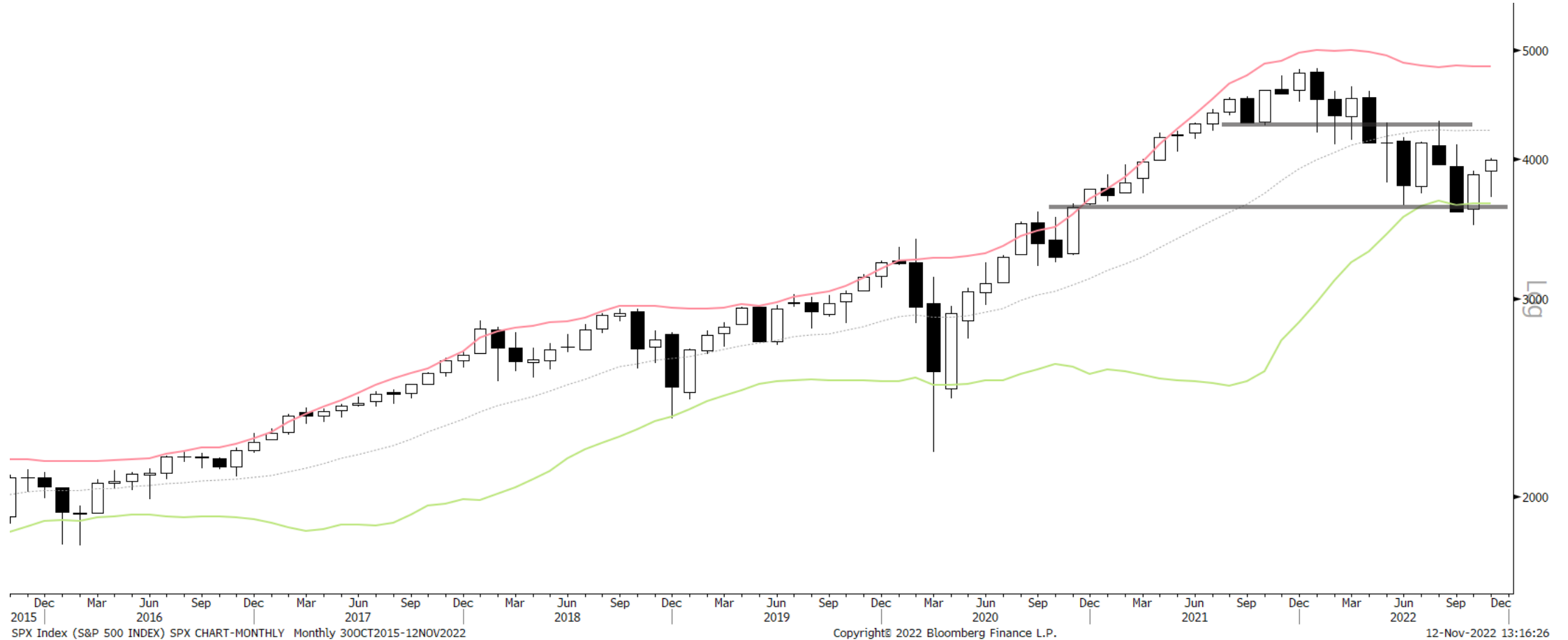


Macro Ops

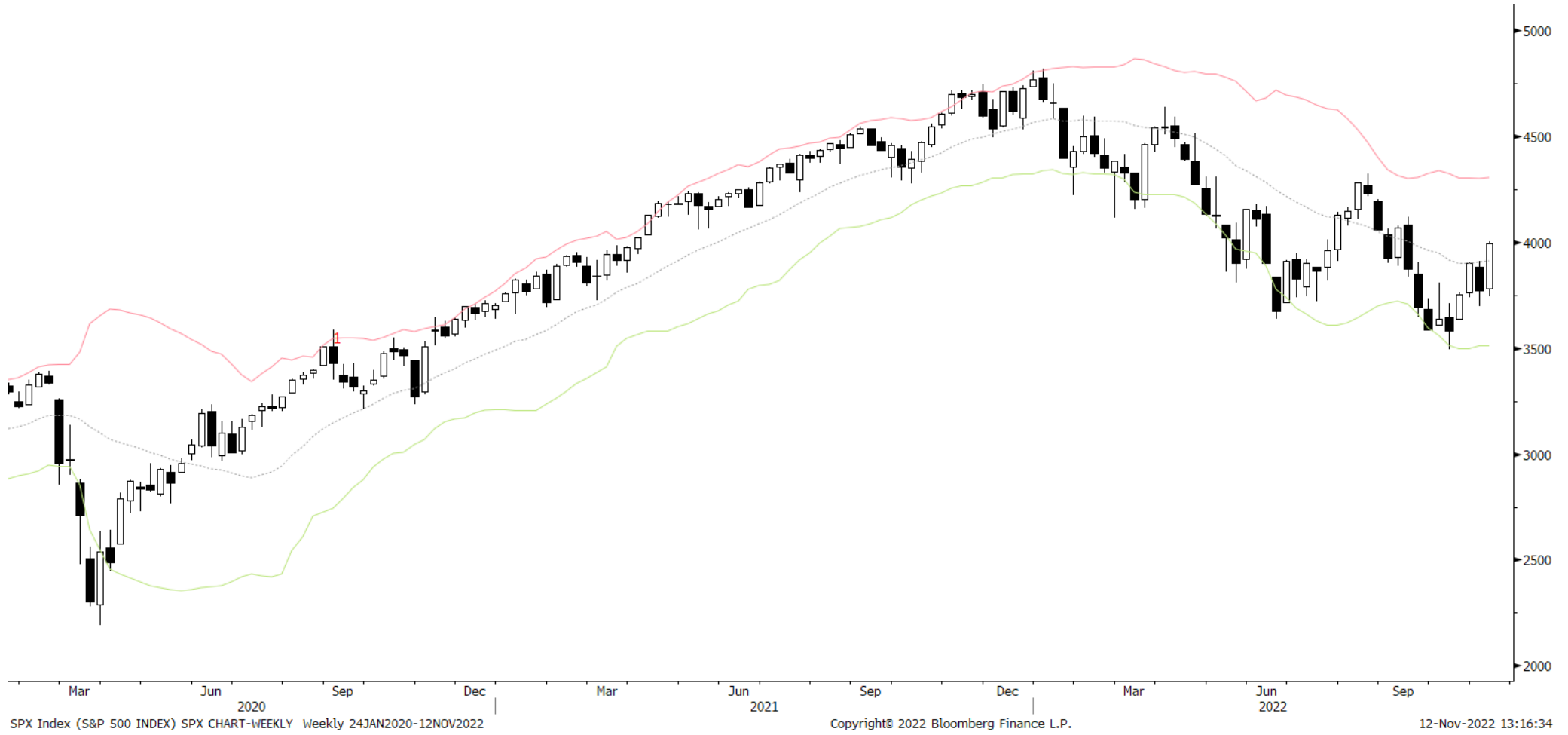
The Trifecta Report

The best trades are the ones in which you have all three things going for you: fundamentals, technical, and market tone. ~ Michael Marcus

S&P 500 Monthly



S&P 500 Weekly



S&P 500 Daily



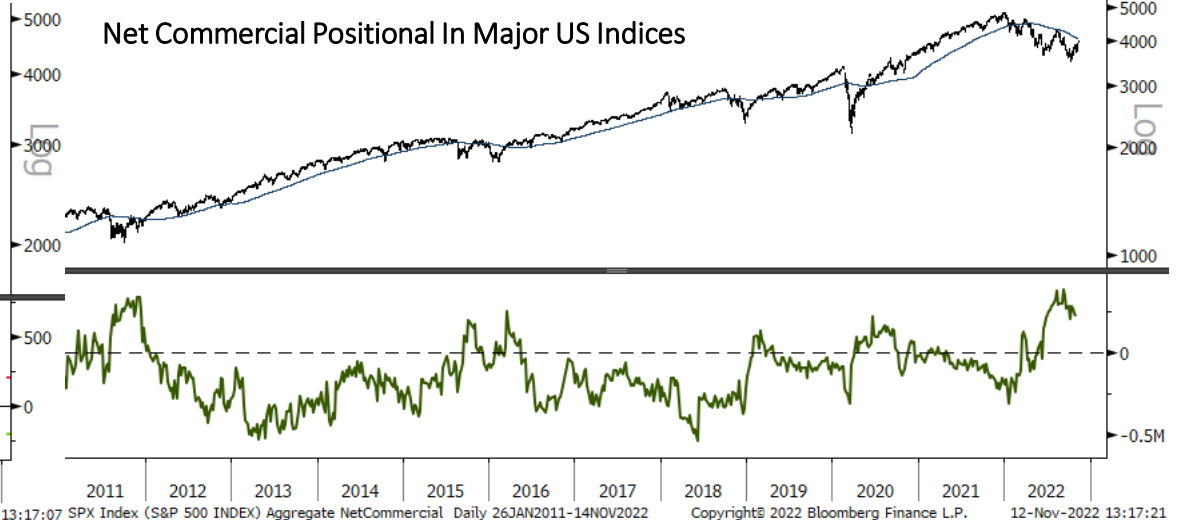
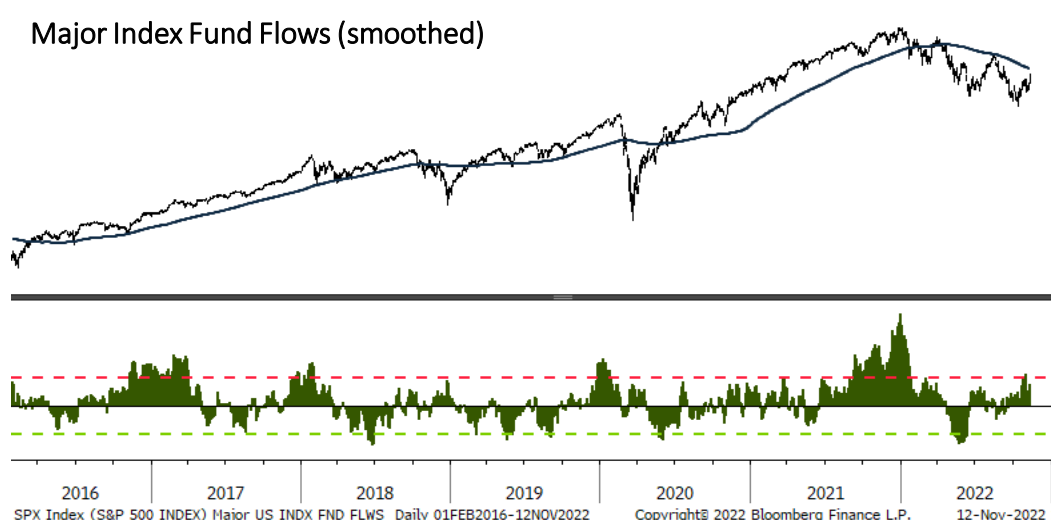
You can read more about [market regimes here](#).
Also, if you'd like me to share the Bloomberg STDY with you, just shoot me an email or DM on slack

SPX Index (S&P 500 INDEX) SPX CHART-DAILY Daily 31DEC2021-12NOV2022

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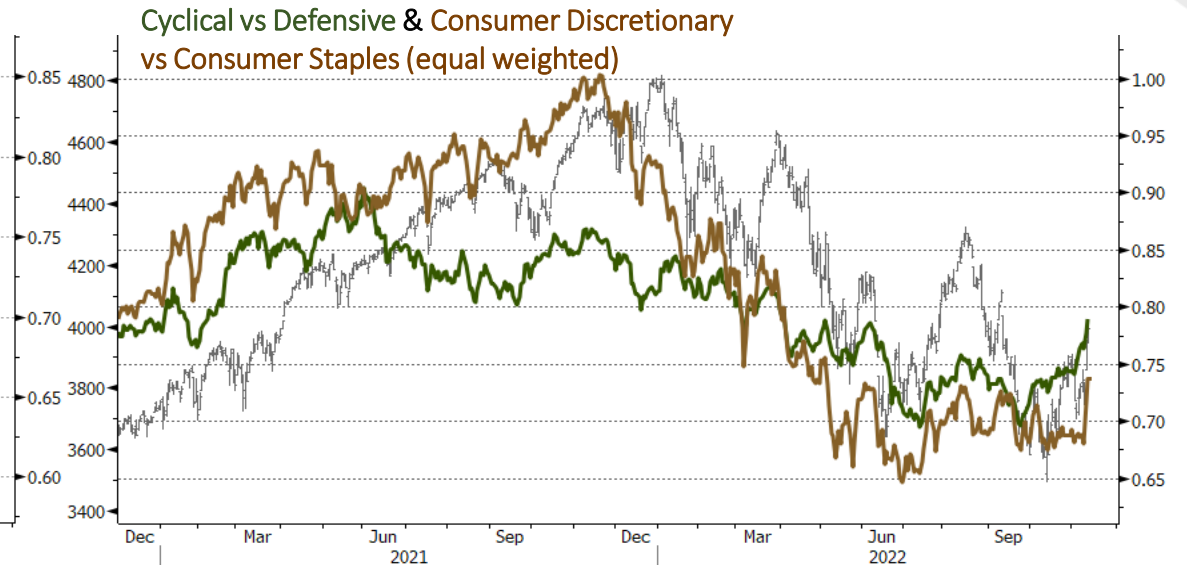
Sentiment & Positioning



Market Internals



SPX Index (S&P 500 INDEX) Semis vs SPX Daily 01DEC2020-14NOV2022 Copyright© 2022 Bloomberg Finance L.P. 12-Nov-2022 13:17:31



SPX Index (S&P 500 INDEX) Cyclical v Defense XLI. Daily 01DEC2020-12NOV2022 Copyright© 2022 Bloomberg Finance L.P. 12-Nov-2022 13:17:42

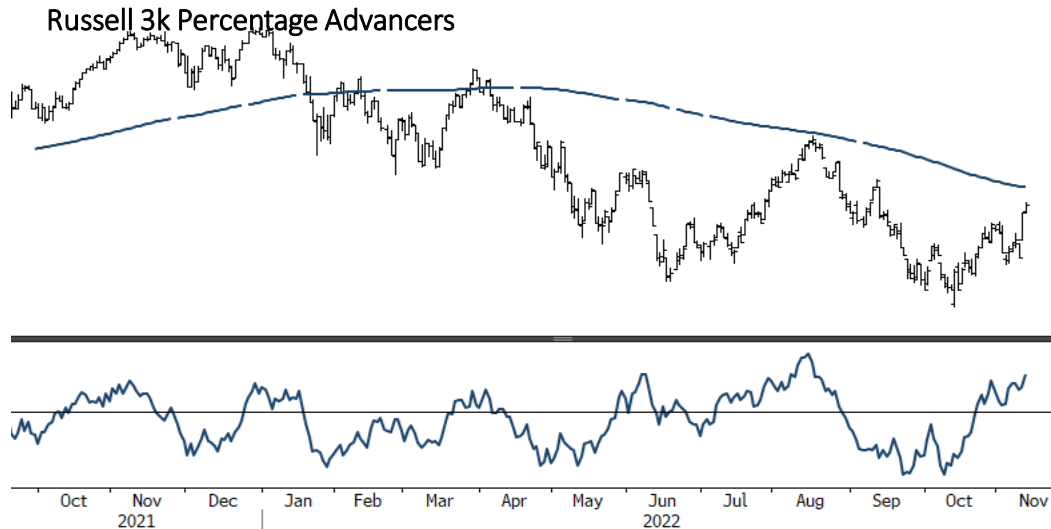


SPX Index (S&P 500 INDEX) LQD/IEF Daily 01DEC2020-12NOV2022 Copyright© 2022 Bloomberg Finance L.P. 12-Nov-2022 13:17:50

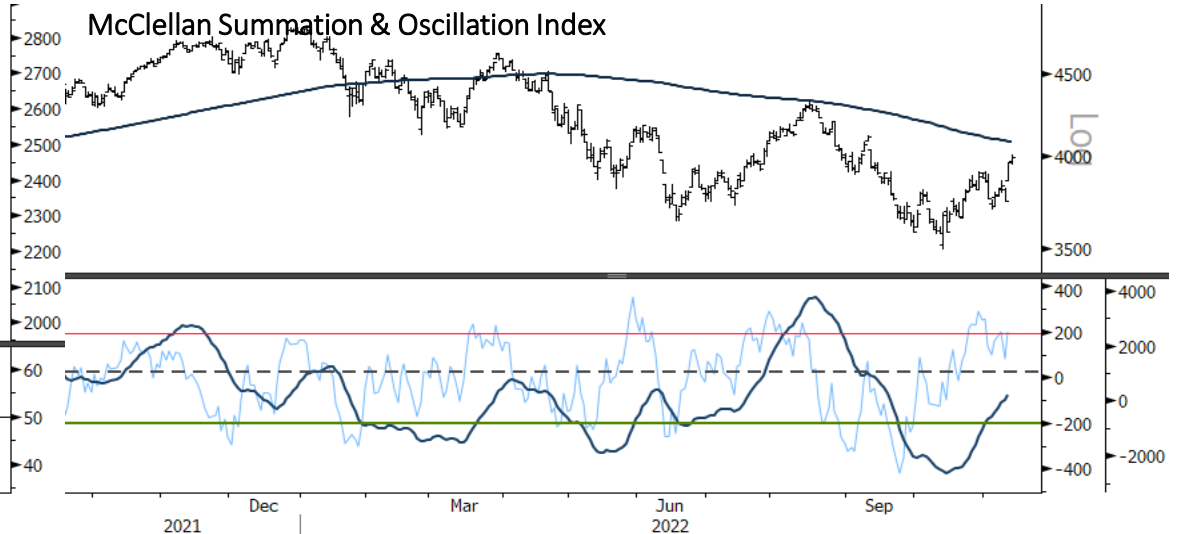


UX3 Index (Generic 3rd 'UX' Future) VIX Curve 3m/1m Daily 17SEP2021-12NOV2022 Copyright© 2022 Bloomberg Finance L.P. 12-Nov-2022 13:18:00

Short-term Breadth



RAY Index (Russell 3000 Index) % Adv Ray Index Daily 18SEP2021-12NOV2022 Copyright© 2022 Bloomberg Finance L.P.



SPX Index (S&P 500 INDEX) MACRO WHITE MCCLELLAN Daily 18SEP2021-14NOV2022 Copyright© 2022 Bloomberg Finance L.P.

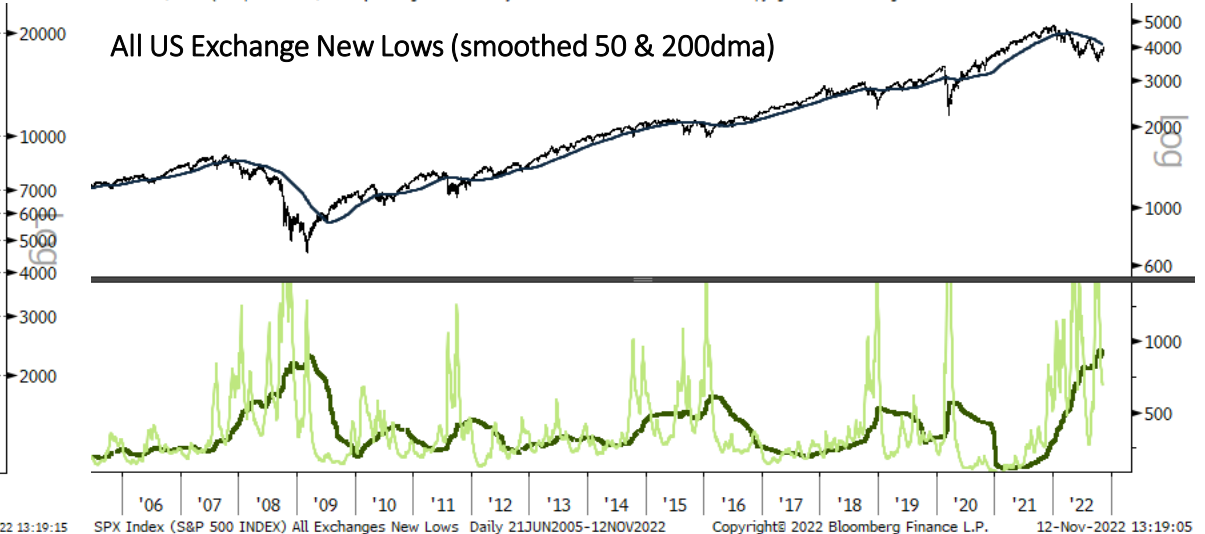
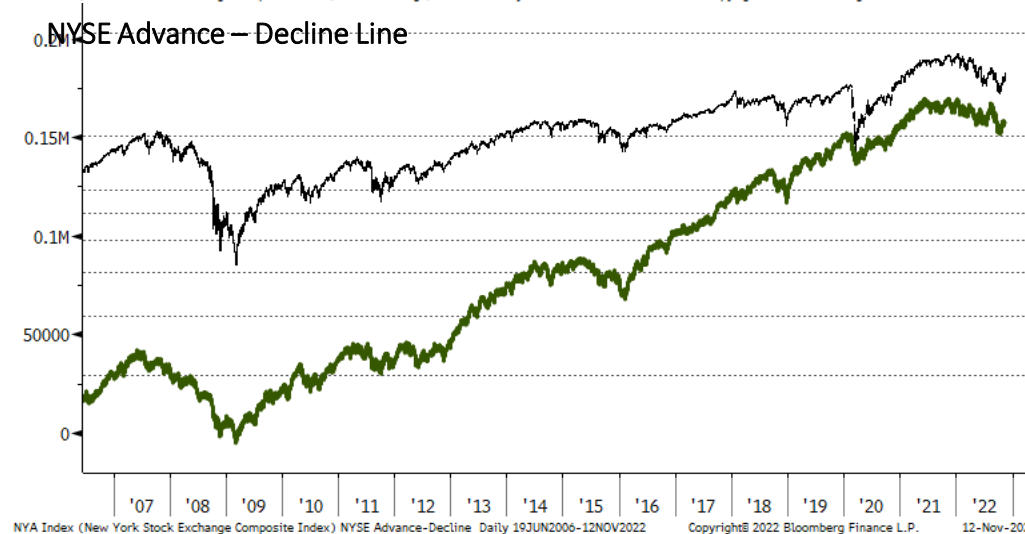
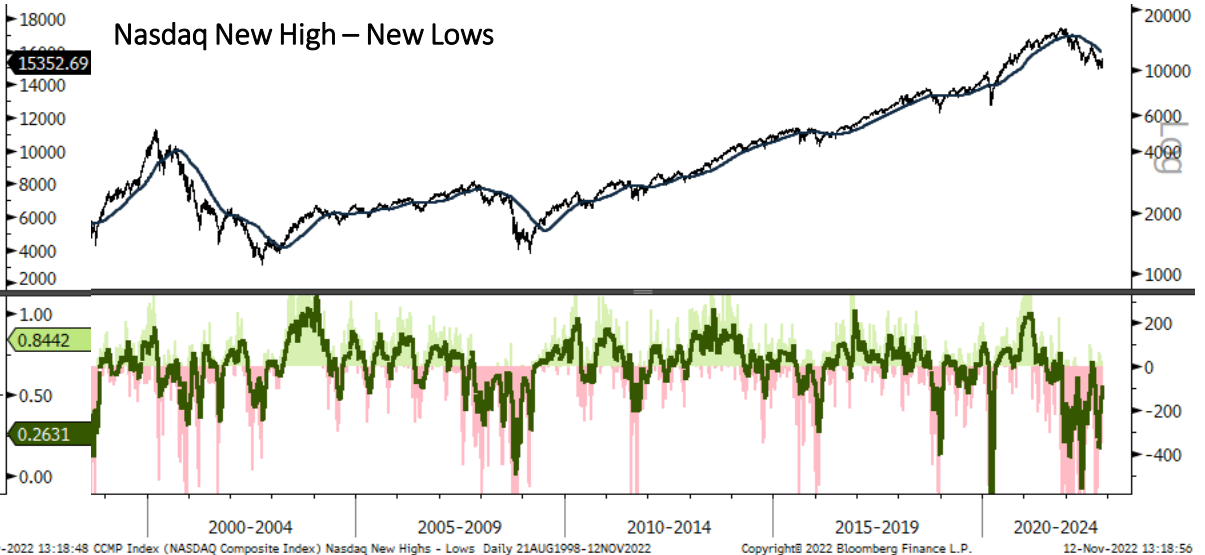
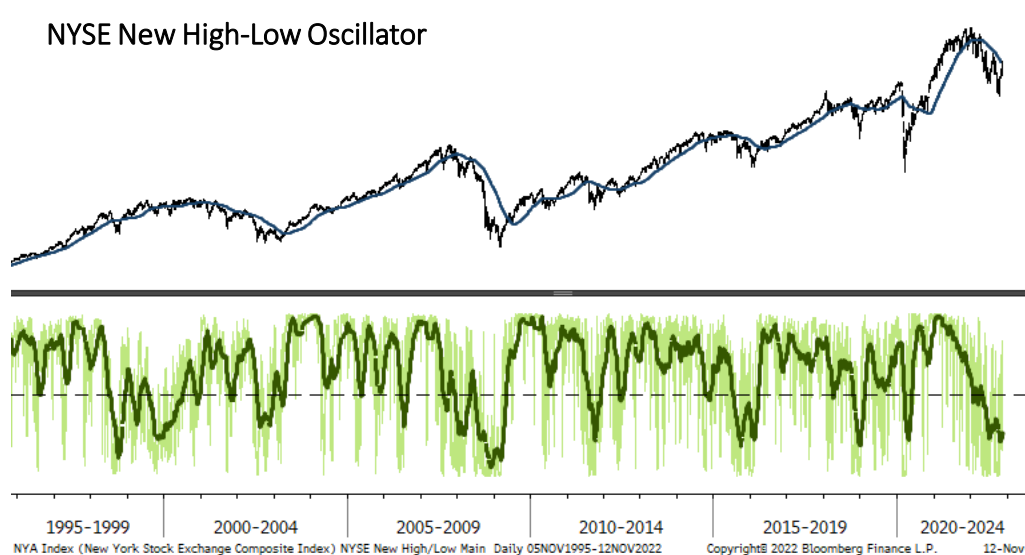


SPX Index (S&P 500 INDEX) SPX MACD Chart Daily 18SEP2021-12NOV2022 Copyright© 2022 Bloomberg Finance L.P.

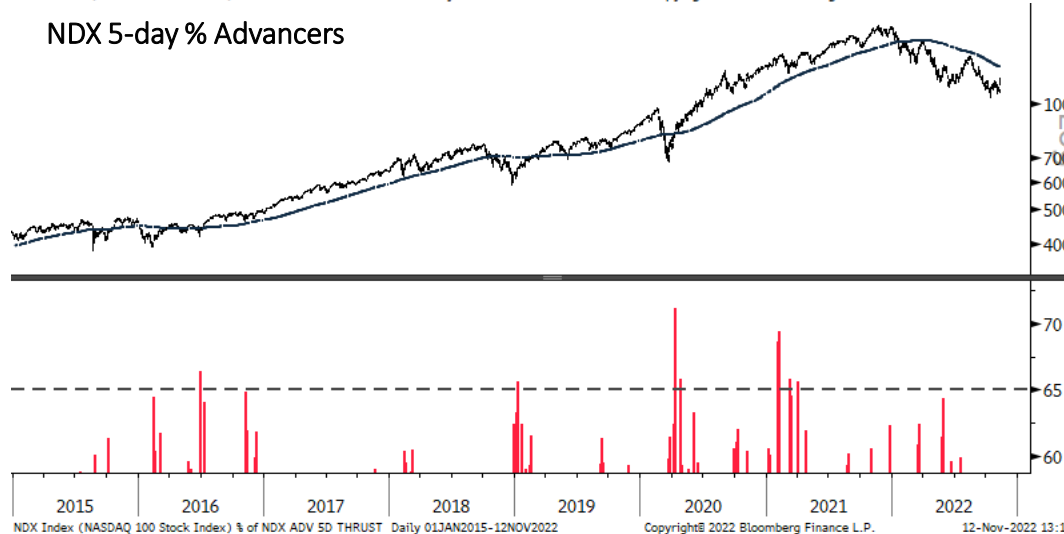
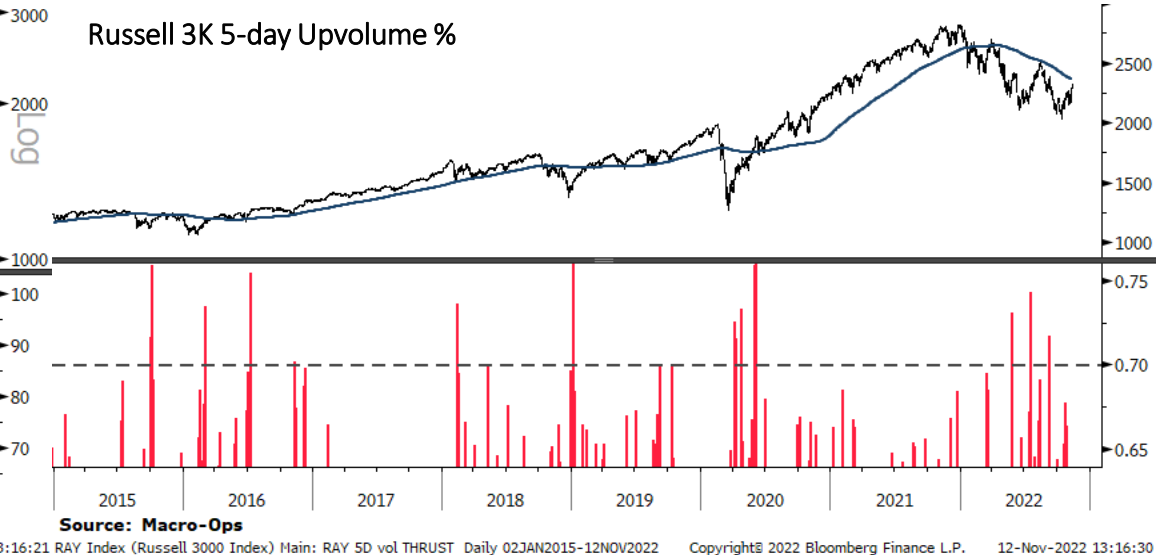
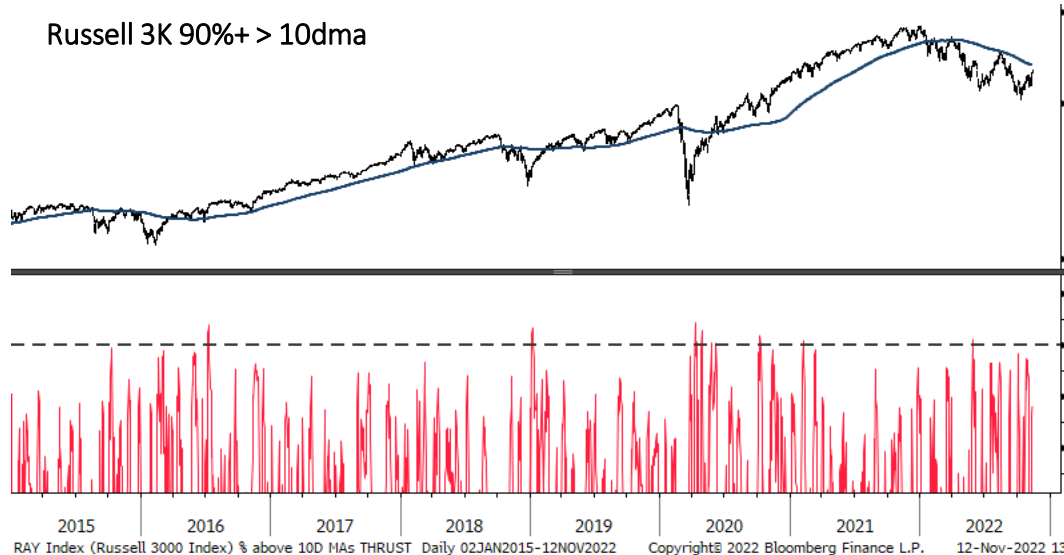


RAY Index (Russell 3000 Index) % above 50dma RAY Daily 18SEP2021-12NOV2022 Copyright© 2022 Bloomberg Finance L.P.

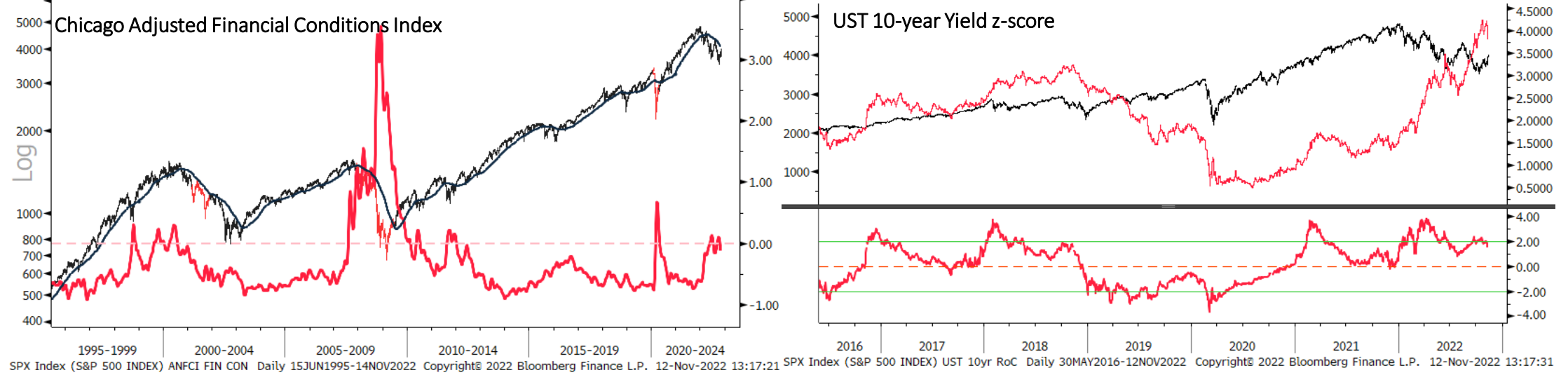
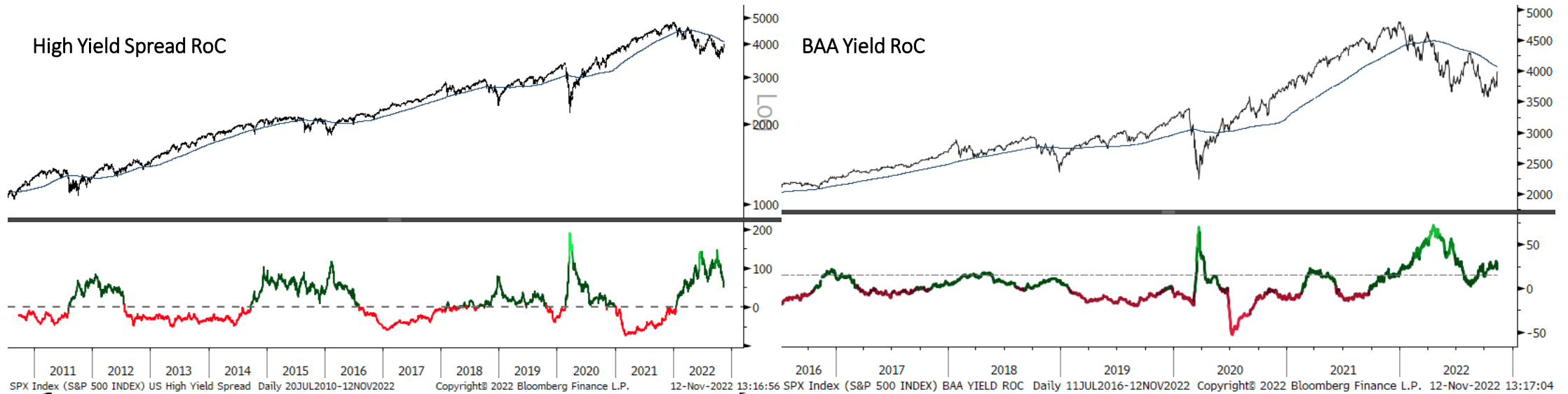
Long-term Breadth



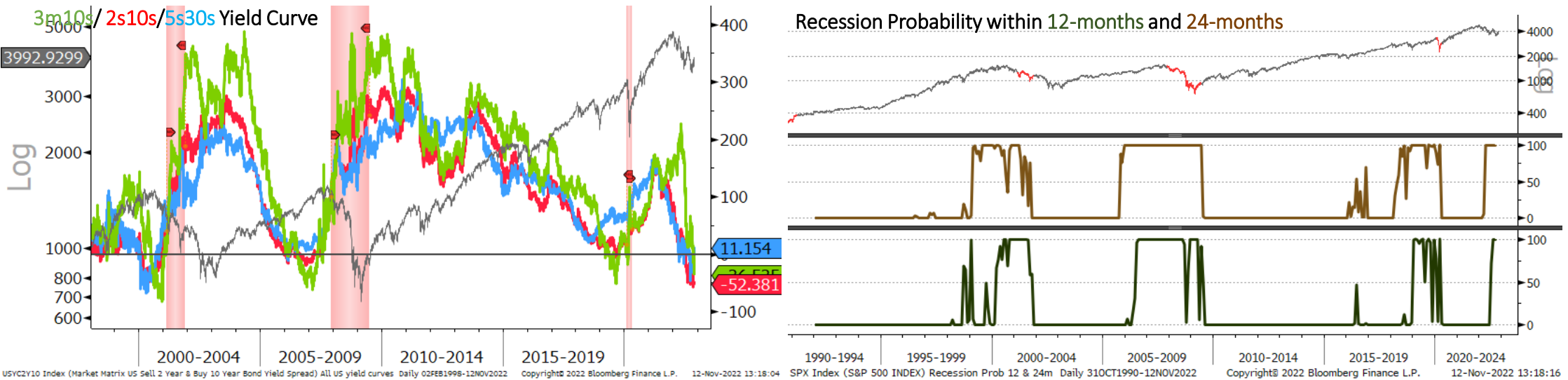
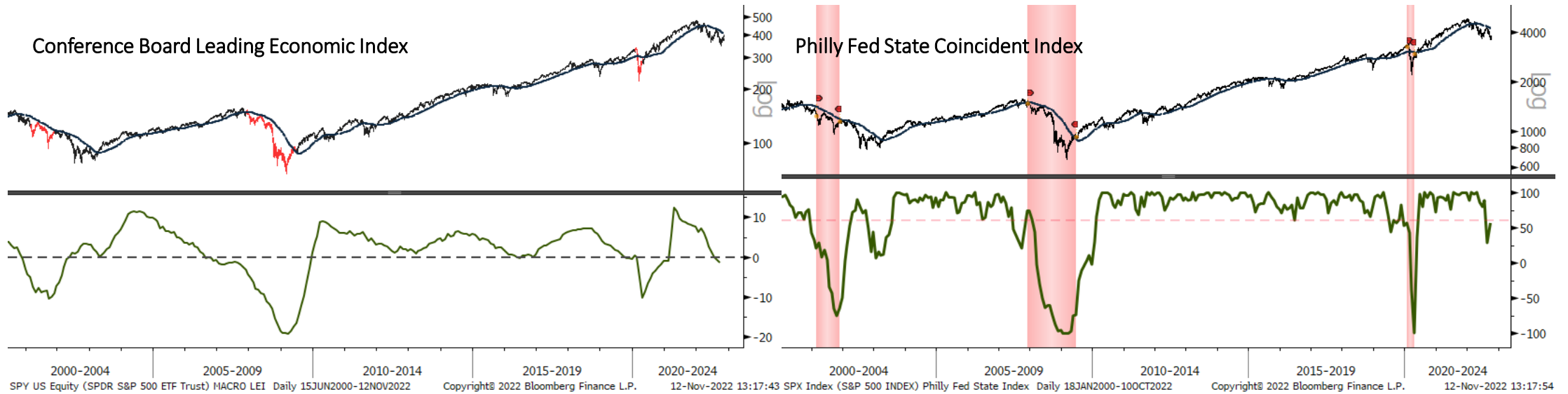
Breadth Thrust



Liquidity



US Recession



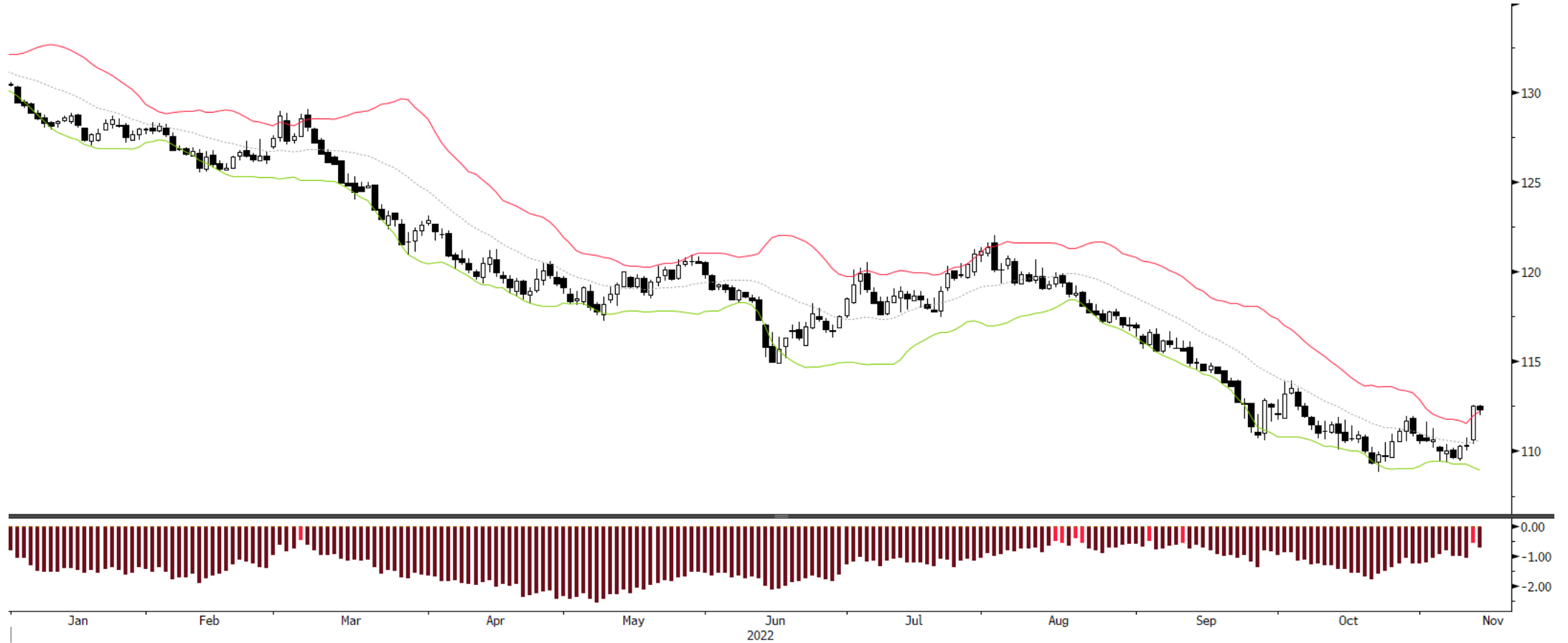
Bonds: 10-year Futures Monthly



Bonds: 10-year Futures Weekly



Bonds: 10-year Futures Daily



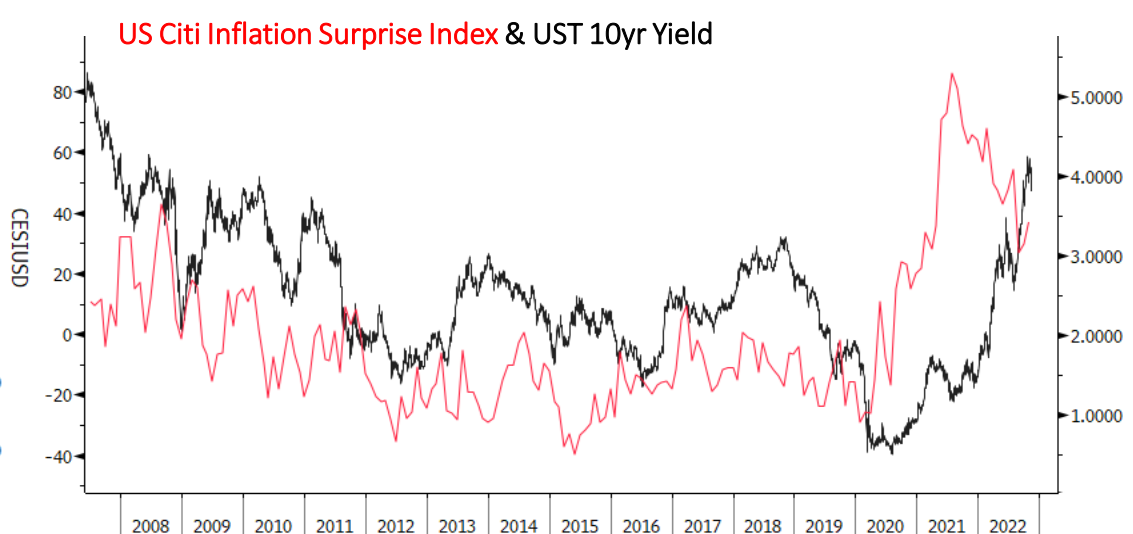
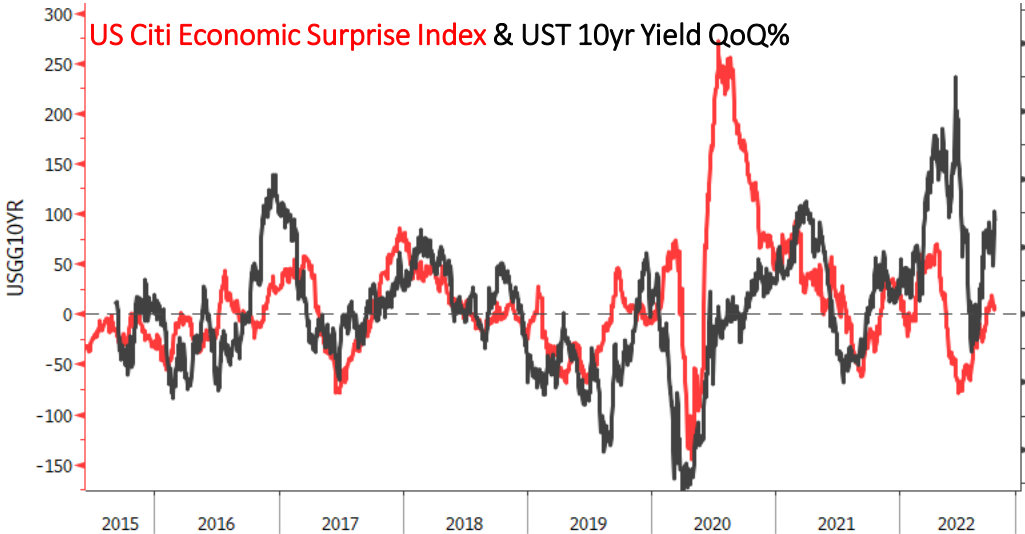
TY1 Comdty (Generic 1st 'TY' Future) Bonds 10yr - DAILY Daily 31DEC2021-12NOV2022

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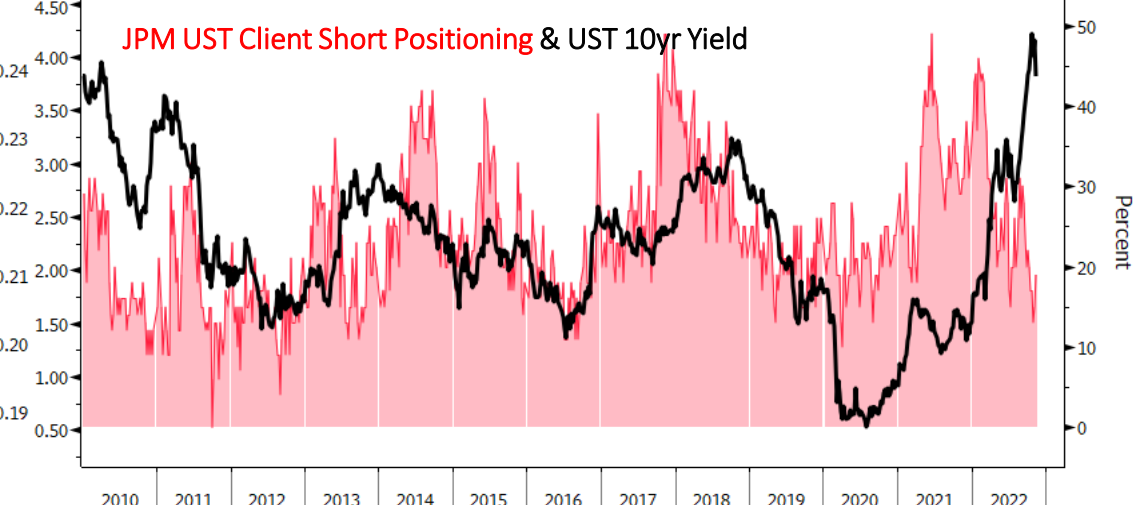
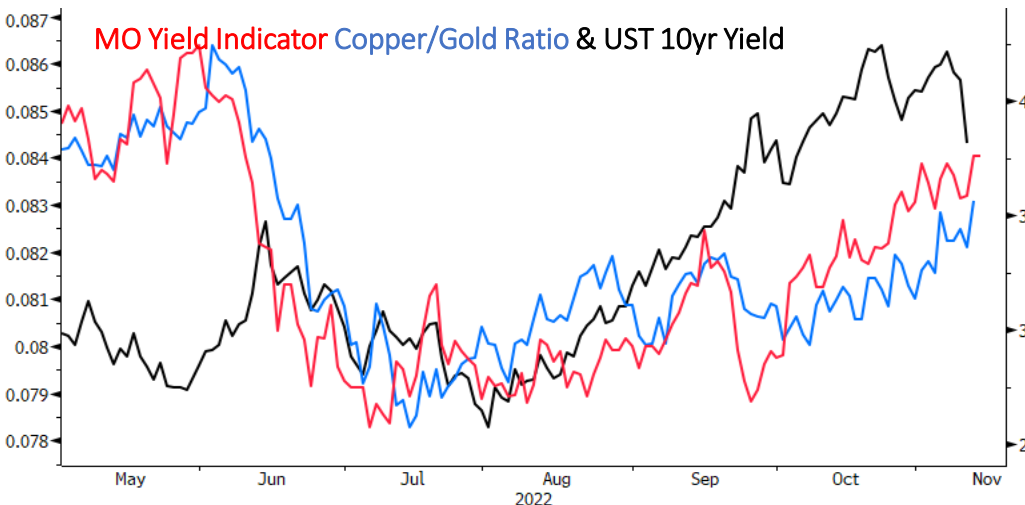


Bond/Yield Indicators



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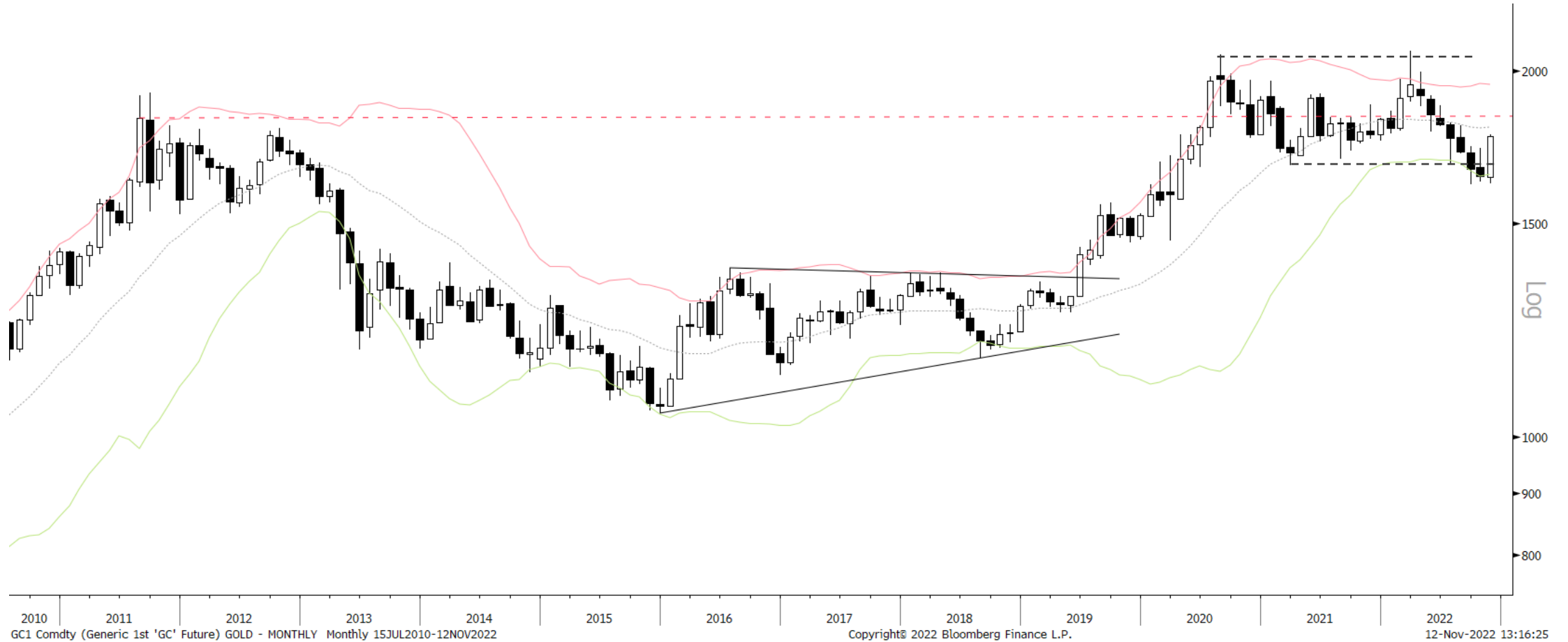
12-Nov-2022 13:18:50 USGG10YR Index (US Generic Govt 10 Yr) US Citi Inflation 10yr yield Daily 02JUN2007-12NOV2022 Copyright© 2022 Bloomberg Finance L.P. 12-Nov-2022 13:19:08



GSTHUSTY Index (Interest Rate Sensitive) rate sensitive vs yield Daily 01MAY2022-14NOV2022 Copyright© 2022 Bloomberg Finance L.P.

12-Nov-2022 13:21:57 TINSALLO Index (U.S. JP Morgan Treasury Investor Sentiment All Client Short) JPM Short Bond srvy Weekly 01JAN2010-12NOV2022 Copyright© 2022 Bloomberg Finance L.P. 12-Nov-2022 13:18:59

Gold Monthly



Gold Weekly



GC1 Comdty (Generic 1st 'GC' Future) GOLD - WEEKLY Weekly 13JUL2018-12NOV2022

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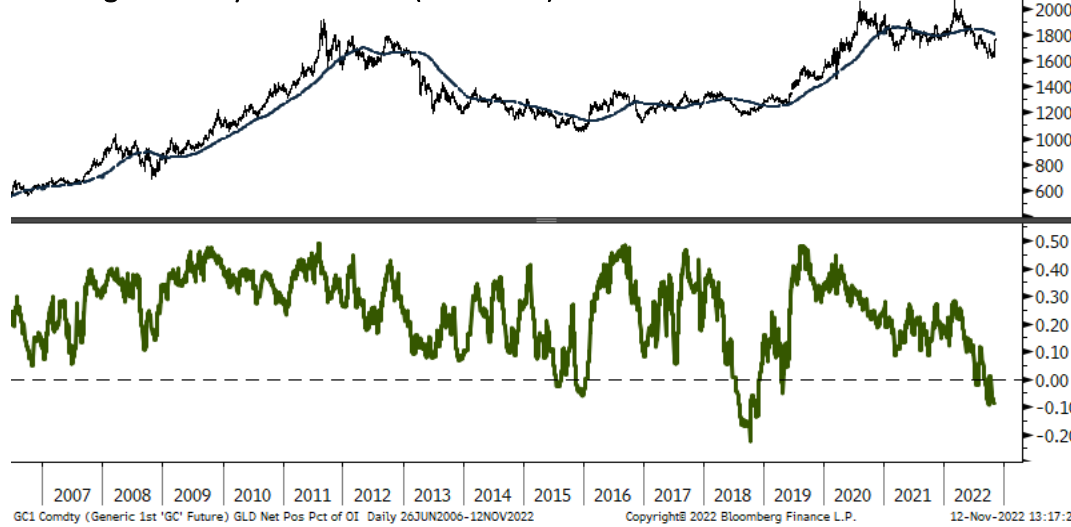
Gold Daily



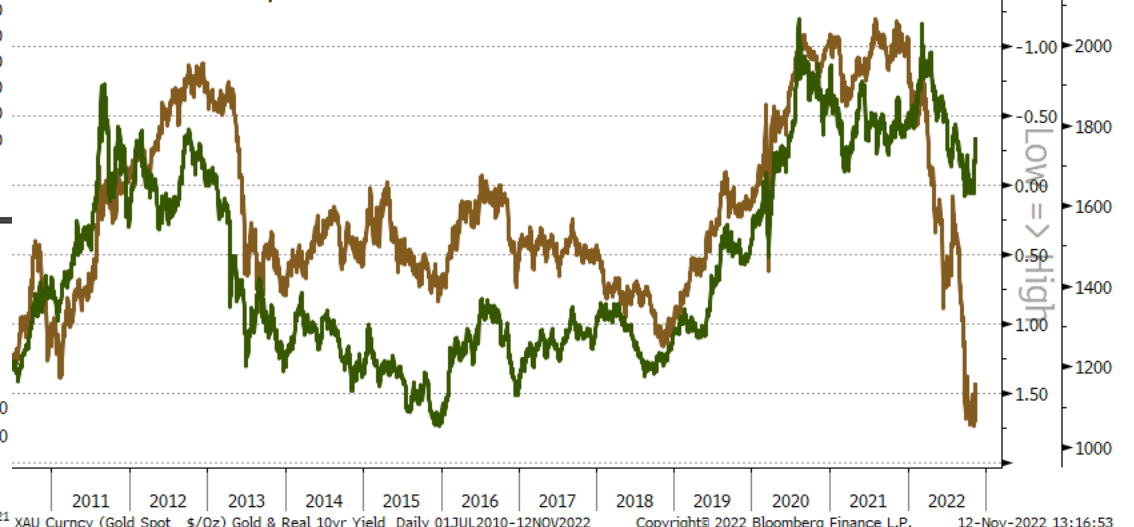


Gold Indicators

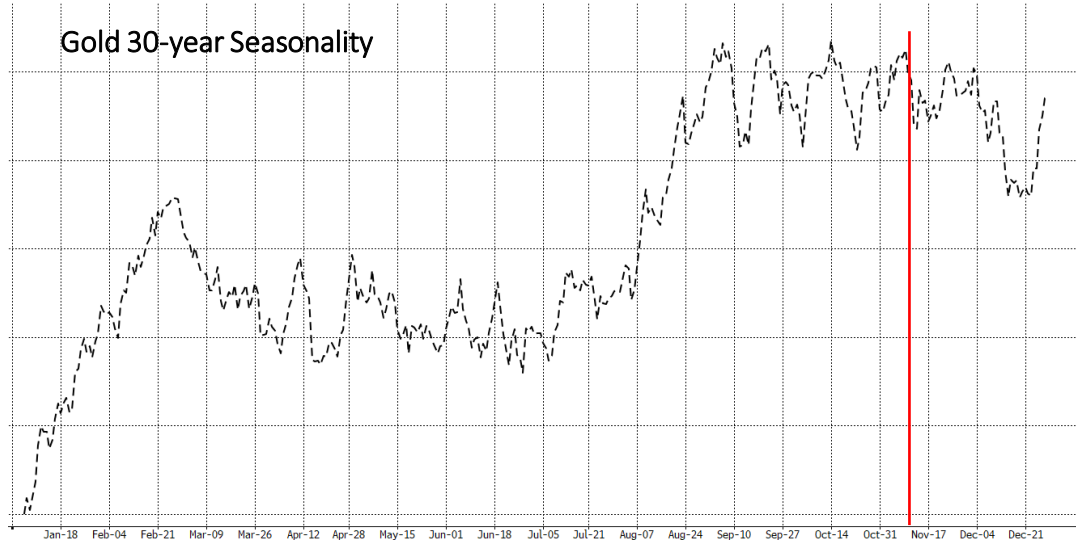
Managed Money Net Position (as % of OI)



Gold & Real 10yr Yield



Gold 30-year Seasonality



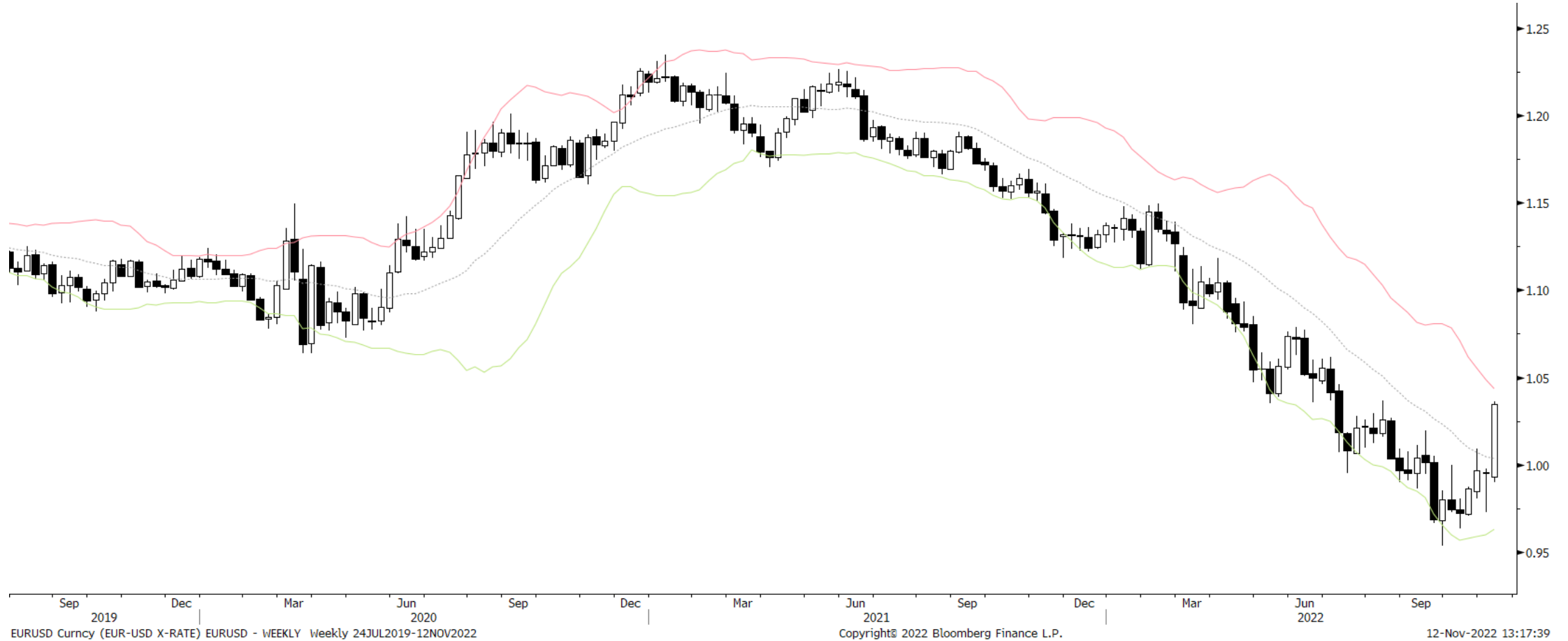
Gold Miners % > 200-day moving average



EURUSD Monthly



EURUSD Weekly



EURUSD Daily



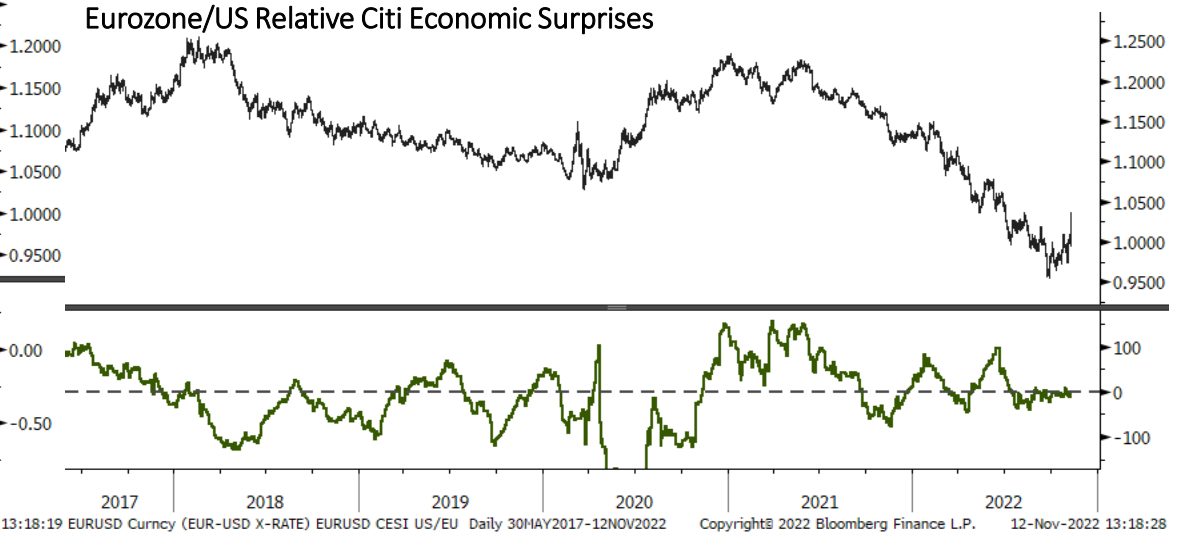
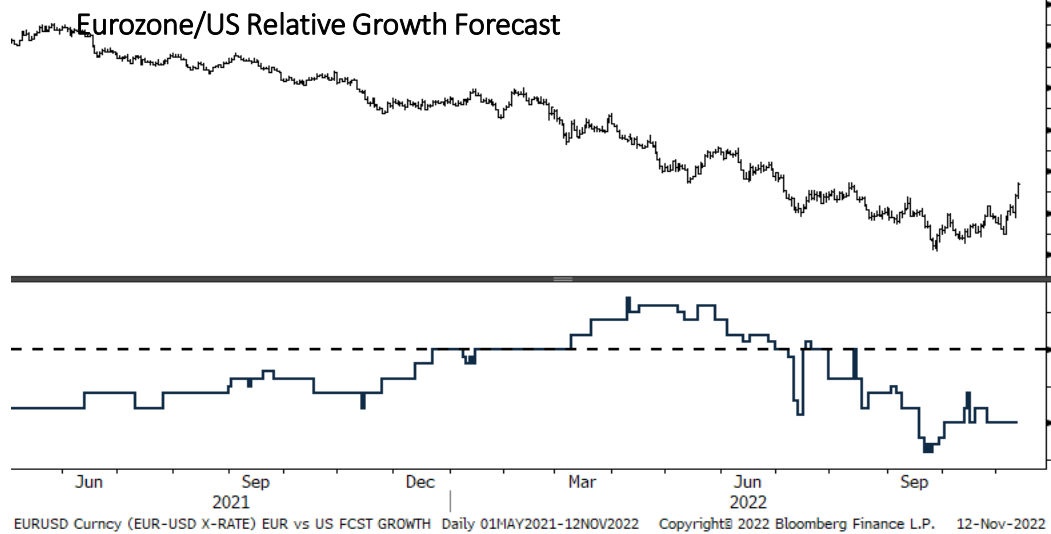
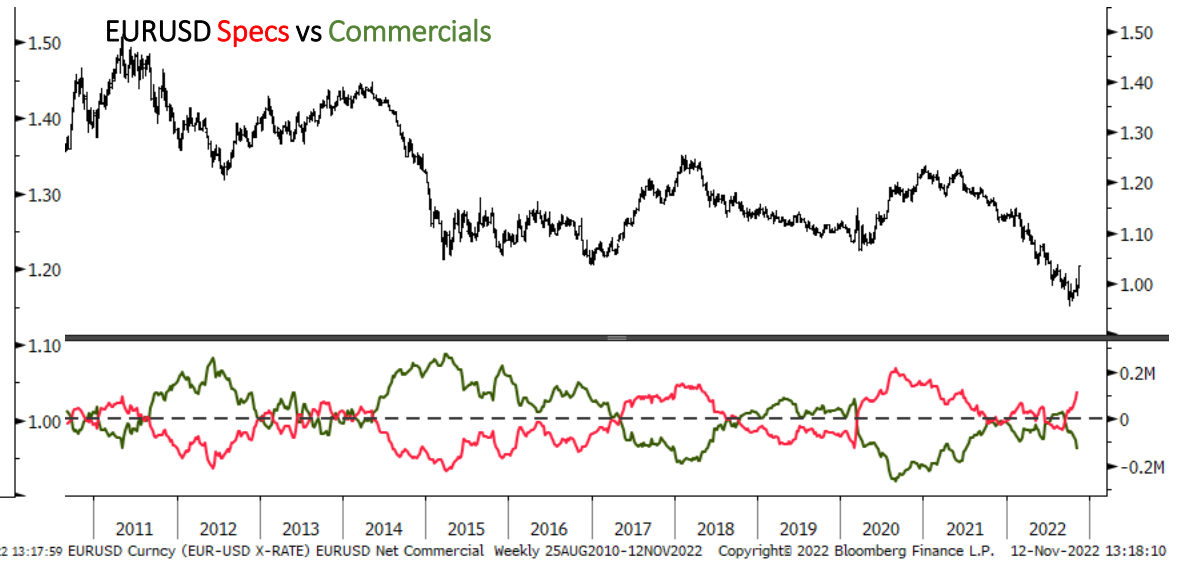
EURUSD Currency (EUR-USD X-RATE) EURUSD - DAILY Daily 02DEC2021-12NOV2022

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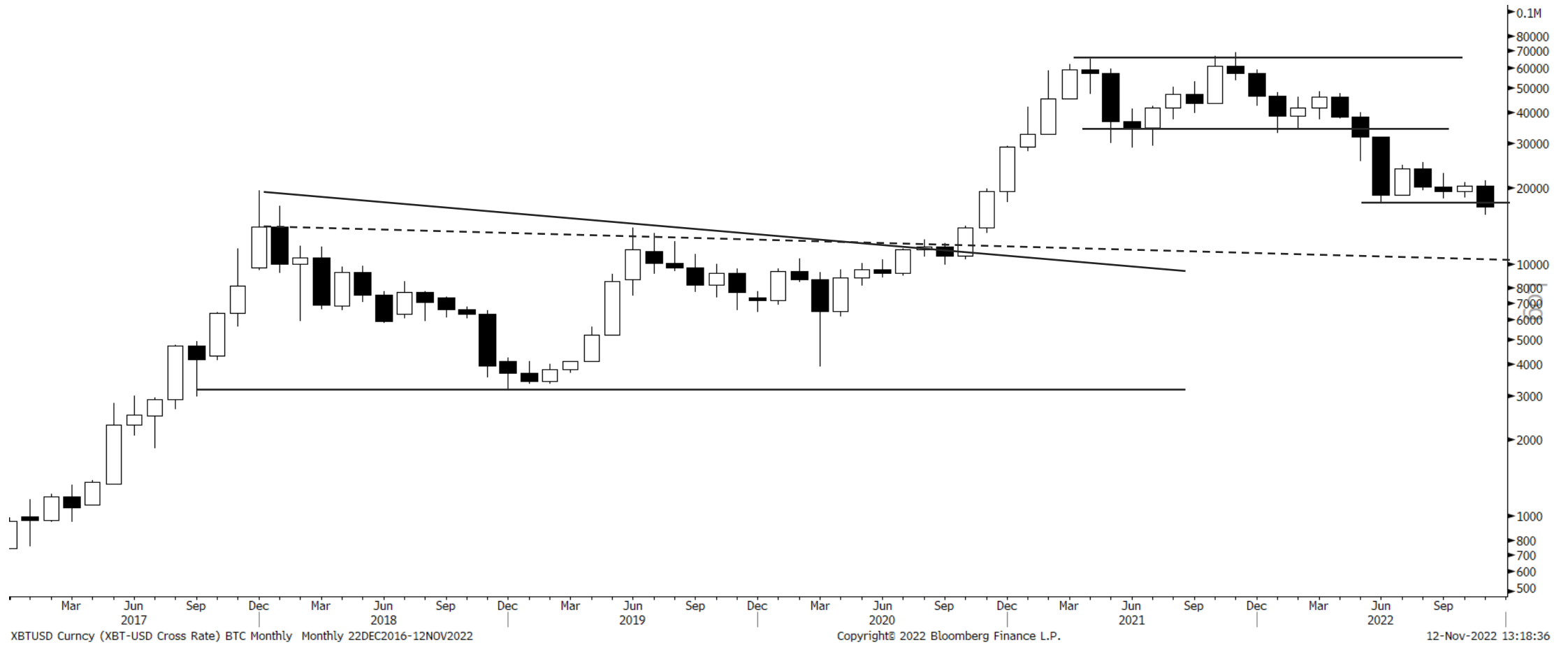
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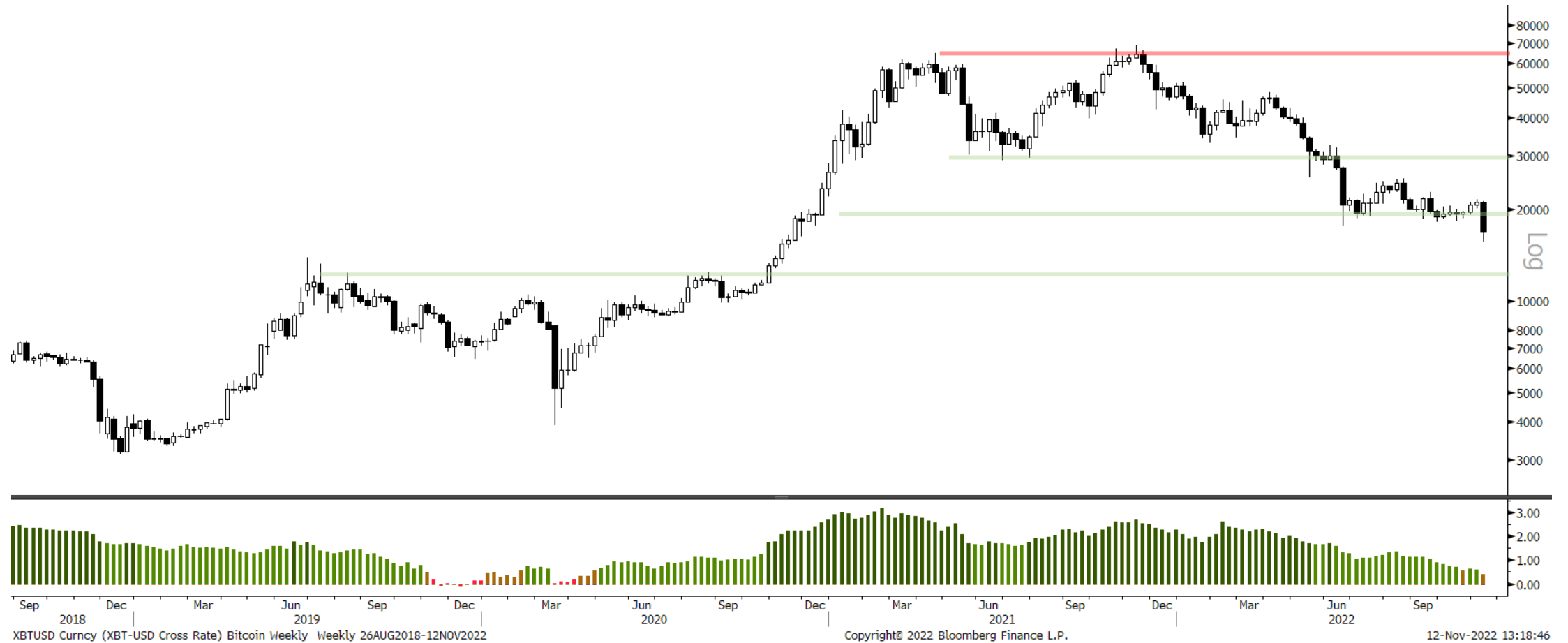
EURUSD Indicators



Bitcoin Monthly



Bitcoin Weekly



Bitcoin Daily

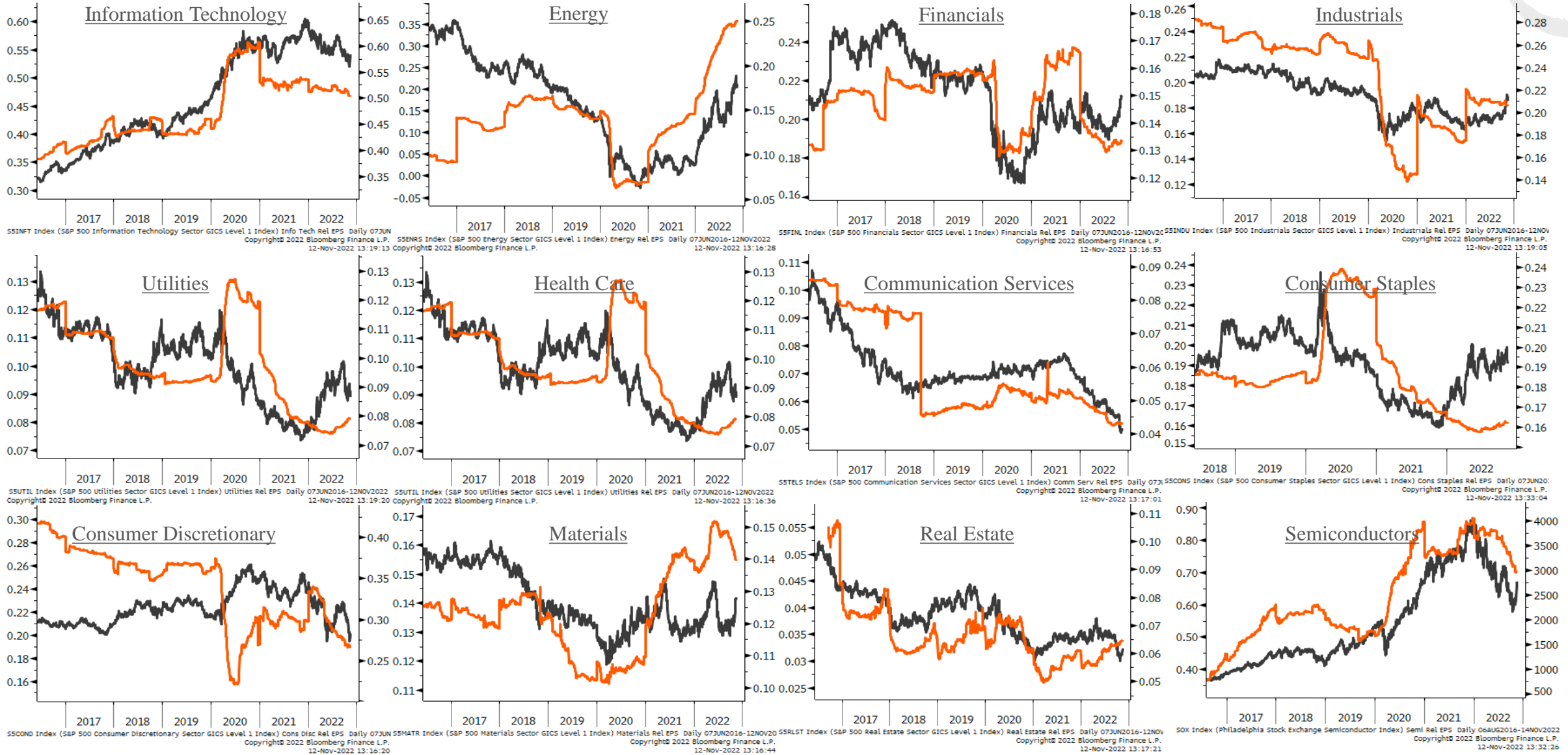
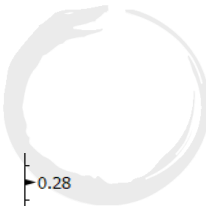


XBTUSD Currency (XBT-USD Cross Rate) bitcoin Daily Daily 17MAY2022-12NOV2022

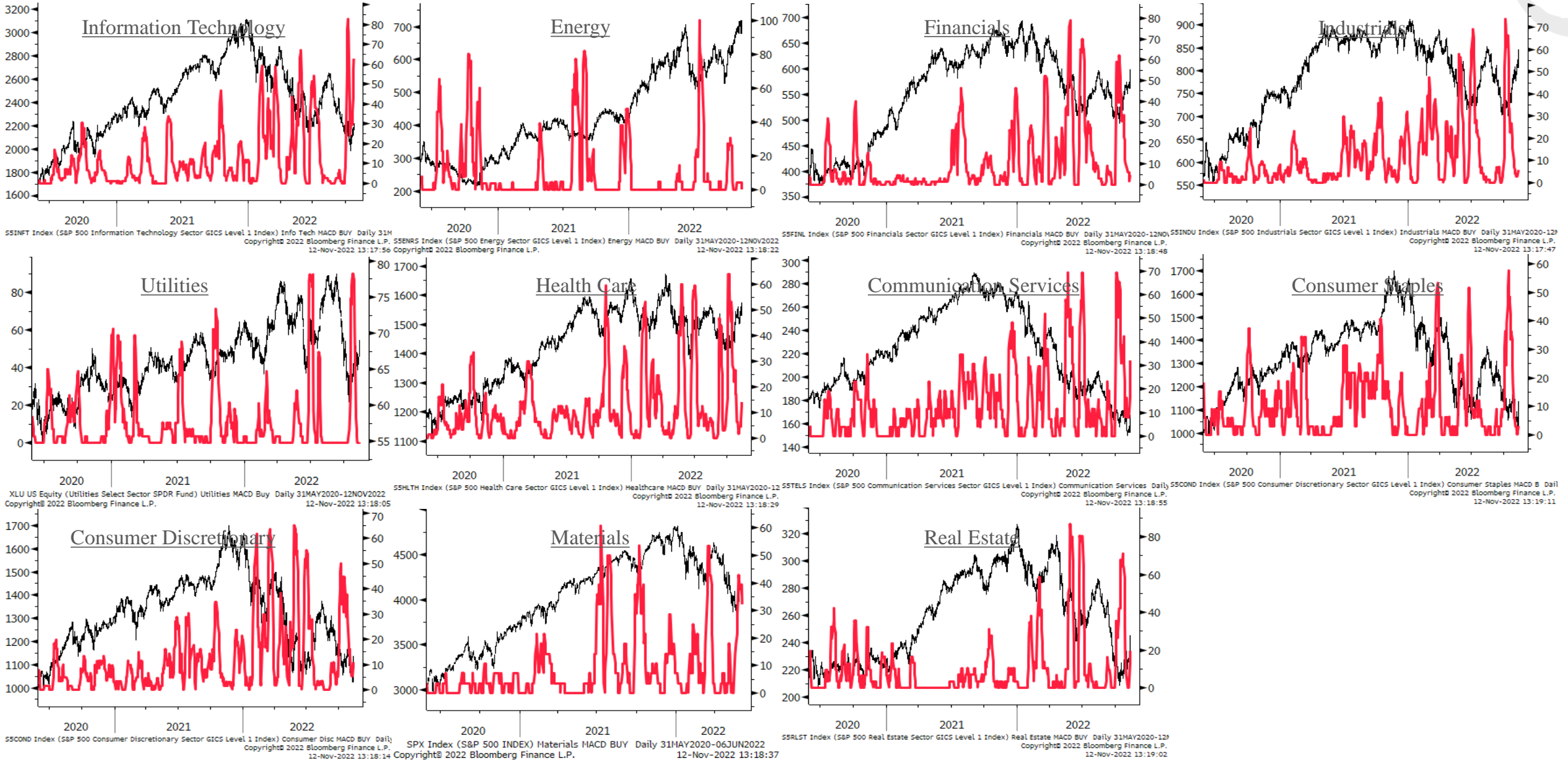
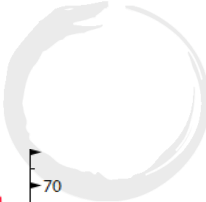
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12-Nov-2022 13:18:56

Sector Relative to SPX Price & Forward EPS Performance (Price in Grey, F/EPS in Orange)



Sector % MACD Buy Signals



The Macro Ops Portfolio

PDF: <https://tinyurl.com/mo-portfolio>

2022 YTD Return	14.06%
Total Notional Exposure	60.14%
Equity Exposure	60.14%
Futures Exposure	0.00%
Current Cash Value (%)	40.70%
Total Capital At-Risk (%)	42.97%
Total Drawdown Risk (%)	34.36%
2021 Final Return	6.39%
2020 Final Return	66.40%

Futures, Bonds & FX

<u>Ticker</u>	<u>Contracts</u>	<u>Capital</u>	<u>Notional</u>	<u>Actual Risk</u>	<u>DD Risk</u>	<u>Cost Basis</u>	<u>Current Price</u>	<u>Current Stop-Loss</u>	<u>Initial Stop-Loss</u>	<u>Current P&L</u>	<u>R-Multiple (Curr.)</u>	<u>Total Notional</u>	<u>Total Risk</u>	<u>Total Drawdown Risk</u>
												1.31%	1.84%	1.31%

Equities

Strategic

<u>Ticker</u>	<u>Shares</u>	<u>Capital</u>	<u>Notional</u>	<u>Actual Risk</u>	<u>DD Risk</u>	<u>Cost Basis</u>	<u>Current Price</u>	<u>Current Stop-Loss</u>	<u>Initial Stop-Loss</u>	<u>Current P&L</u>	<u>R-Multiple (Curr.)</u>	<u>Total Notional</u>	<u>Total Risk</u>	<u>Total Drawdown Risk</u>
Desert Control	DSRT	10,026	\$22,359.06	1.31%	1.84%	1.31%	\$3.13	\$2.23	\$0.00	\$0.00	-28.75%	-0.29		
Eli Lilly	LLY	509	\$179,242.08	10.49%	0.21%	0.78%	\$333.00	\$352.30	\$326.00	\$316.00	5.80%	1.14		
Nerdy, Inc.	NRDY	7,148	\$16,798.77	0.98%	1.04%	0.98%	\$2.49	\$2.35	\$0.00	\$0.00	-5.62%	-0.06		
Clearpoint Neuro	CLPT	4,443	\$44,967.34	2.63%	3.24%	2.63%	\$12.46	\$10.12	\$0.00	\$9.40	-18.78%	-0.76		
Block, Inc.	SQ	753	\$53,966.46	3.16%	5.09%	3.16%	\$115.48	\$71.66	\$0.00	\$0.00	-37.95%	-0.38		

Thematic

<u>Ticker</u>	<u>Shares</u>	<u>Capital</u>	<u>Notional</u>	<u>Actual Risk</u>	<u>DD Risk</u>	<u>Cost Basis</u>	<u>Current Price</u>	<u>Current Stop-Loss</u>	<u>Initial Stop-Loss</u>	<u>Current P&L</u>	<u>R-Multiple (Curr.)</u>	<u>Total Notional</u>	<u>Total Risk</u>	<u>Total Drawdown Risk</u>	
Paladin Energy	PDN	68,959	\$38,616.94	2.26%	2.54%	2.26%	\$0.63	\$0.56	\$0.00	\$0.00	-11.11%	-0.11	37.68%	20.77%	21.44%
Sprott Uranium	U.UN	3,779	\$48,096.73	2.81%	2.60%	2.81%	\$11.76	\$12.73	\$0.00	\$0.00	8.23%	0.08			
Sprott Uranium	U.UN	3,779	\$48,096.73	2.81%	2.60%	2.81%	\$11.76	\$12.73	\$0.00	\$0.00	8.23%	0.08			
Peabody Energy	BTU	2,326	\$63,396.20	3.71%	0.76%	0.44%	\$29.61	\$27.25	24	24	-7.97%	-0.42			
Comstock Resources	CRK	2,188	\$40,699.62	2.38%	0.50%	0.42%	\$19.22	\$18.60	15.3	15.3	-3.23%	-0.16			
Centrus Energy	LEU	985	\$38,859.02	2.27%	2.60%	2.27%	\$45.13	\$39.45	\$0.00	\$0.00	-12.59%	-0.13			
Pantheon Resources	PANR	32,282	\$33,250.29	1.95%	3.14%	1.95%	\$1.66	\$1.03	\$0.00	\$0.00	-37.95%	-0.38			
Vista Energy	VIST	5,457	\$75,900.67	4.44%	3.12%	4.44%	\$9.78	\$13.91	\$0.00	\$0.00	42.23%	0.42			
Metals X Limited	MLX	254,102	\$47,161.28	2.76%	0.81%	0.53%	\$0.20	\$0.19	\$0.15	\$0.15	-9.38%	-0.35			
VAALCO Energy	EGY	10,070	\$54,075.42	3.16%	0.51%	0.45%	\$5.46	\$5.37	\$4.60	\$4.60	-1.65%	-0.10			
Eldorado Gold Mining	EGO	12,025	\$85,375.81	4.99%	0.76%	0.76%	\$6.48	\$7.10	\$5.40	\$5.40	9.57%	0.57			
Tidewater, Inc.	TDW	2,161	\$70,611.77	4.13%	0.82%	1.85%	\$24.50	\$32.67	\$18.00	\$19.20	33.35%	1.54			

Tactical

<u>Ticker</u>	<u>Shares</u>	<u>Capital</u>	<u>Notional</u>	<u>Actual Risk</u>	<u>DD Risk</u>	<u>Cost Basis</u>	<u>Current Price</u>	<u>Current Stop-Loss</u>	<u>Initial Stop-Loss</u>	<u>Current P&L</u>	<u>R-Multiple (Curr.)</u>	<u>Total Notional</u>	<u>Total Risk</u>	<u>Total Drawdown Risk</u>	
Vista Energy (Trade Around Strategic)	VIST	4,781	\$66,498.66	3.89%	0.51%	1.25%	\$11.26	\$13.91	9.45	9.45	23.53%	1.46	3.89%	0.51%	1.25%

Options

<u>Ticker</u>	<u>Contracts</u>	<u>Capital</u>	<u>Notional</u>	<u>Actual Risk</u>	<u>DD Risk</u>	<u>Cost Basis</u>	<u>Current (Mid) Price</u>	<u>Current Stop-Loss</u>	<u>Initial Stop-Loss</u>	<u>Current P&L</u>	<u>R-Multiple (Curr.)</u>	<u>Total Notional</u>	<u>Total Risk</u>	<u>Total Drawdown Risk</u>	
MU Jan 2023 \$125 CALLS	MU	82	\$0.00	0.00%	2.27%	0.00%	\$473.00	\$0.00	\$0.00	\$0.00	-100.00%	-1.00	1.50%	8.45%	1.50%
TSLA DEC 2022 \$116.67 PUTS	TSLA	9	\$1,368.00	0.08%	0.37%	0.08%	\$703.33	\$154.00	\$0.00	\$0.00	-78.10%	-0.78			
AG JAN 2024 \$20 CALLS	AG	237	\$13,962.34	0.82%	0.97%	0.82%	\$70.00	\$59.00	\$0.00	\$0.00	-15.71%	-0.16			
MO JAN 2023 \$70 CALLS	MO	299	\$1,495.00	0.09%	1.61%	0.09%	\$92.00	\$5.00	\$0.00	\$0.00	-94.57%	-0.95			
HAL JAN 2024 \$60 CALLS	HAL	67	\$7,421.84	0.43%	0.52%	0.43%	\$132.00	\$110.00	\$0.00	\$0.00	-16.67%	-0.17			
BHP Jan 2023 \$115 CALLS	BHP	55	\$1,375.00	0.08%	1.22%	0.08%	\$380.00	\$25.00	\$0.00	\$0.00	-93.42%	-0.93			
CCJ Oct 2022 \$19 PUTS	CCJ	132	\$0.00	0.00%	0.25%	0.00%	\$33.00	\$0.00	\$0.00	\$0.00	-100.00%	-1.00			
EWJ JAN 2023 \$90 CALLS	EWJ	173	\$0.00	0.00%	1.23%	0.00%	\$122.00	\$0.00	\$0.00	\$0.00	-100.00%	-1.00			

Appendix

- Trifecta Lens & SQN Methodology & Case Study ([link here](#))
 - TL Score Theory ([link here](#))
 - TL & SQN Dashboard ([link here](#))
 - Trend Fragility Dashboard ([link here](#))
- Nervous & Numb Case Study (coming soon)
- Volatility & Failed Volatility Breakouts (VBO/FVBO) ([link here](#))
- Hierarchy of Technicals ([link here](#))
- Currency Framework ([link here](#))
- Precious Metals Framework ([link here](#))
- How to Read Market Sentiment ([link here](#))
- Equity Supply & Demand Equation ([link here](#))
- 50 Cent Conditional Tail Hedge Strategy ([link here](#))

