

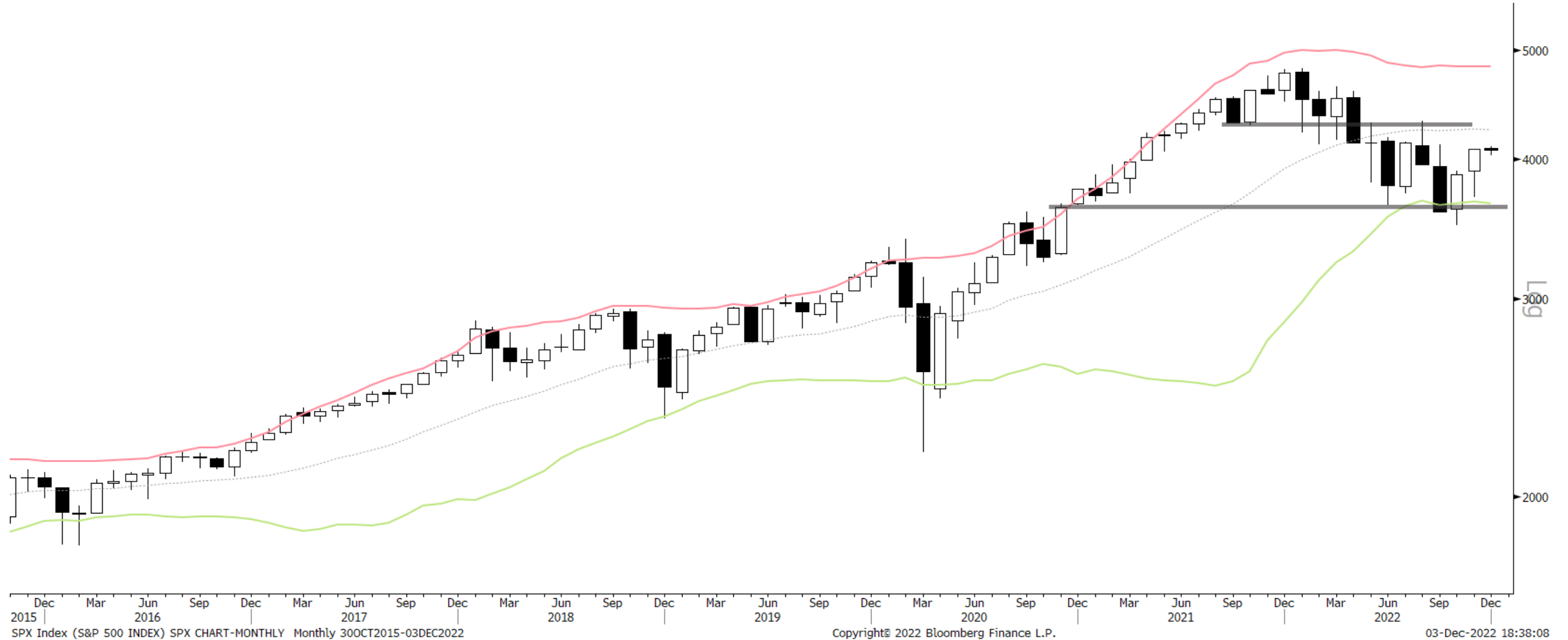


Macro Ops

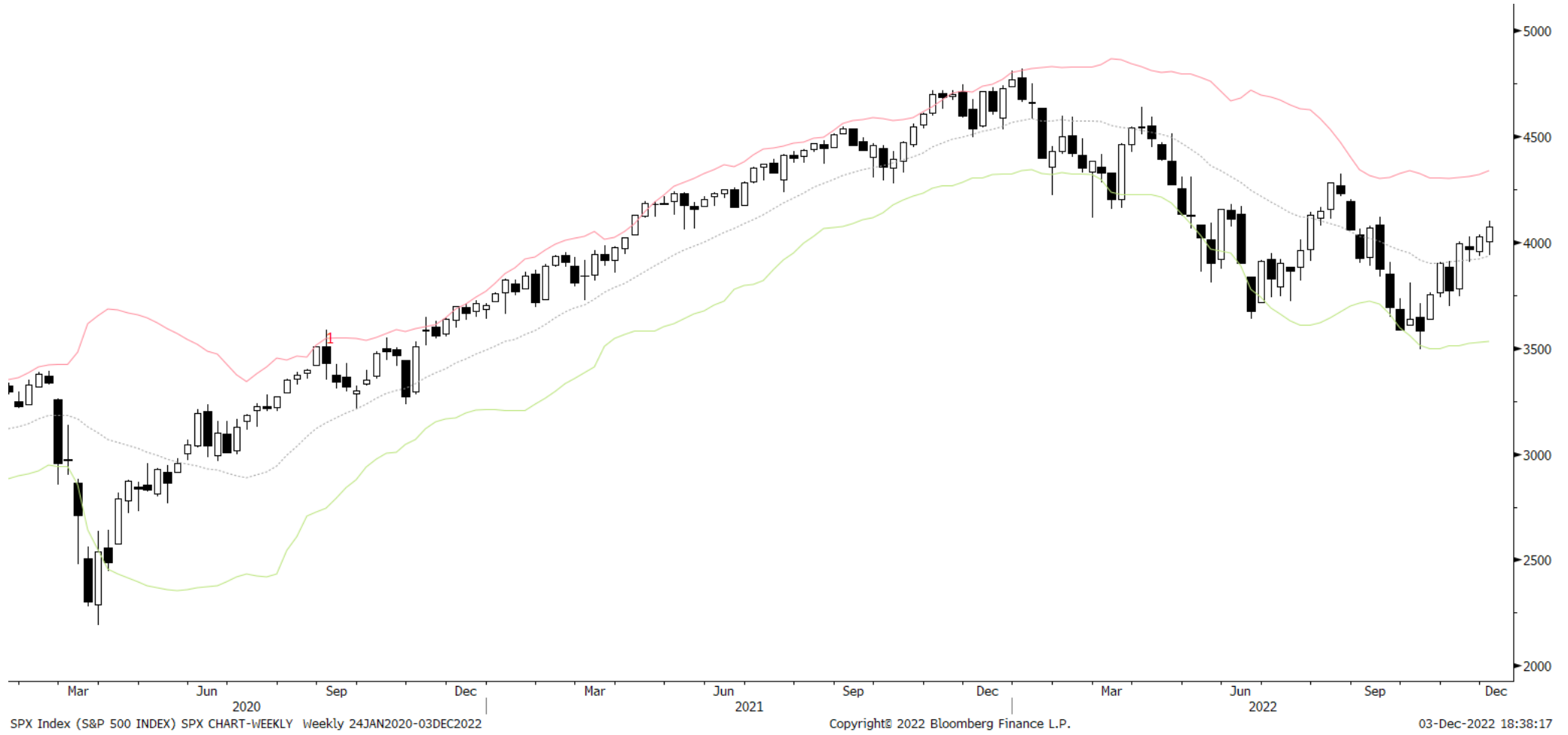
The Trifecta Report

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

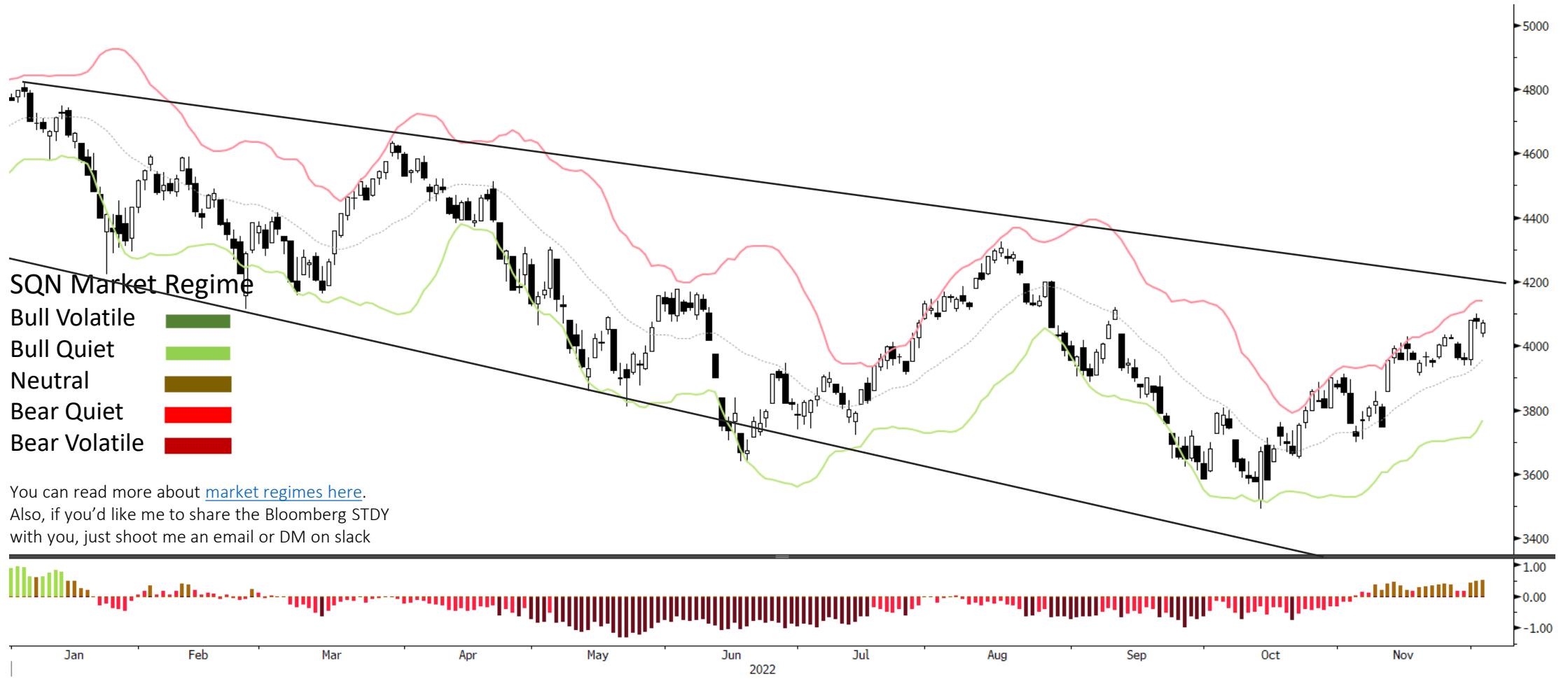
S&P 500 Monthly



S&P 500 Weekly



S&P 500 Daily

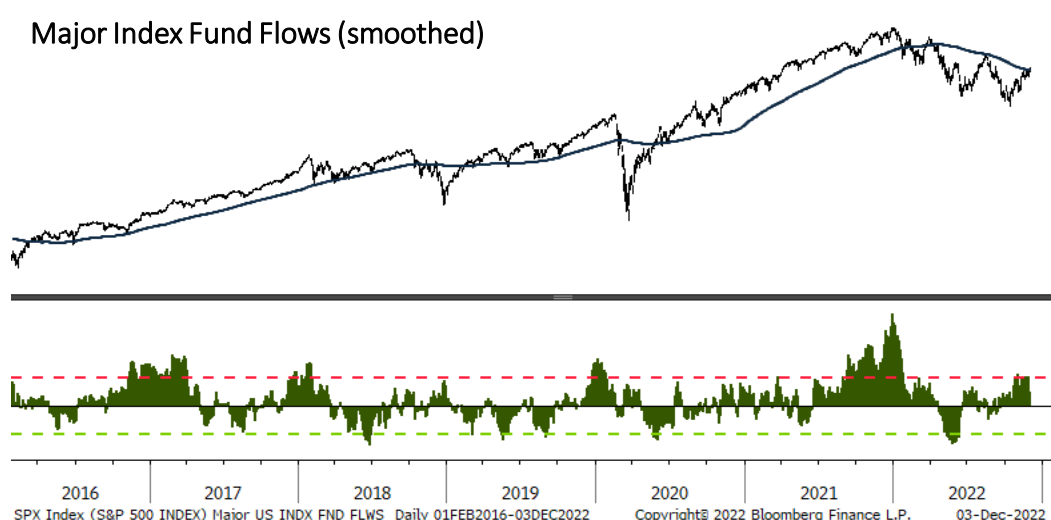


SPX Index (S&P 500 INDEX) SPX CHART-DAILY Daily 31DEC2021-03DEC2022

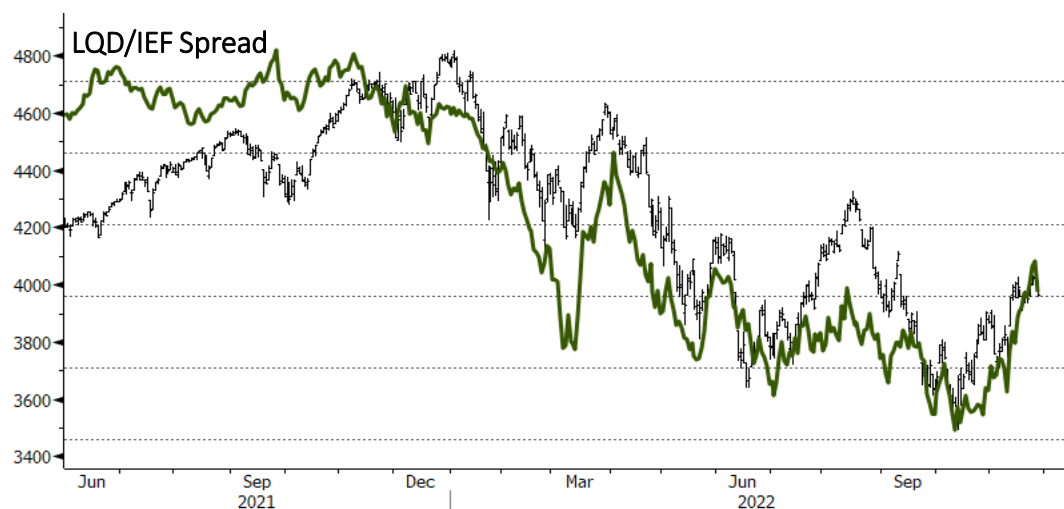
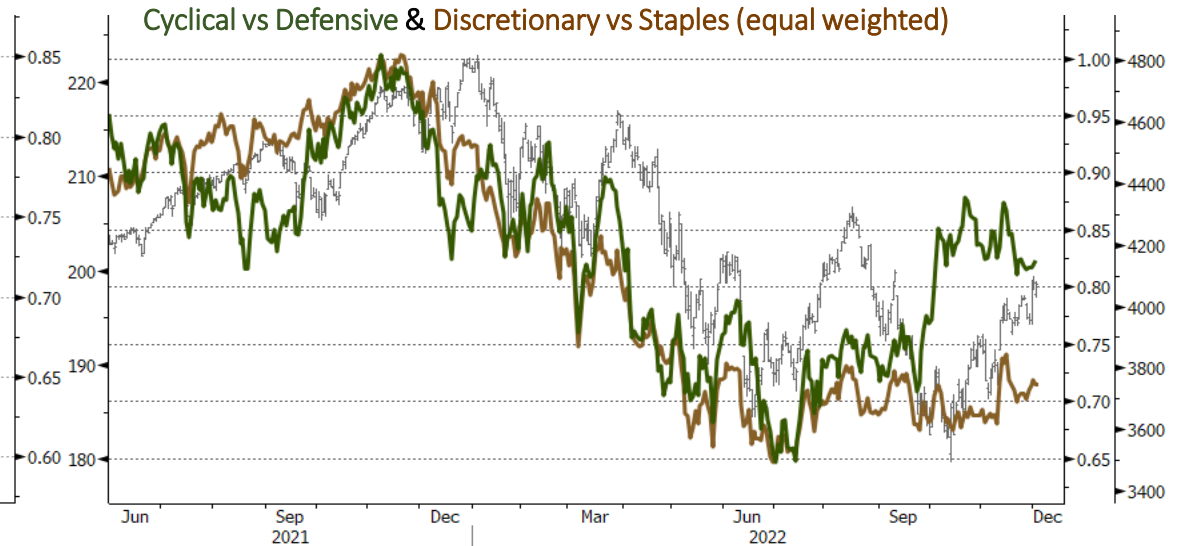
Copyright© 2022 Bloomberg Finance L.P.

03-Dec-2022 18:38:28

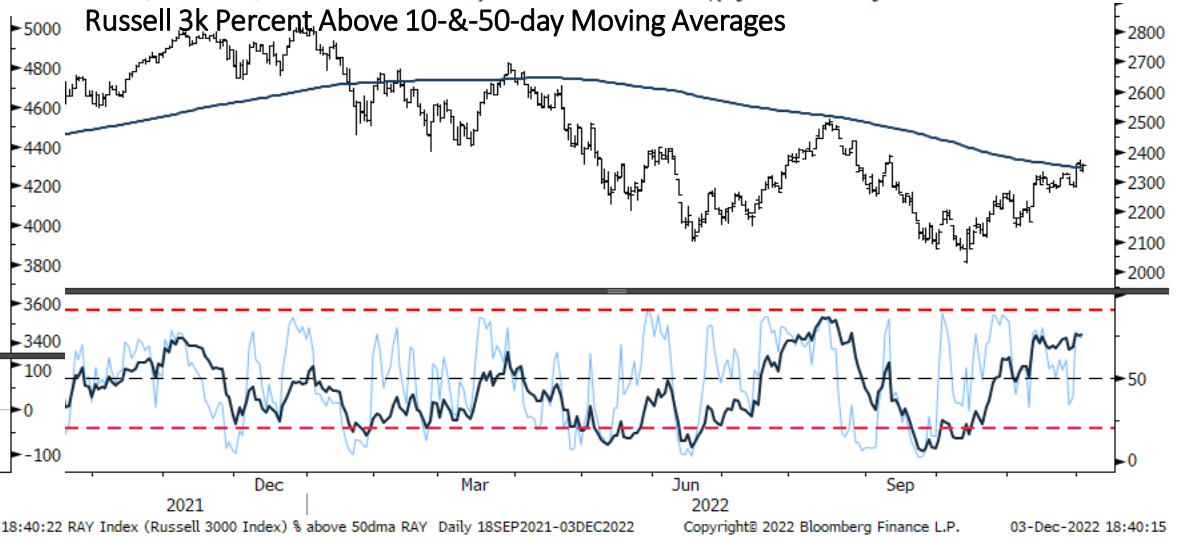
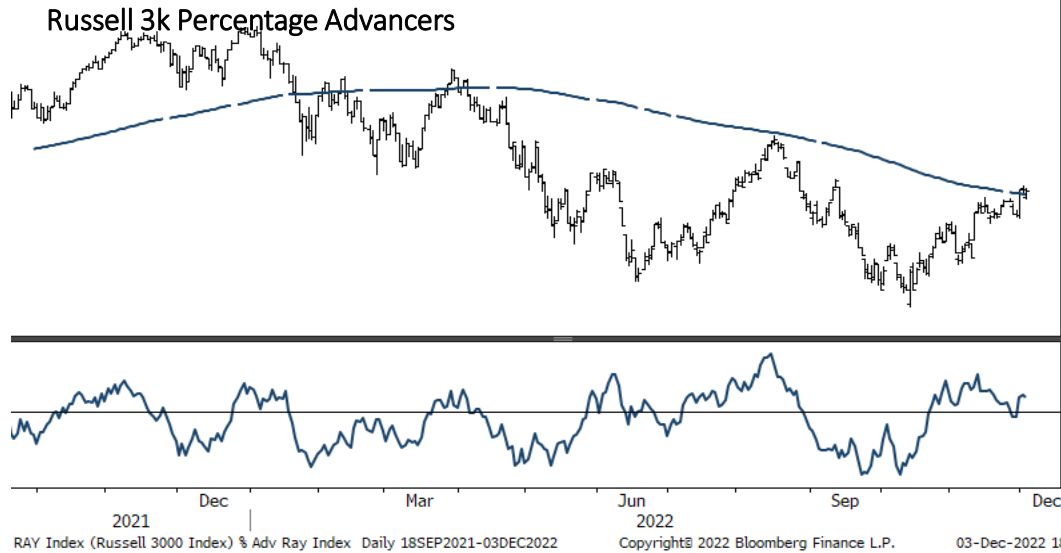
Sentiment & Positioning



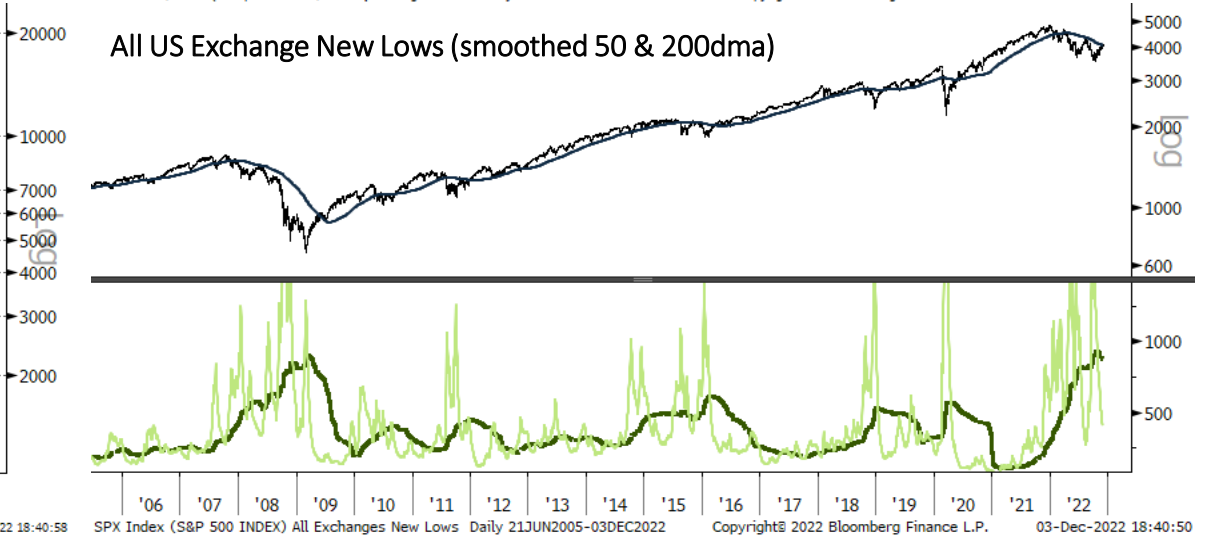
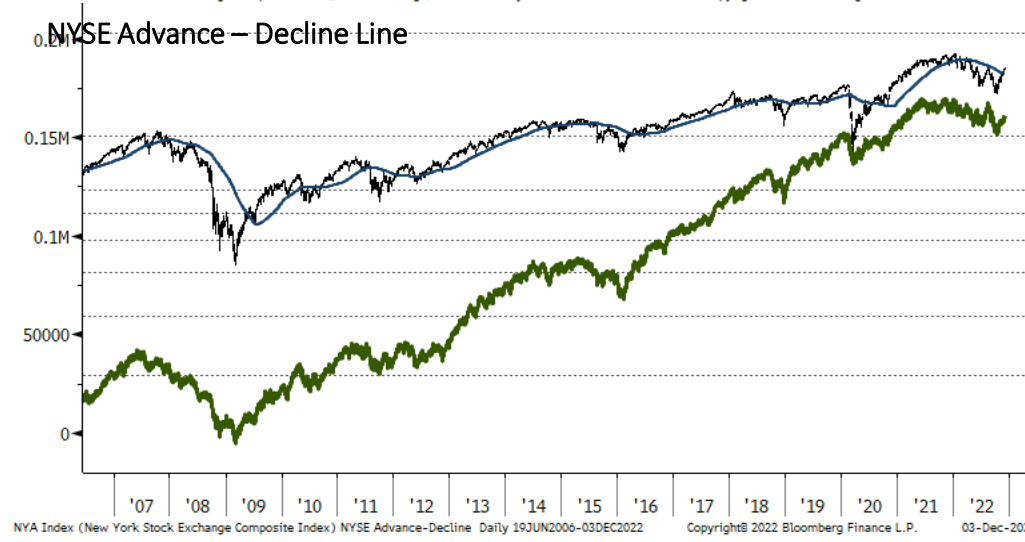
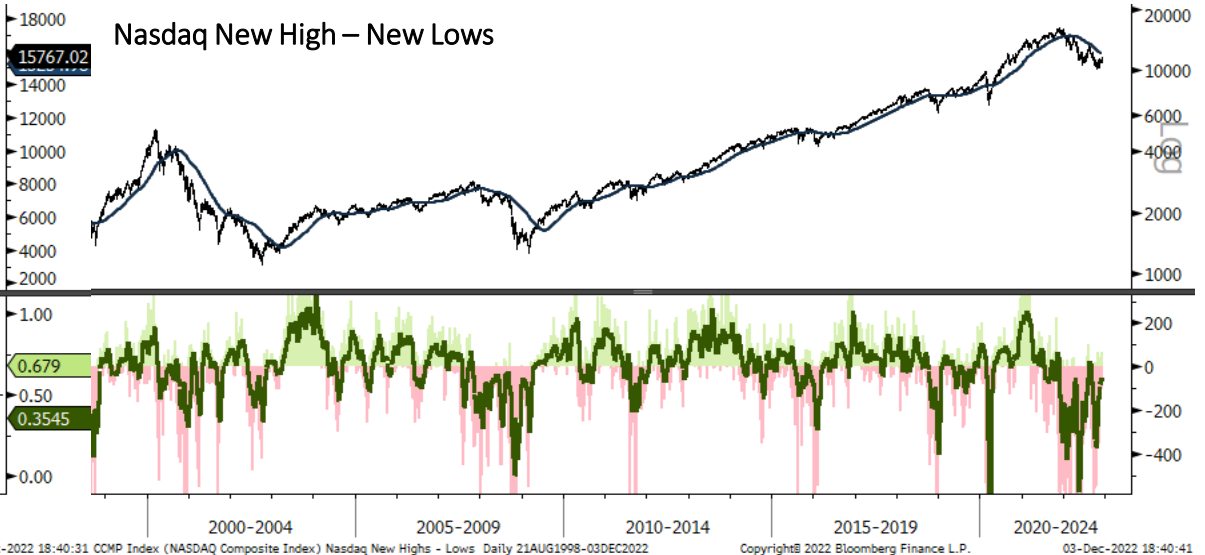
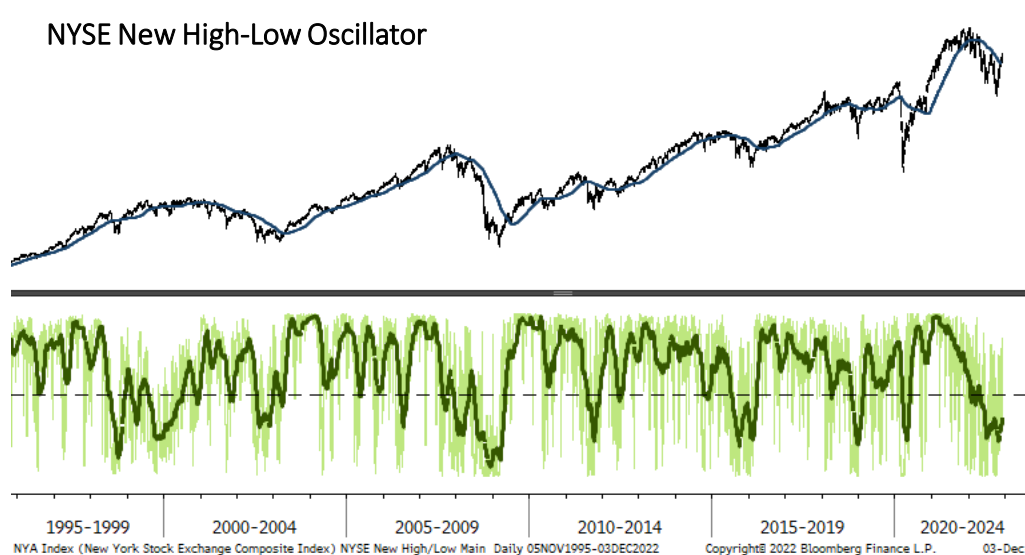
Market Internals



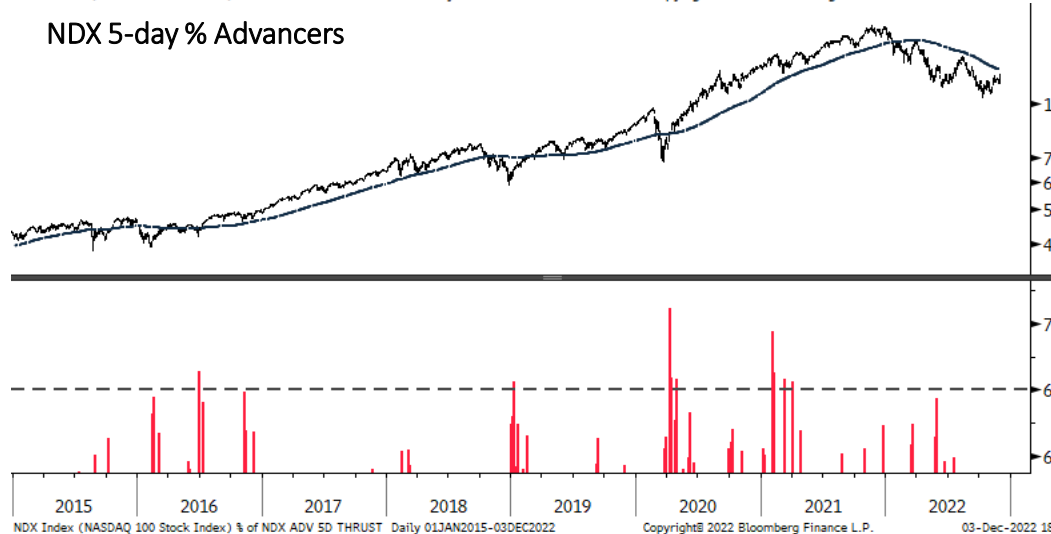
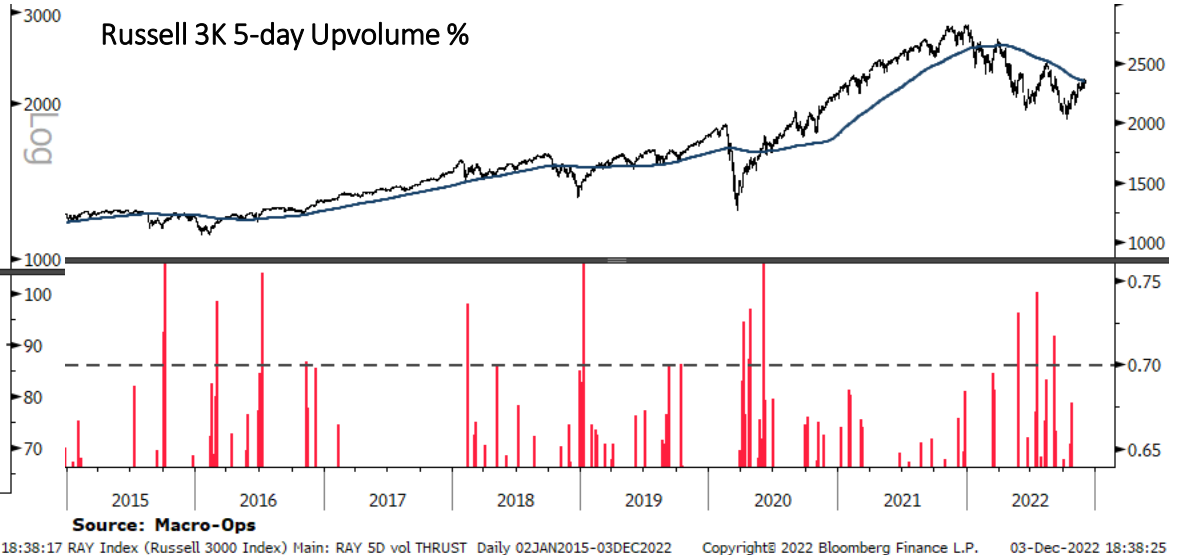
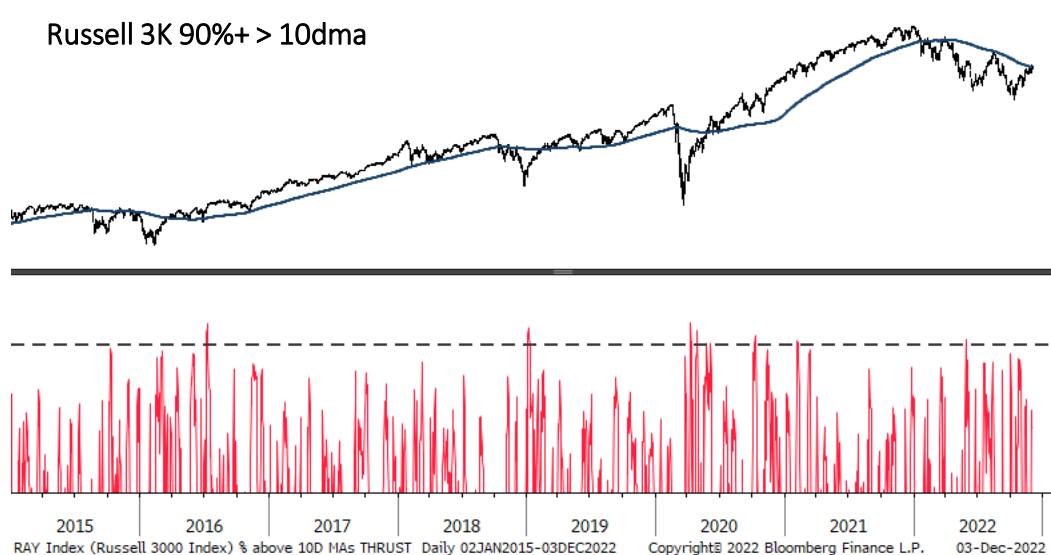
Short-term Breadth



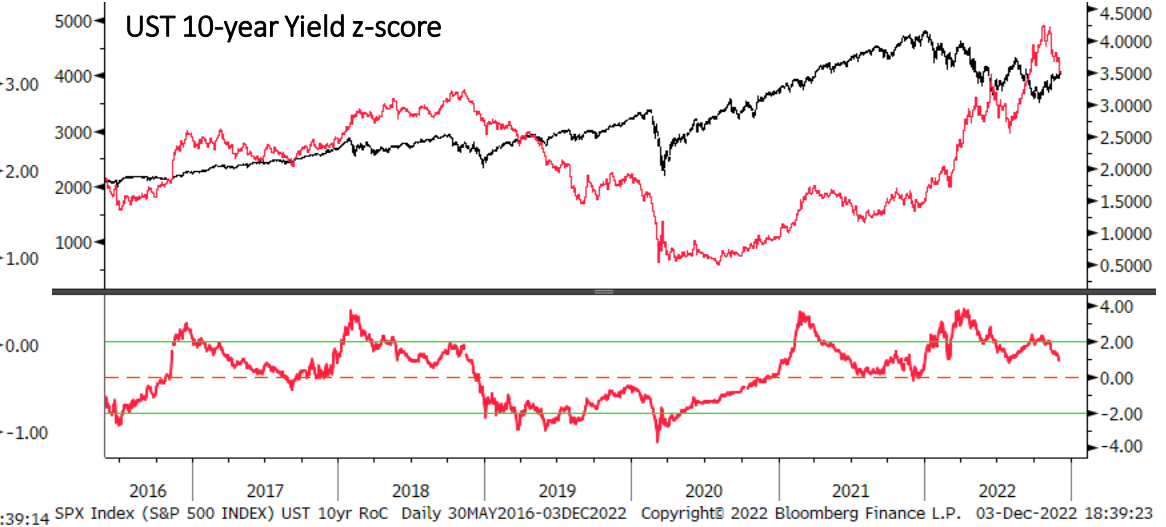
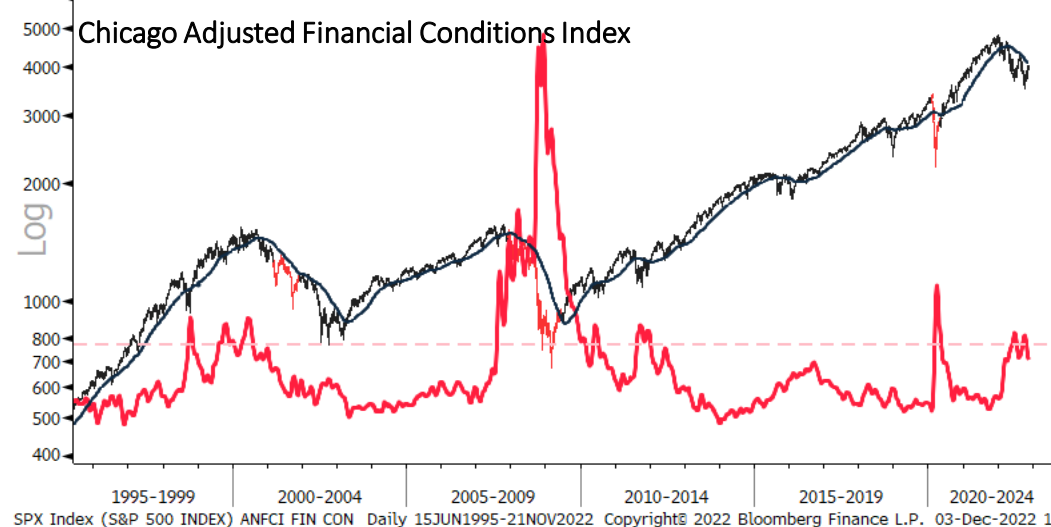
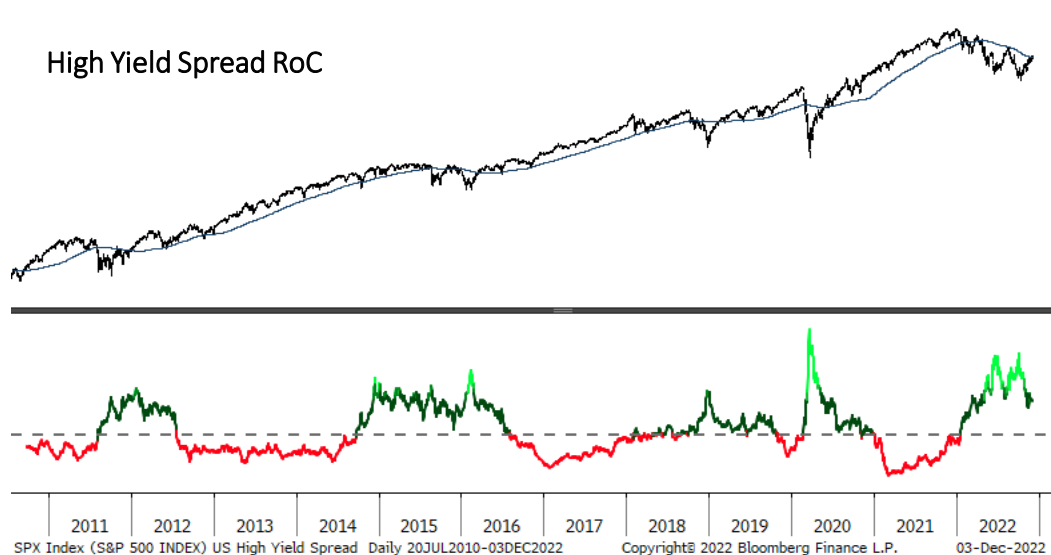
Long-term Breadth



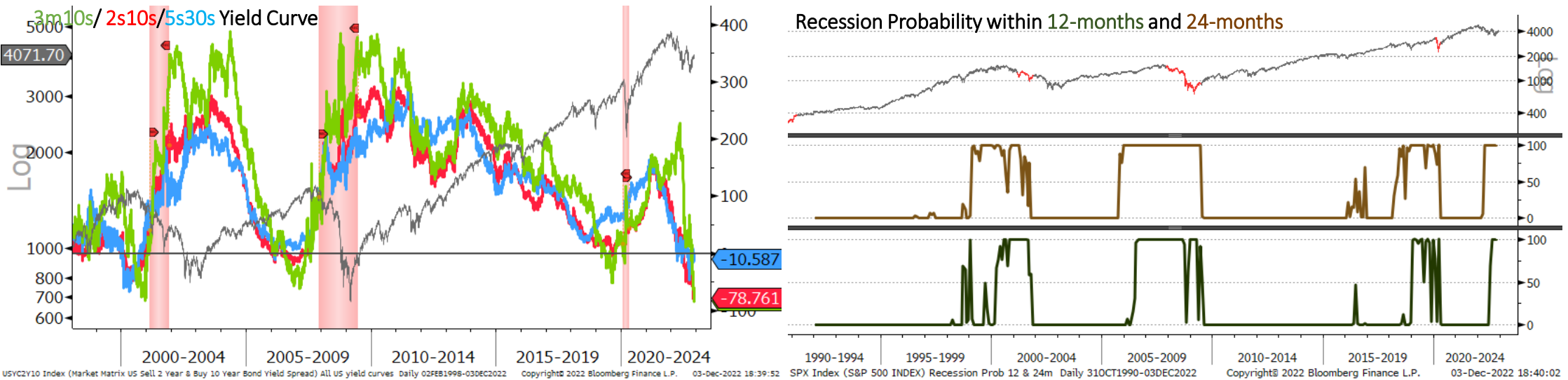
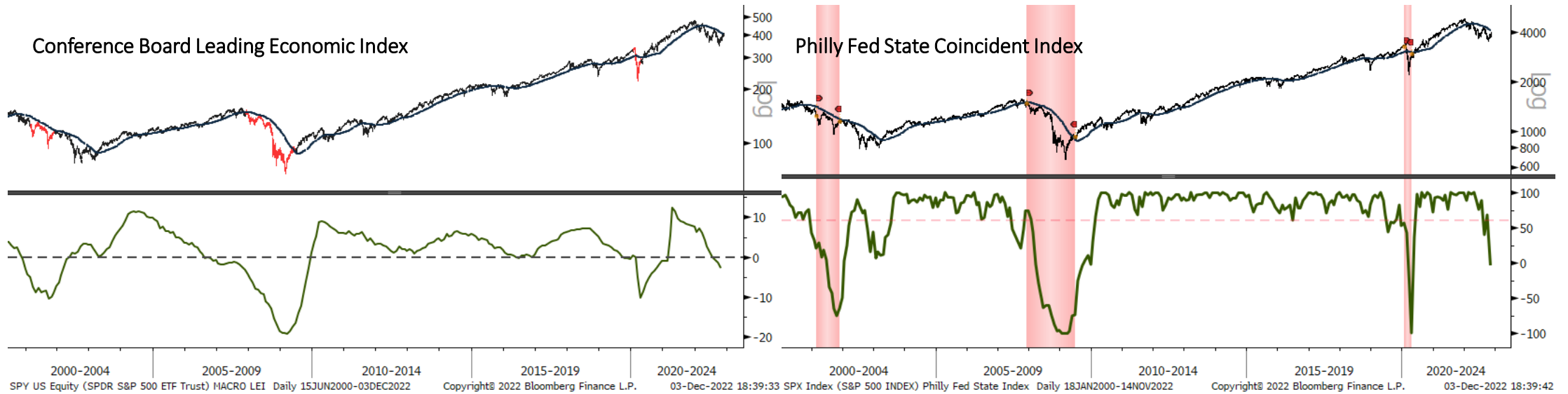
Breadth Thrust



Liquidity



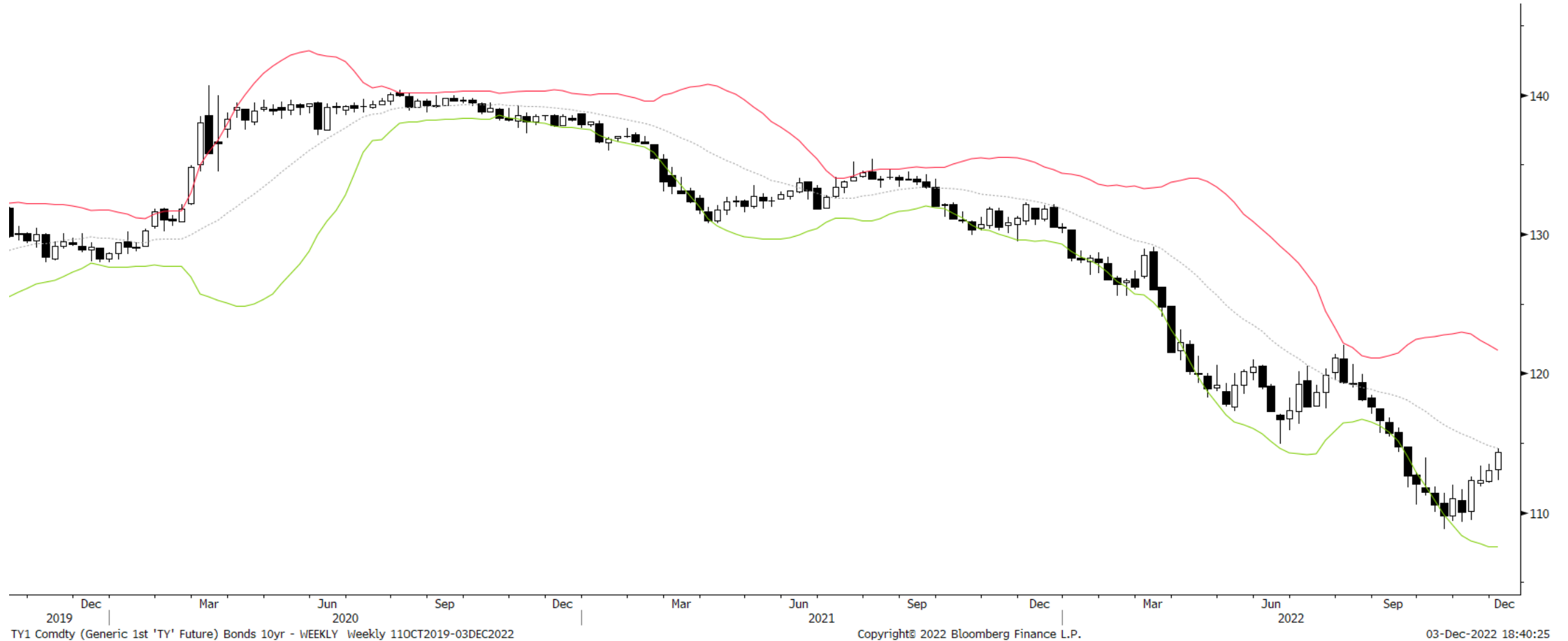
US Recession



Bonds: 10-year Futures Monthly



Bonds: 10-year Futures Weekly

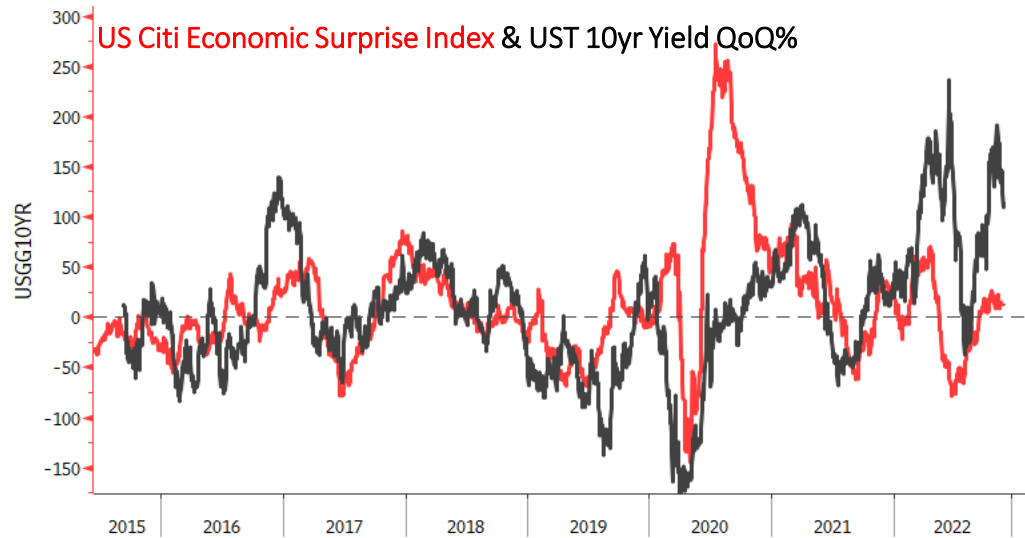


Bonds: 10-year Futures Daily

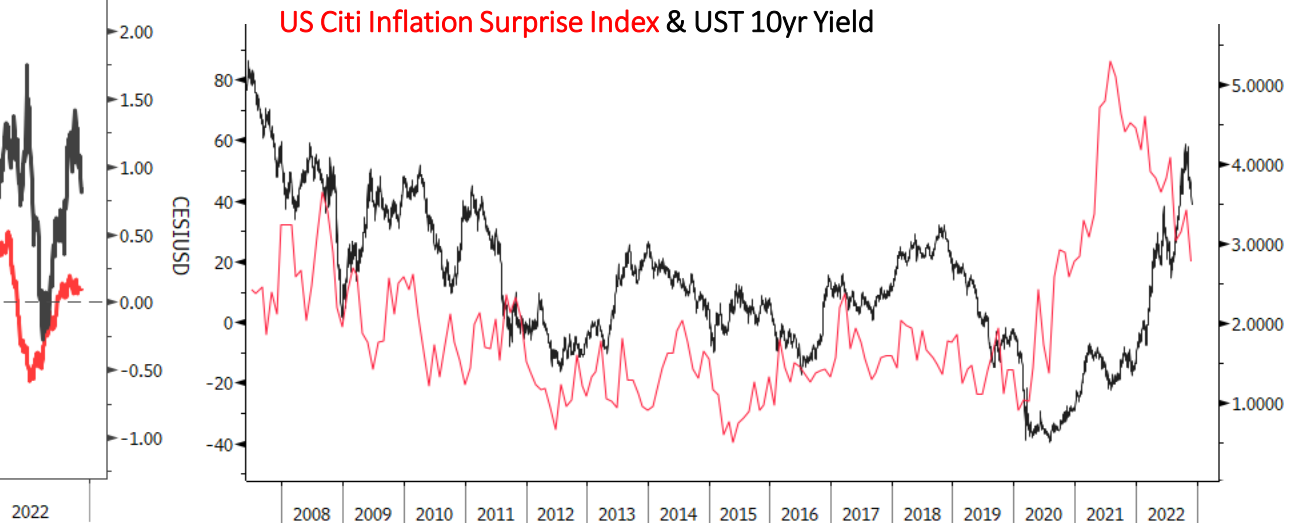




Bond/Yield Indicators



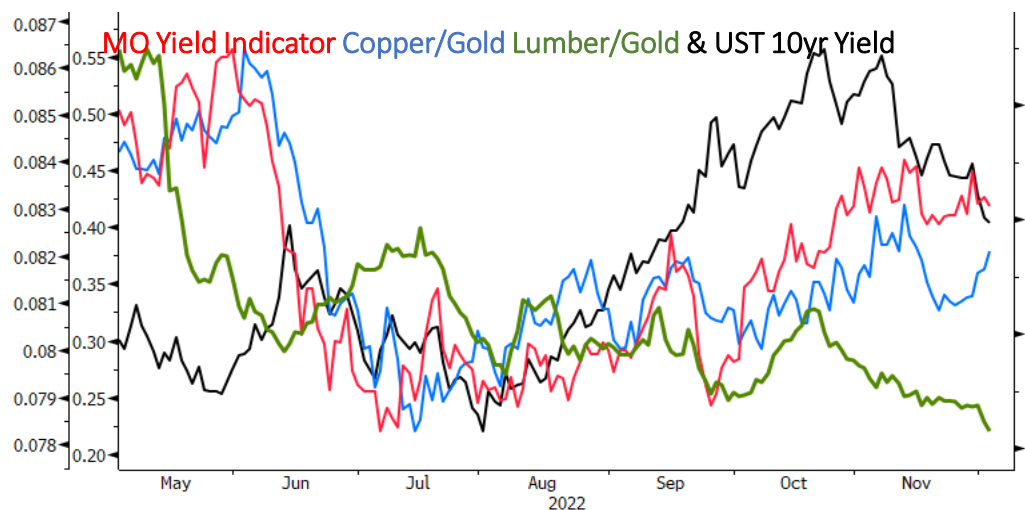
Copyright© 2022 Bloomberg Finance L.P.



03-Dec-2022 18:40:40 USGG10YR Index (US Generic Govt 10 Yr) US Citi Inf. 10yr yield Daily 02JUN2007-03DEC2022

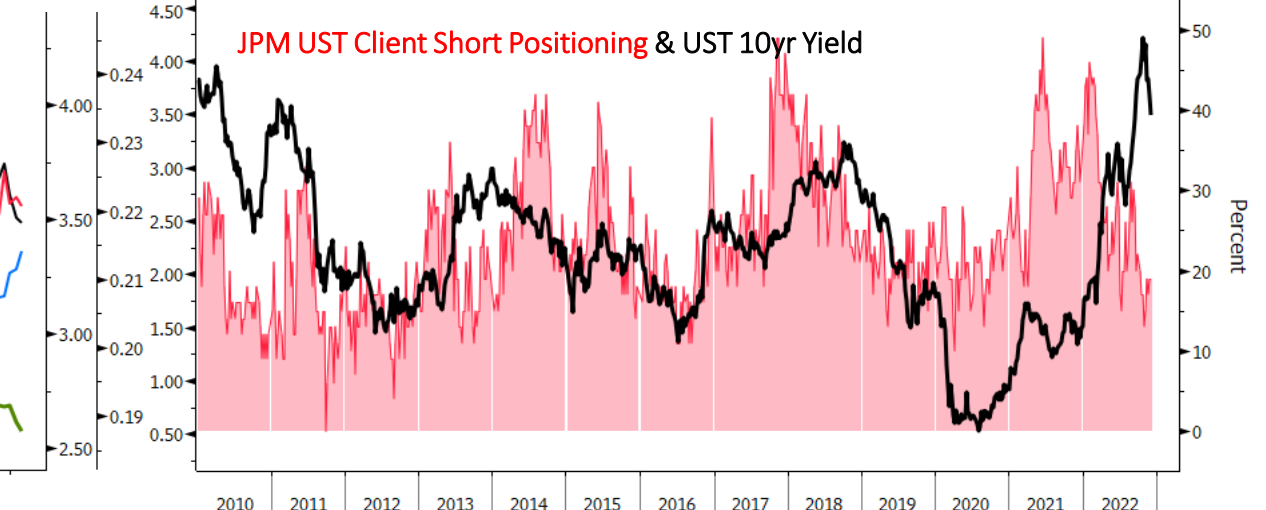
Copyright© 2022 Bloomberg Finance L.P.

03-Dec-2022 18:41:01



GSTHUSTY Index (Interest Rate Sensitive) rate sensitive vs yield Daily 03MAY2022-05DEC2022

Copyright© 2022 Bloomberg Finance L.P.



03-Dec-2022 18:56:02 TINSALLO Index (U.S. JP Morgan Treasury Investor Sentiment All Client Short) JPM Short Bond srvy Weekly 01JAN2010-03DEC2022 Copyright© 2022 Bloomberg Finance L.P. 03-Dec-2022 18:40:52

Gold Monthly



Gold Weekly



Gold Daily



GC1 Comdty (Generic 1st 'GC' Future) GOLD - DAILY Daily 02DEC2021-03DEC2022

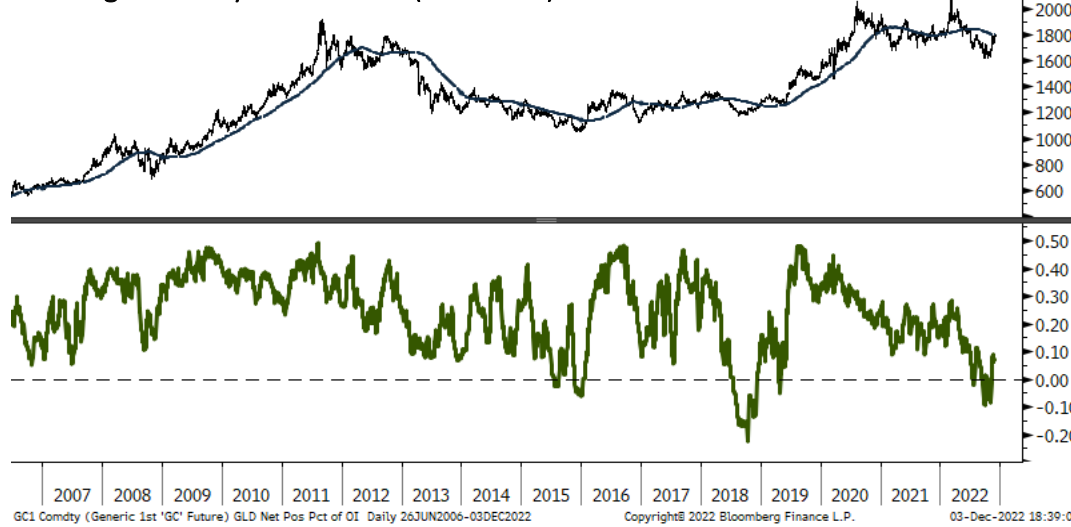
Copyright© 2022 Bloomberg Finance L.P.

03-Dec-2022 18:38:38

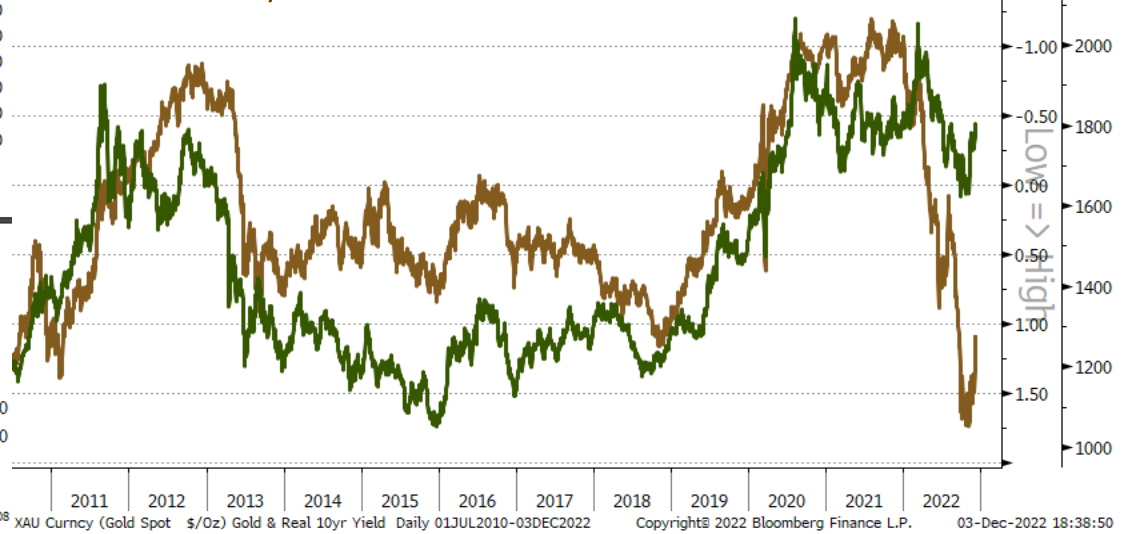
Gold Indicators



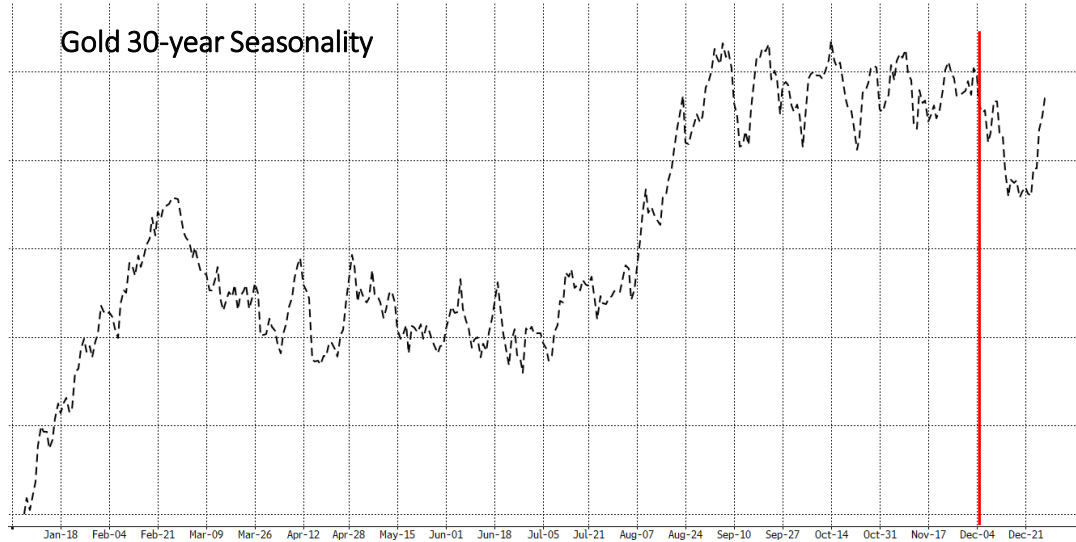
Managed Money Net Position (as % of OI)



Gold & Real 10yr Yield



Gold 30-year Seasonality



Gold Miners % > 200-day moving average



EURUSD Monthly



EURUSD Weekly

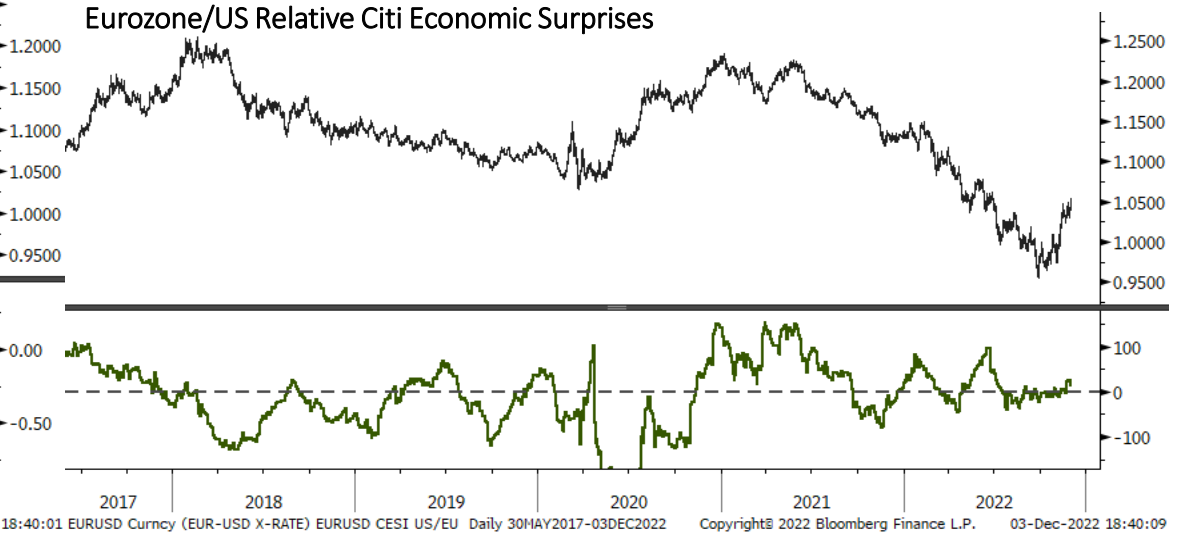
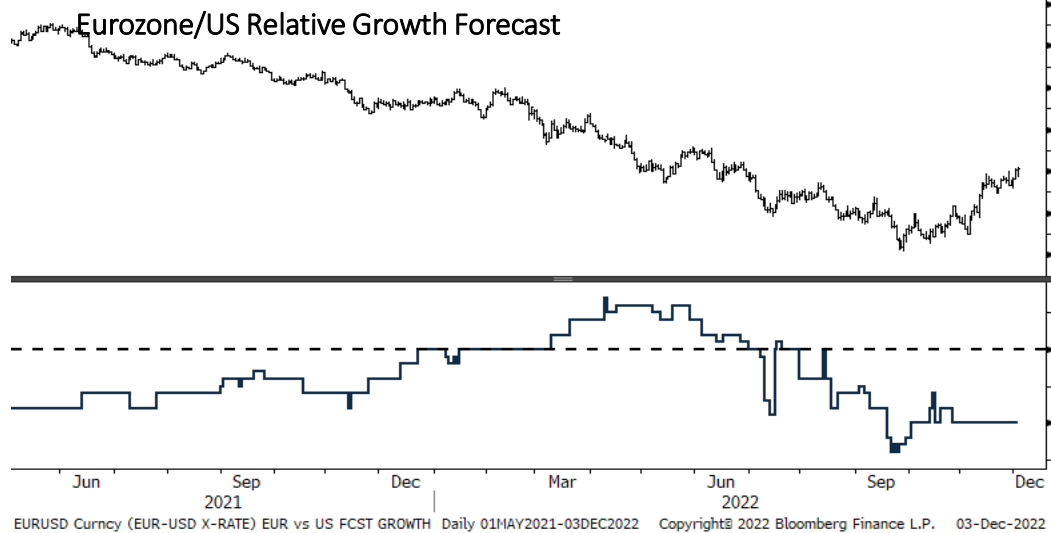
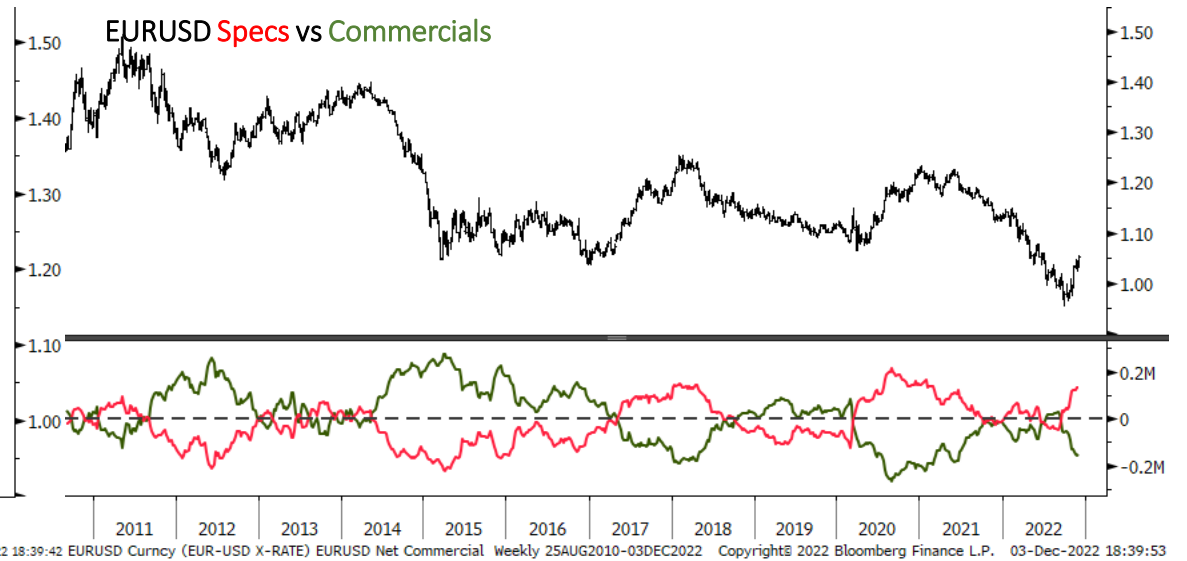
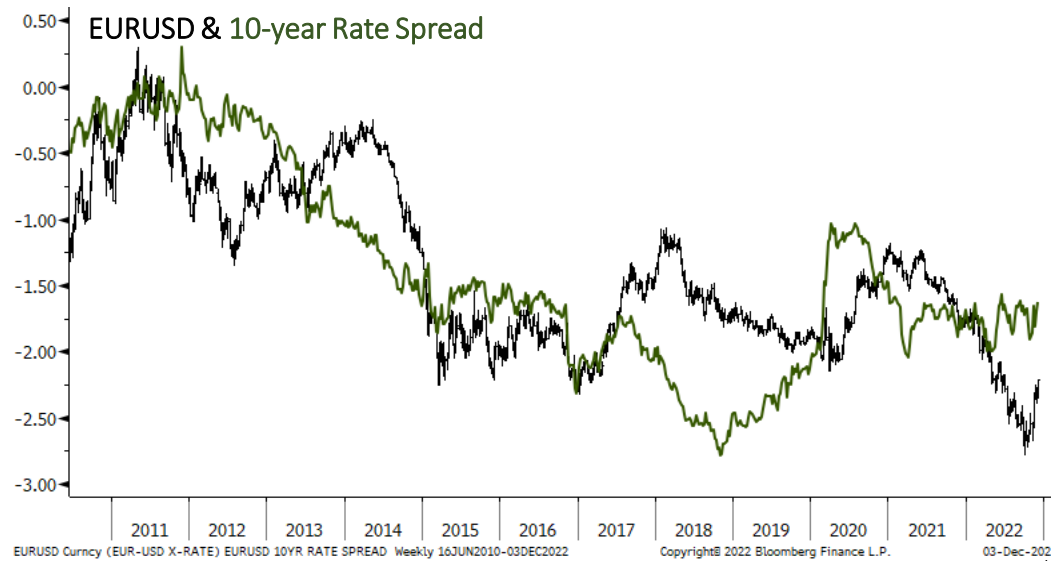


EURUSD Daily

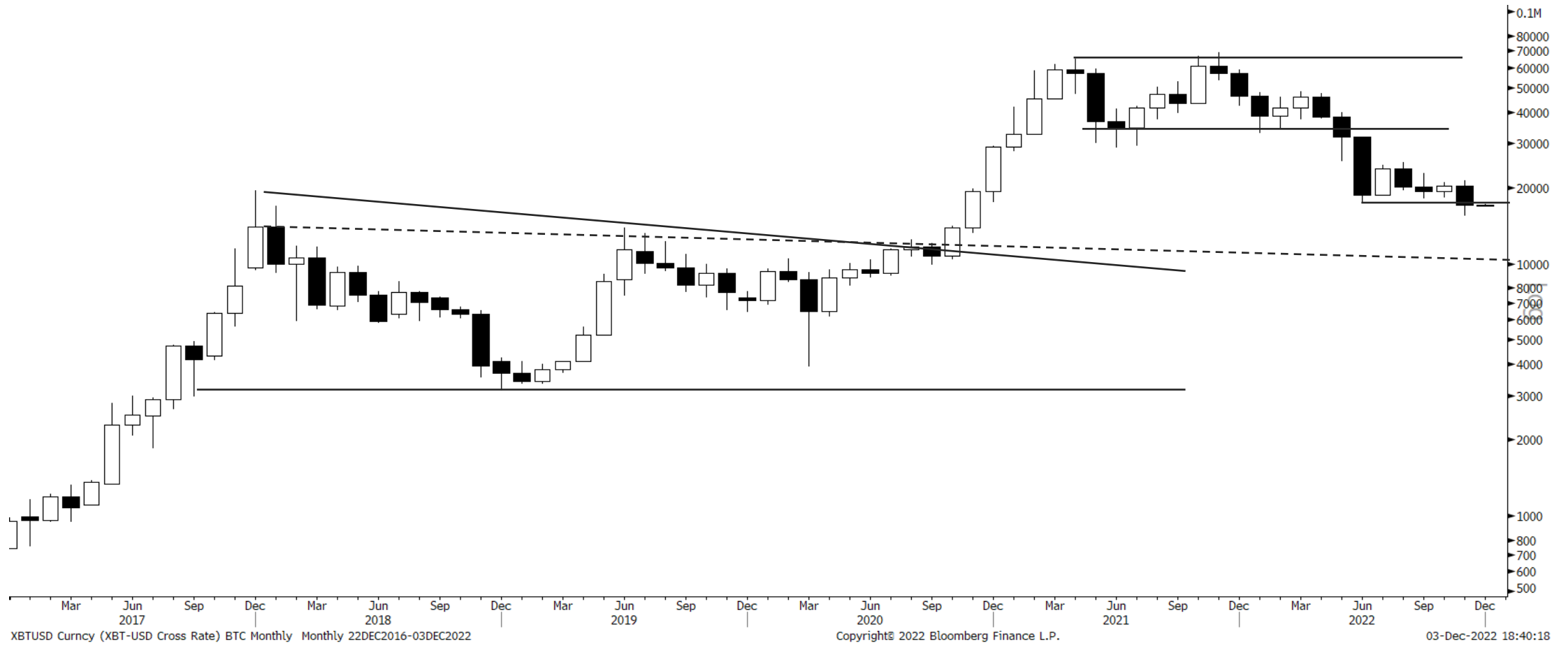




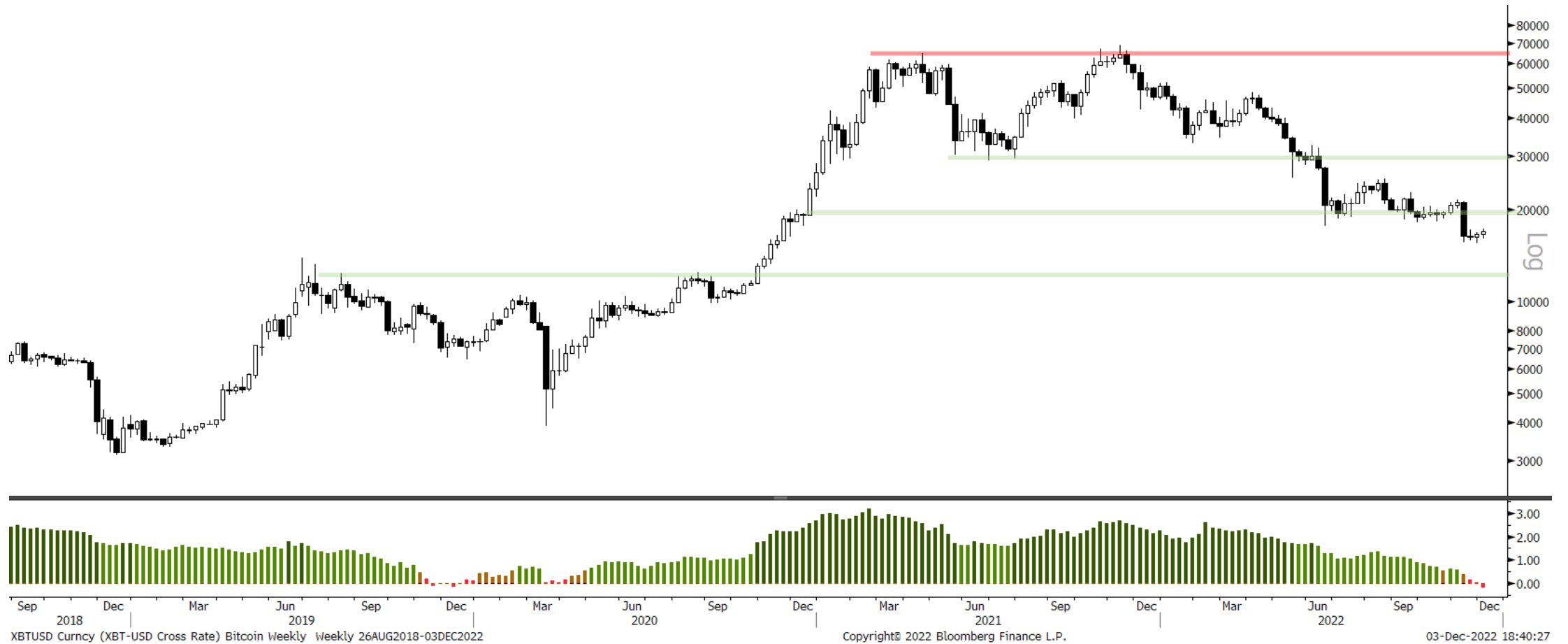
EURUSD Indicators



Bitcoin Monthly



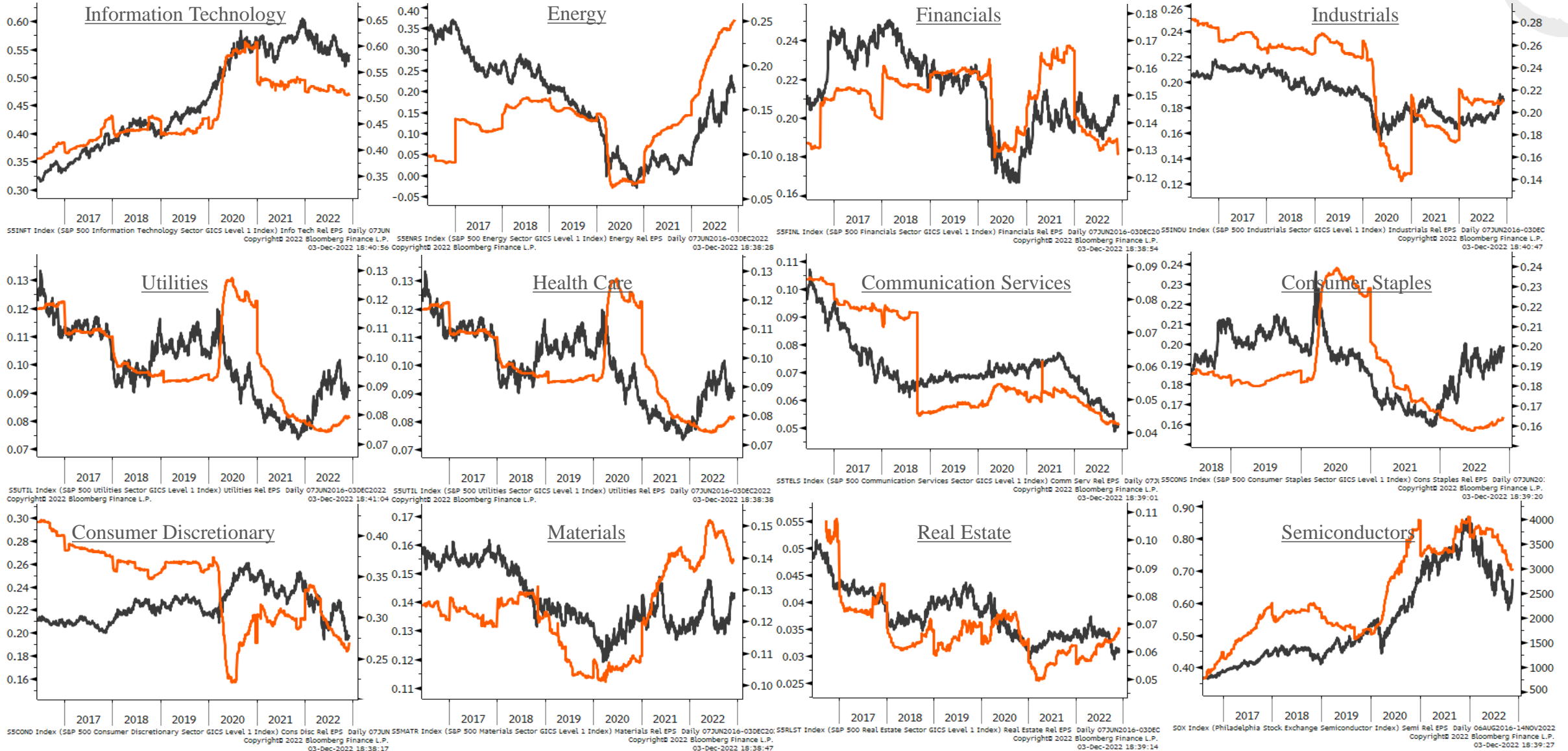
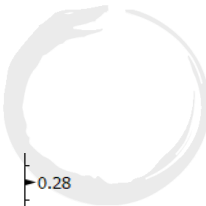
Bitcoin Weekly



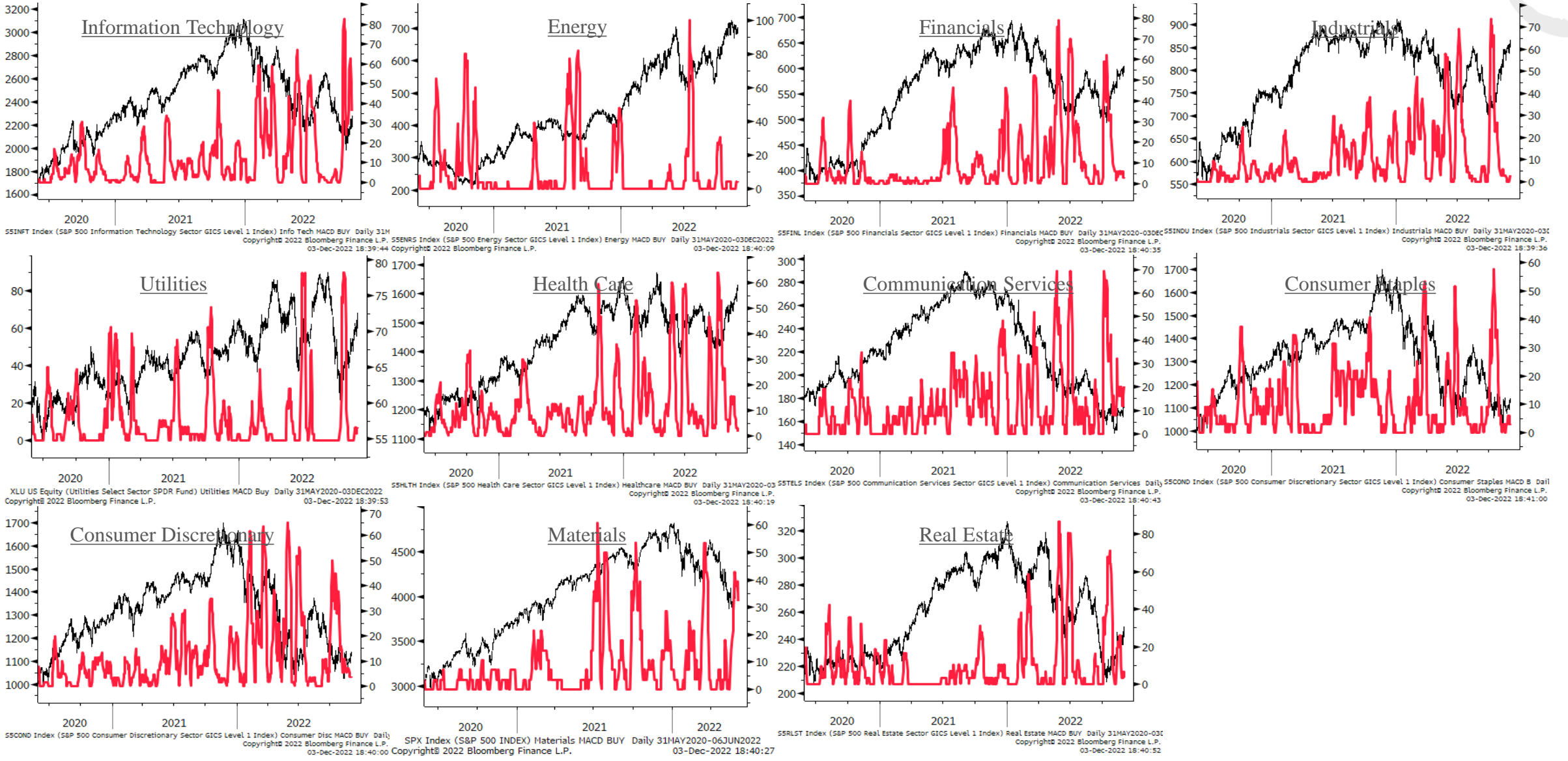
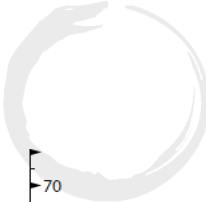
Bitcoin Daily



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	15.52%
Total Notional Exposure	81.45%
Equity Exposure	67.60%
Futures Exposure	13.86%
Current Cash Value (%)	26.72%
Total Capital At-Risk (%)	26.66%
Total Drawdown Risk (%)	20.75%

2021 Final Return	6.39%
2020 Final Return	66.40%

Futures, Bonds & FX

Ticker	Contracts	Capital	Notional	Actual Risk	DD Risk	Cost Basis	Current Price	Current Stop-Loss	Initial Stop-Loss	Current P&L	R-Multiple (Curr.)	Total Notional	Total Risk	Total Drawdown Risk	
Nasdaq 100 (Second Leg)	MNQZ2022	19	\$456,836.00	26.33%	0.46%	1.11%	\$11,726.50	\$12,022.00	\$11,515.00	\$11,515.00	2.52%	1.40	77.11%	2.30%	3.45%
Micro E-Mini Silver Futures	SILH2023	10	\$234,300.00	13.51%	0.94%	1.20%	\$22.98	\$23.43	\$21.35	\$21.35	1.96%	0.28			
Euro/US Dollar	EURUSD	385,572	\$406,238.60	23.42%	0.50%	0.55%	\$1.05	\$1.05	\$1.03	\$1.03	0.22%	0.10			
Nasdaq 100	MNQZ2022	10	\$240,440.00	13.86%	0.39%	0.58%	\$11,856.25	\$12,022.00	\$11,515.00	\$11,430.00	1.40%	0.39			

Equities

Strategic

Ticker	Shares	Capital	Notional	Actual Risk	DD Risk	Cost Basis	Current Price	Current Stop-Loss	Initial Stop-Loss	Current P&L	R-Multiple (Curr.)	Total Notional	Total Risk	Total Drawdown Risk	
Desert Control	DSRT	10,026	\$19,852.44	1.14%	1.81%	1.14%	\$3.13	\$1.98	\$0.00	\$0.00	-36.74%	-0.37	18.45%	8.65%	6.29%
Eli Lilly	LLY	509	\$190,669.21	10.99%	-0.18%	1.05%	\$333.00	\$374.76	\$339.00	\$316.00	12.54%	2.46			
Nerdy, Inc.	NRDY	7,148	\$14,868.70	0.86%	1.03%	0.86%	\$2.49	\$2.08	\$0.00	\$0.00	-16.47%	-0.16			
Clearpoint Neuro	CLPT	4,443	\$43,323.28	2.50%	3.19%	2.50%	\$12.46	\$9.75	\$0.00	\$9.40	-21.75%	-0.89			
Block, Inc.	SQ	753	\$51,345.71	2.96%	2.80%	0.75%	\$115.48	\$68.18	\$51.00	\$0.00	-40.96%	-0.41			

Thematic

Ticker	Shares	Capital	Notional	Actual Risk	DD Risk	Cost Basis	Current Price	Current Stop-Loss	Initial Stop-Loss	Current P&L	R-Multiple (Curr.)	Total Notional	Total Risk	Total Drawdown Risk	
Paladin Energy	PDN	68,959	\$35,858.59	2.07%	0.72%	0.28%	\$0.63	\$0.52	\$0.45	\$0.00	-17.46%	-0.17	42.91%	7.28%	8.49%
Sprott Uranium	U.UN	3,779	\$43,965.01	2.53%	0.53%	0.50%	\$11.76	\$11.63	\$9.33	\$0.00	-1.07%	-0.01			
Sprott Uranium	U.UN	3,779	\$43,965.01	2.53%	0.53%	0.50%	\$11.76	\$11.63	\$9.33	\$0.00	-1.07%	-0.01			
Peabody Energy	BTU	2,326	\$73,493.07	4.24%	0.47%	0.74%	\$29.61	\$31.59	\$26.10	\$24.00	6.69%	0.35			
Comstock Resources	CRK	2,188	\$36,192.03	2.09%	0.47%	0.13%	\$19.22	\$16.54	\$15.50	\$15.30	-13.94%	-0.68			
Foran Mining	FOM	45,198	\$101,016.63	5.82%	0.16%	0.74%	\$2.01	\$2.24	\$1.95	\$1.80	11.19%	1.07			
Centrus Energy	LEU	985	\$37,676.99	2.17%	0.86%	0.47%	\$45.13	\$38.25	\$30.00	\$0.00	-15.24%	-0.15			
Pantheon Resources	PANR	32,282	\$28,085.19	1.62%	3.09%	1.62%	\$1.66	\$0.87	\$0.00	\$0.00	-47.59%	-0.48			
Vista Energy	VIST	5,457	\$74,481.97	4.29%	-0.32%	0.90%	\$9.78	\$13.65	\$10.80	\$0.00	39.57%	0.40			
Metals X Limited	MLX	254,102	\$45,535.03	2.62%	0.80%	0.43%	\$0.20	\$0.18	\$0.15	\$0.15	-12.50%	-0.47			
VAALCO Energy	EGY	10,070	\$54,276.82	3.13%	0.50%	0.46%	\$5.46	\$5.39	\$4.60	\$4.60	-1.28%	-0.08			
Eldorado Gold Mining	EGO	12,025	\$99,925.77	5.76%	-0.88%	1.19%	\$6.48	\$8.31	\$6.60	\$5.40	28.24%	1.69			
Tidewater, Inc.	TDW	2,161	\$69,984.98	4.03%	-0.44%	0.55%	\$24.50	\$32.38	\$28.00	\$19.20	32.16%	1.49			

Tactical

Ticker	Shares	Capital	Notional	Actual Risk	DD Risk	Cost Basis	Current Price	Current Stop-Loss	Initial Stop-Loss	Current P&L	R-Multiple (Curr.)	Total Notional	Total Risk	Total Drawdown Risk	
Peabody Energy	BTU	1,358	\$42,911.49	2.47%	0.50%	0.43%	\$32.48	\$31.59	26.1	26.1	-2.74%	-0.14			
Vista Energy (Trade Around Strategic)	VIST	4,781	\$65,255.69	3.76%	0.11%	0.77%	\$11.26	\$13.65	10.85	9.45	21.23%	1.32	3.76%	0.11%	0.77%

Options

Ticker	Contracts	Capital	Notional	Actual Risk	DD Risk	Cost Basis	Current (Mid) Price	Current Stop-Loss	Initial Stop-Loss	Current P&L	R-Multiple (Curr.)	Total Notional	Total Risk	Total Drawdown Risk	
MU Jan 2023 \$125 CALLS	MU	82	\$0.00	0.00%	2.24%	0.00%	\$473.00	\$0.00	\$0.00	\$0.00	-100.00%	-1.00	1.75%	8.32%	1.75%
TSLA DEC 2022 \$116.67 PUTS	TSLA	9	\$0.00	0.00%	0.36%	0.00%	\$703.33	\$0.00	\$0.00	\$0.00	-100.00%	-1.00			
AG JAN 19 2024 \$20 CALLS	AG	237	\$14,908.93	0.86%	0.95%	0.86%	\$70.00	\$63.00	\$0.00	\$0.00	-10.00%	-0.10			
MO JAN 2023 \$70 CALLS	MO	299	\$0.00	0.00%	1.59%	0.00%	\$92.00	\$0.00	\$0.00	\$0.00	-100.00%	-1.00			
HAL JAN 19 2024 \$60 CALLS	HAL	67	\$15,450.92	0.89%	0.51%	0.89%	\$132.00	\$229.00	\$0.00	\$0.00	73.48%	0.73			
BHP Jan 2023 \$115 CALLS	BHP	55	\$0.00	0.00%	1.20%	0.00%	\$380.00	\$0.00	\$0.00	\$0.00	-100.00%	-1.00			
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%	1.22%	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](#))

