

Total Recommendations	177
Winning Recommendations	154
Losing Recommendations	23
Win/Loss Ratio	87%

Premium Yield Based on 1 Contract per Every Trade	(2,506)
Premium Yield Based on 5 Contract per Every Trade	(12,530)
Premium Yield Based on 10 Contract per Every Trade	(25,060)
Premium Yield Based on 15 Contract per Every Trade	(37,590)
Premium Yield Based on 20 Contract per Every Trade	(50,120)

Past results are not indicative of future performance.

Semi Weekly Trade = Semi Weekly Credit Spread = CS
 Weekly Trade = Weekly Debit Spread = DS

Recommen	Expiration		Ticker	Quote	Strike	Put	Sell	Buy	Net Per Contract
03/19/22	03/25/22	Weekly	SPX	4355	4090/4085	Put	0.35	0.00	35.00
		Weekly	RUT	2043	1895/1890	Put	0.35	0.00	35.00
		Weekly	SPY	435	404/402	Put	0.20	0.00	20.00
		Weekly	QQQ	339	311/309	Put	0.20	0.00	20.00
		Weekly	ABBV	157.19	150/147	Put	0.20	0.00	20.00
		Weekly	BRK/B	339.35	320/317.5	Put	0.20	0.00	20.00
		Weekly	NUE	135.07	122/119	Put	0.20	0.00	20.00
		Weekly	SCHW	88.14	82/79	Put	0.20	0.00	20.00
		Weekly	UPS	217.72	205/202.5	Put	0.20	0.00	20.00
		Semi Weekly	SPX	4300	4350/4345	Put	0.00	0.00	0.00
		Semi Weekly	RUT	2079	2025/2020	Put	0.00	0.00	0.00
		Semi Weekly	QQQ	322	340/338	Put	0.00	0.00	0.00
		Semi Weekly	SPX	4468	4345/4340	Put	0.35	0.00	35.00
		Semi Weekly	RUT	2074	2000/1995	Put	0.35	0.00	35.00
		Semi Weekly	SPY	444	431/429	Put	0.20	0.00	20.00

Semi Weekly	QQQ	351	337/335	Put	0.20	0.00	20.00
Semi Weekly	SPX	4473	4365/4360	Put	0.35	0.00	35.00
Semi Weekly	RUT	2060	1995/1990	Put	0.35	0.00	35.00
Semi Weekly	SPY	445	433/431	Put	0.20	0.00	20.00
Semi Weekly	QQQ	353	341/339	Put	0.20	0.00	20.00

03/12/22 03/18/22

Weekly	SPX	4223	3940/3935	Put	0.25	0.00	25.00
Weekly	SPY	421	385/383	Put	0.20	0.00	20.00
Weekly	QQQ	327	296/294	Put	0.20	0.00	20.00
Weekly	CF	96.35	84/81	Put	0.20	0.00	20.00
Weekly	CVX	171.7	157.5/155	Put	0.20	0.00	20.00
Weekly	DVN	60.22	52.5/50	Put	0.20	0.00	20.00
Weekly	XOM	85.3	68/75	Put	0.20	0.00	20.00
Weekly	ZIM	73.79	67.5/65	Put	0.20	0.00	20.00
Semi Weekly	SPX	4172	3985/3980	Put	0.35	0.00	35.00
Semi Weekly	RUT	1937	1825/1820	Put	0.35	0.00	35.00
Semi Weekly	SPY	416	396/394	Put	0.20	0.00	20.00
Semi Weekly	QQQ	318	300/298	Put	0.20	0.00	20.00
Semi Weekly	SPX	4328	4195/4190	Put	0.35	0.00	35.00
Semi Weekly	SPY	433	416/414	Put	0.35	0.00	35.00
Semi Weekly	QQQ	338	322/320	Put	0.20	0.00	20.00

03/05/22 03/11/22

Weekly	SPX	4227	3995/3990	Put	0.25	0.00	25.00
Weekly	RUT	1962	1830/1825	Put	0.25	0.00	25.00
Weekly	SPY	421	394/392	Put	0.20	0.00	20.00
Weekly	QQQ	327	303/301	Put	0.20	0.00	20.00
Weekly	GD	250.58	232.5/227.5	Put	0.20	0.00	20.00
Weekly	LMT	470	430/425	Put	0.20	0.00	20.00
Weekly	NOC	485	450/447.5	Put	0.20	0.62	(42.00)
Semi Weekly	SPX	4227	4060/4055	Put	0.35	0.00	35.00
Semi Weekly	RUT	1962	1865/1860	Put	0.35	0.00	35.00
Semi Weekly	SPY	421	403/401	Put	0.20	0.00	20.00
Semi Weekly	QQQ	327	310/308	Put	0.20	0.00	20.00
Semi Weekly	SPX	4286	4115/4110	Put	0.35	0.00	35.00

	Semi Weekly	RUT	2018	1920/1915	Put	0.35	0.00	35.00
	Semi Weekly	SPY	428	409/407	Put	0.20	0.00	20.00
	Semi Weekly	QQQ	335	318/316	Put	0.20	0.00	20.00
02/19/22	03/04/22							
	Weekly	SPX	4370	4130/4125	Put	0.25	0.00	25.00
	Weekly	RUT	2029	1885/1880	Put	0.25	0.00	25.00
	Weekly	SPY	436	410/408	Put	0.20	0.00	20.00
	Weekly	QQQ	344	318/316	Put	0.20	0.00	20.00
	Weekly	DWAC	88.9	74/71	Put	0.20	0.00	20.00
	Weekly	NUE	129.41	119/116	Put	0.20	0.00	20.00
	Semi Weekly	SPX	4360	4220/4215	Put	0.35	0.00	35.00
	Semi Weekly	RUT	2028	1960/1955	Put	0.35	0.00	35.00
	Semi Weekly	SPY	435	420/418	Put	0.20	0.00	20.00
	Semi Weekly	QQQ	343	330/328	Put	0.20	0.00	20.00
	Semi Weekly	SPX	4360	4175/4170	Put	0.35	0.00	35.00
	Semi Weekly	RUT	2041	1950/1945	Put	0.35	0.00	35.00
	Semi Weekly	SPY	433	413/411	Put	0.20	0.00	20.00
	Semi Weekly	QQQ	343	325/323	Put	0.20	0.00	20.00
02/12/22	02/18/22							
	Weekly	SPX	4562	4345/4340	Put	0.25	0.00	25.00
	Weekly	RUT	2091	1910/1900	Put	0.25	0.00	25.00
	Weekly	SPY	455	432/430	Put	0.20	0.00	20.00
	Weekly	QQQ	363	338/336	Put	0.20	0.00	20.00
	Weekly	AA	71.87	55/50	Put	0.20	0.00	20.00
	Weekly	ALK	59.5	52.5/50	Put	0.20	0.00	20.00
	Weekly	AXP	197.7	170/165	Put	0.20	0.00	20.00
	Weekly	CFG	55.9	50/47.5	Put	0.20	0.00	20.00
	Weekly	DVN	53.68	42/39	Put	0.20	0.00	20.00
	Weekly	MS	108.95	97.5/95	Put	0.20	2.08	(188.00)
	Weekly	PSX	90.66	80/77	Put	0.20	0.00	20.00
	Weekly	TRV	173.4	155/150	Put	0.20	0.00	20.00
	Weekly	ZIM	74.1	58/55	Put	0.20	0.00	20.00
02/05/22	02/11/22							
	Weekly	SPX	4589	4325/4320	Put	0.25	0.00	25.00

Weekly	RUT	2029	1885/1880	Put	0.25	0.00	25.00
Weekly	SPY	457	428/426	Put	0.20	0.00	20.00
Weekly	QQQ	368	334/332	Put	0.20	0.00	20.00
Weekly	DWAC	79.83	60/57	Put	0.20	0.00	20.00
Weekly	PG	162.6	157.5/155	Put	0.20	0.43	(23.00)
Weekly	UNP	251.26	242.5/240	Put	0.20	0.44	(24.00)
Semi Weekly	SPX	4516	4400/4395	Put	0.25	0.00	25.00
Semi Weekly	RUT	2004	1940/1935	Put	0.25	0.00	25.00
Semi Weekly	SPY	450	438/436	Put	0.20	0.00	20.00
Semi Weekly	QQQ	359	346/344	Put	0.20	0.00	20.00
Semi Weekly	SPX	4515	4405/4400	Put	0.25	0.00	25.00
Semi Weekly	RUT	2025	1950/1945	Put	0.25	0.00	25.00
Semi Weekly	SPY	450	438/436	Put	0.20	0.00	20.00
Semi Weekly	QQQ	358	345/343	Put	0.20	0.00	20.00
Semi Weekly	SPX	4574	4465/4460	Put	0.25	5.00	(475.00)
Semi Weekly	RUT	2077	2000/1995	Put	0.25	0.00	25.00
Semi Weekly	SPY	456	444/442	Put	0.20	2.00	(180.00)
Semi Weekly	QQQ	364	351/349	Put	0.20	2.00	(180.00)

01/29/22 02/04/22

Weekly	SPX	4348	4030/4025	Put	0.25	0.00	25.00
Weekly	RUT	1947	1765/1760	Put	0.25	0.00	25.00
Weekly	SPY	433	396/394	Put	0.20	0.00	20.00
Weekly	DVN	51.24	45/42	Put	0.20	0.00	20.00
Weekly	EOG	109.04	100/97	Put	0.20	0.00	20.00
Semi Weekly	SPX	4375	4225/4220	Put	0.35	0.00	35.00
Semi Weekly	RUT	1933	1845/1840	Put	0.35	0.00	35.00
Semi Weekly	SPY	436	418/416	Put	0.20	0.00	20.00
Semi Weekly	QQQ	346	329/327	Put	0.20	0.00	20.00
Semi Weekly	SPX	4487	4355/4350	Put	0.35	0.00	35.00
Semi Weekly	RUT	2012	1925/1920	Put	0.35	0.00	35.00
Semi Weekly	SPY	446	432/430	Put	0.20	0.00	20.00
Semi Weekly	QQQ	359	344/342	Put	0.20	0.00	20.00
Semi Weekly	SPX	4589	4430/4425	Put	0.35	0.00	35.00
Semi Weekly	RUT	2029	1940/1935	Put	0.35	0.00	35.00

	Semi Weekly	SPY	457	441/439	Put	0.20	0.00	20.00
	Semi Weekly	QQQ	368	346/344	Put	0.20	0.00	20.00
01/22/22	01/28/22							
	Weekly	SPX	4532	4305/4300	Put	0.25	0.00	25.00
	Weekly	RUT	2062	1900/1895	Put	0.25	0.00	25.00
	Weekly	SPY	451	424/422	Put	0.20	0.00	20.00
	Weekly	QQQ	366	338/336	Put	0.20	0.00	20.00
	Weekly	DWAC	77.45	57/54	Put	0.20	0.00	20.00
	Weekly	NEM	64.95	62/59	Put	0.20	1.40	(120.00)
	Weekly	NTR	73.82	69/66	Put	0.20	0.42	(22.00)
	Weekly	PXD	219.06	195/192.5	Put	0.20	0.00	20.00
	Semi Weekly	SPX	4403	4265/4260	Put	0.25	0.00	25.00
	Semi Weekly	RUT	1997	1905/1900	Put	0.25	0.00	25.00
	Semi Weekly	SPY	438	424/422	Put	0.20	0.00	20.00
	Semi Weekly	QQQ	353	338/336	Put	0.20	0.00	20.00
01/15/22	01/21/22							
	Weekly	SPX	4716	4565/4560	Put	0.25	5.00	(475.00)
	Weekly	RUT	2187	2050/2040	Put	0.25	10.00	(975.00)
	Weekly	SPY	469	452/450	Put	0.20	2.00	(180.00)
	Weekly	QQQ	383	360/358	Put	0.20	2.00	(180.00)
	Weekly	AMGN	232.76	225/222.5	Put	0.20	0.00	20.00
	Weekly	DVN	50.6	47/44	Put	0.20	0.88	(68.00)
	Weekly	DWAC	71	51/48	Put	0.20	0.00	20.00
	Weekly	FANG	125.65	115/110	Put	0.20	0.00	20.00
	Semi Weekly	SPX	4631	4525/4520	Put	0.00	0.00	0.00
	Semi Weekly	RUT	2137	2075/2070	Put	0.00	0.00	0.00
	Semi Weekly	SPY	462	450/448	Put	0.00	0.00	0.00
	Semi Weekly	QQQ	378	365/363	Put	0.00	0.00	0.00
	Semi Weekly	SPX	4588	4490/4485	Put	0.25	0.00	25.00
	Semi Weekly	RUT	2113	2055/2050	Put	0.20	0.00	20.00
	Semi Weekly	SPY	457	446/444	Put	0.25	0.00	25.00
	Semi Weekly	QQQ	372	360/358	Put	0.20	0.00	20.00
	Semi Weekly	SPX	4577	4470/4465	Put	0.25	5.00	(475.00)
	Semi Weekly	RUT	2084	2010/2000	Put	0.20	10.00	(980.00)

	Semi Weekly	SPY	456	443/441	Put	0.25	2.00	(175.00)
	Semi Weekly	QQQ	371	357/355	Put	0.20	2.00	(180.00)
01/08/22	01/14/22							
	Weekly	SPX	4703	4520/4515	Put	0.25	0.00	25.00
	Weekly	RUT	2215	2085/2080	Put	0.25	0.00	25.00
	Weekly	SPY	468	447/445	Put	0.20	0.00	20.00
	Weekly	QQQ	384	360/358	Put	0.20	0.00	20.00
	Weekly	BRK/B	313.1	302.5/300	Put	0.20	0.00	20.00
	Semi Weekly	SPX	4687	4615/4610	Put	0.25	0.00	25.00
	Semi Weekly	SPY	467	458/456	Put	0.20	0.00	20.00
	Semi Weekly	RUT	4687	2135/2130	Put	0.25	0.00	25.00
	Semi Weekly	QQQ	380	370/368	Put	0.20	0.00	20.00
	Semi Weekly	SPX	4602	4475/4470	Put	0.25	0.00	25.00
	Semi Weekly	SPY	458	444/442	Put	0.20	0.00	20.00
	Semi Weekly	RUT	2146	2070/2065	Put	0.25	0.00	25.00
	Semi Weekly	QQQ	371	356/354	Put	0.20	0.00	20.00
	Semi Weekly	SPX	4725	4630/4625	Put	0.25	0.00	25.00
	Semi Weekly	SPY	470	460/458	Put	0.20	0.00	20.00
	Semi Weekly	RUT	2188	2120/2115	Put	0.25	0.00	25.00
	Semi Weekly	QQQ	387	376/374	Put	0.20	0.00	20.00
01/01/22	01/07/22							
	Weekly	RUT	2269	2175/2170	Put	0.25	0.00	25.00
	Weekly	SPY	478	466/464	Put	0.20	0.00	20.00
	Weekly	QQQ	402	387/385	Put	0.20	2.00	(180.00)
	Weekly	EXPE	182.24	170/167.5	Put	0.20	0.00	20.00
	Weekly	NEM	61.33	59/56	Put	0.20	0.39	(19.00)
	Weekly	TJX	75.87	73/70	Put	0.20	0.00	20.00
	Weekly	WDC	65.97	62/59	Put	0.20	0.00	20.00
	Semi Weekly	SPX	4796	4375/4370	Put	0.25	0.00	25.00
	Semi Weekly	SPY	477	472/470	Put	0.20	2.00	(180.00)
	Semi Weekly	RUT	2272	2225/2220	Put	0.25	5.00	(475.00)
	Semi Weekly	QQQ	401	395/393	Put	0.20	2.00	(180.00)
	Semi Weekly	SPX	4755	4675/4670	Put	0.25	0.00	25.00
	Semi Weekly	SPY	474	465/463	Put	0.20	0.00	20.00

Semi Weekly	RUT	2233	2170/2165	Put	0.25	0.00	25.00
Semi Weekly	QQQ	389	377/375	Put	0.20	0.00	20.00

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