

Total Recommendations	83
Winning Recommendations	70
Losing Recommendations	13
Win/Loss Ratio	84%

Premium Yield Based on 1 Contract per Every Trade	(986)
Premium Yield Based on 5 Contract per Every Trade	(4,930)
Premium Yield Based on 10 Contract per Every Trade	(9,860)
Premium Yield Based on 15 Contract per Every Trade	(14,790)
Premium Yield Based on 20 Contract per Every Trade	(19,720)

Past results are not indicative of future performance.

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

Recommel	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
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	
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)
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
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)	
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
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
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
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	
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

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