

Total Recommendations	166
Winning Recommendations	164
Lossing Recommendations	2
Win/Loss Ratio	99%

Premium Yield Based on	1	Contract per Every Trade	3,986
	5	Contracts per Every Trade	19,929
	10	Contracts per Every Trade	39,857
	15	Contracts per Every Trade	59,786
	20	Contracts per Every Trade	79,714

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
12/21/19	12/27/19	Semi Weekly SPX	3223	3205/3200	Put	0.25	0.00	25.00
		Semi Weekly SPX	3226	3220/3215	Put	0.25	0.00	25.00
		Semi Weekly SPX	3225	3215/3210	Put	0.30	0.00	30.00
		Semi Weekly SPX	3222	3200/3195	Put	0.30	0.00	30.00
		Semi Weekly RUT	1677	1660/1655	Put	0.27	0.00	27.00
		Semi Weekly SPX	3232	3215/3210	Put	0.25	0.00	25.00
		Semi Weekly SPX	3243	3225/3220	Put	0.40	0.00	40.00
12/14/19	12/20/19	Semi Weekly SPX	3169	3130/3125	Put	0.30	0.00	30.00
		Semi Weekly SPX	3196	3170/3165	Put	0.35	0.00	35.00
		Semi Weekly SPX	3196	3180/3175	Put	0.30	0.00	30.00
		Semi Weekly SPX	3196	3170/3165	Put	0.40	0.00	40.00
		Semi Weekly SPX	3200	3180/3175	Put	0.25	0.00	25.00
		Semi Weekly SPX	3217	3205/3200	Put	0.25	0.00	25.00
		Semi Weekly RUT	1662	1645/1640	Put	0.25	0.00	25.00

12/07/19	12/13/19	Semi Weekly	SPX	3149	3120/3115	Put	0.35	0.00	35.00
		Semi Weekly	SPX	3148	3135/3130	Put	0.25	0.00	25.00
11/29/19	12/06/19	Semi Weekly	SPX	3148	3125/3120	Put	0.25	0.00	25.00
		Semi Weekly	SPX	3143	3115/3110	Put	0.25	0.00	25.00
		Semi Weekly	SPX	3118	3080/3075	Put	0.25	0.00	25.00
		Semi Weekly	SPX	3117	3075/3070	Put	0.25	0.00	25.00
		Semi Weekly	SPX	3114	3085/3080	Put	0.25	0.00	25.00
11/22/19	11/29/19	Semi Weekly	SPX	3109	3085/3080	Put	0.30	0.00	30.00
		Semi Weekly	SPX	3127	3120/3115	Put	0.25	0.00	25.00
		Semi Weekly	SPX	3129	3105/3100	Put	0.30	0.00	30.00
		Semi Weekly	SPX	3138	3115/3110	Put	0.25	0.00	25.00
		Semi Weekly	SPX	3148	3130/3125	Put	0.30	0.00	30.00
		Semi Weekly	SPX	3153	3140/3135	Put	0.40	0.00	40.00
		Semi Weekly	RUT	1630	1615/1610	Put	0.25	0.00	25.00
11/15/19	11/22/19	Semi Weekly	SPX	3116	3095/3090	Put	0.45	0.00	45.00
		Semi Weekly	SPX	3122	3095/3090	Put	0.25	0.00	25.00
		Semi Weekly	SPX	3122	3105/3100	Put	0.49	3.55	(306.00)
		Semi Weekly	SPX	3006	3070/3065	Put	0.40	0.00	40.00
		Semi Weekly	SPX	3107	3080/3075	Put	0.25	0.00	25.00
		Semi Weekly	RUT	1585	1565/1560	Put	0.27	0.00	27.00
10/25/19	11/15/19	Semi Weekly	SPX	3085	3065/3060	Put	0.25	0.00	25.00
		Semi Weekly	SPX	3099	3075/3070	Put	0.30	0.00	30.00
		Semi Weekly	SPX	3095	3065/3060	Put	0.25	0.00	25.00
		Semi Weekly	RUT	1590	1570/1565	Put	0.30	0.00	30.00
		Semi Weekly	SPX	3092	3075/3070	Put	0.40	0.00	40.00
		Semi Weekly	RUT	1588	1580/1575	Put	0.53	0.00	53.00
11/01/19	11/08/19	Semi Weekly	SPX	3062	3040/3035	Put	0.30	0.00	30.00
		Semi Weekly	SPX	3062	3050/3045	Put	0.35	0.00	35.00

	Semi Weekly	SPX	3076	3060/3055	Put	0.30	0.00	30.00	
	Semi Weekly	SPX	3078	3045/3040	Put	0.25	0.00	25.00	
	Semi Weekly	SPX	3074	3050/3045	Put	0.43	0.00	43.00	
	Semi Weekly	SPX	3074	3070/3065	Put	0.30	0.00	30.00	
10/25/19	11/01/19	Semi Weekly	SPX	3022	3000/2995	Put	0.30	0.00	30.00
	Semi Weekly	SPX	3040	3030/3025	Put	0.30	0.00	30.00	
	Semi Weekly	SPX	3041	3010/3050	Put	0.25	0.00	25.00	
	Semi Weekly	SPX	3045	3015/3010	Put	0.25	0.00	25.00	
	Semi Weekly	SPX	3034	3005/3000	Put	0.35	0.00	35.00	
	Semi Weekly	SPX	3031	3020/3015	Put	0.30	0.00	30.00	
	Semi Weekly	SPX	3030	3000/2995	Put	0.30	0.00	30.00	
	Semi Weekly	SPX	3062	3030/2995	Put	0.30	0.00	30.00	
10/18/19	10/25/19	Semi Weekly	SPX	2994	2965/2960	Put	0.25	0.00	25.00
	Semi Weekly	SPX	2999	2985/2980	Put	0.20	0.00	20.00	
	Semi Weekly	SPX	3005	2975/2970	Put	0.25	0.00	25.00	
	Semi Weekly	SPX	3010	2985/2980	Put	0.25	0.00	25.00	
	Semi Weekly	SPX	2996	2960/2955	Put	0.25	0.00	25.00	
	Semi Weekly	SPX	3007	2980/2975	Put	0.25	0.00	25.00	
	Semi Weekly	SPX	3024	3015/3010	Put	0.25	0.00	25.00	
10/04/19	10/18/19	Semi Weekly	SPX	2987	2935/2930	Put	0.25	0.00	25.00
	Semi Weekly	SPX	2966	2925/2920	Put	0.25	0.00	25.00	
	Semi Weekly	SPX	2991	2960/2955	Put	0.25	0.00	25.00	
	Semi Weekly	RUT	1525	1500/1495	Put	0.25	0.00	25.00	
10/04/19	10/11/19	Semi Weekly	SPX	2943	2900/2895	Put	0.25	0.00	25.00
	Semi Weekly	SPX	2953	2905/2900	Put	0.25	0.00	25.00	
	Semi Weekly	SPX	2925	2860/2855	Put	0.25	0.00	25.00	
09/27/19	10/04/19	Semi Weekly	SPX	2891	2810/2800	Put	0.25	0.00	25.00
	Semi Weekly	SPX	2891	2810/2800	Put	0.25	0.00	25.00	

09/19/19	09/27/19	Semi Weekly	SPX	2997	2965/2960	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2984	2935/2930	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2954	2895/2890	Put	0.25	0.00	25.00
09/12/19	09/20/19	Semi Weekly	SPX	3003	2975/2970	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2999	2945/2940	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2990	2940/2935	Put	0.25	0.00	25.00
09/05/19	09/13/19	Semi Weekly	SPX	2983	2955/2950	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2977	2940/2935	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2995	2960/2955	Put	0.25	0.00	25.00
08/29/19	09/06/19	Semi Weekly	SPX	2923	2855/2850	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2900	2855/2850	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2935	2880/2875	Put	0.25	0.00	25.00
08/22/19	08/30/19	Semi Weekly	SPX	2864	2775/2770	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2867	2765/2760	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2884	2815/2810	Put	0.25	0.00	25.00
08/15/19	08/23/19	Semi Weekly	SPX	2888	2735/2730	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2926	2875/2870	Put	0.25	0.00	25.00
08/08/19	08/16/19	Semi Weekly	SPX	2926	2880/2875	Put	0.25	0.00	25.00
		Semi Weekly	SPX	287	2800/2795	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2888	2835/2760	Put	0.25	0.00	25.00
07/27/19	08/09/19	Semi Weekly	SPX	2879	2790/2785	Put	0.25	0.00	25.00
07/25/19	08/02/19	RECOMMENDED STAYING IN CASH THIS WEEK							
07/20/19	07/26/19	Semi Weekly	SPX	2984	2955/2950	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2986	2955/2950	Put	0.25	0.00	25.00
		Semi Weekly	SPX	3015	2990/2985	Put	0.25	0.00	25.00

07/13/19	07/19/19	Semi Weekly	SPX	3008	2985/2980	Put	0.30	0.00	30.00
		Semi Weekly	SPX	3013	2985/2980	Put	0.30	0.30	0.00
		Semi Weekly	SPX	2990	2960/2955	Put	0.38	0.00	38.00
07/06/19	07/12/19	Semi Weekly	SPX	2990	2970/2965	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2975	2940/2935	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2992	2960/2955	Put	0.25	0.00	25.00
06/29/19	07/05/19	Semi Weekly	SPX	2931	2865/2860	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2960	2925/2920	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2992	2965/2960	Put	0.25	0.00	25.00
06/20/19	06/28/19	Semi Weekly	SPX	2955	2925/2920	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2948	2915/2910	Put	0.25	1.22	(97.00)
		Semi Weekly	SPX	2916	2875/2870	Put	0.25	0.00	25.00
06/13/19	06/21/19	Semi Weekly	SPX	2883	2850/2850	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2929	2850/2845	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2928	2885/2880	Put	0.25	0.00	25.00
06/06/19	06/14/19	Semi Weekly	SPX	2877	2835/2830	Put	0.30	0.00	30.00
		Semi Weekly	SPX	2891	2845/2840	Put	0.32	0.00	31.70
		Semi Weekly	SPX	2880	2835/2830	Put	0.30	0.00	30.00
05/30/19	06/07/19	Semi Weekly	SPX	2756	2700/2695	Put	0.30	0.00	30.00
		Semi Weekly	SPX	2730	2665/2660	Put	0.30	0.00	30.00
		Semi Weekly	SPX	2822	2765/2760	Put	0.39	0.00	39.00
05/24/19	05/31/19	Semi Weekly	SPX	2827	2770/2765	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2822	2780/2775	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2780	2720/2715	Put	0.25	0.00	25.00
05/17/19	05/24/19	Semi Weekly	SPX	2856	2805/2800	Put	0.25	0.00	25.00

05/10/19	05/17/19	Semi Weekly	SPX	2825	2730/2725	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2850	2790/2785	Put	0.25	0.00	25.00
05/03/19	05/10/19	Semi Weekly	SPX	2917	2865/2860	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2927	2870/2865	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2879	2795/2790	Put	0.25	0.00	25.00
04/26/19	05/03/19	Semi Weekly	SPX	2945	2925/2920	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2943	2915/2910	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2950	2905/2900	Put	0.25	0.00	25.00
04/19/19	04/26/19	Semi Weekly	SPX	2904	2880/2875	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2905	2875/2870	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2932	2900/2895	Put	0.25	0.00	25.00
04/12/19	04/19/19	Semi Weekly	SPX	2904	2880/2875	Put	0.20	0.00	20.00
		Semi Weekly	SPX	2904	2870/2865	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2900	2875/2870	Put	0.25	0.00	25.00
04/05/19	04/12/19	Semi Weekly	SPX	2888	2835/2830	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2892	2865/2860	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2888	2860/2855	Put	0.25	0.00	25.00
03/30/19	04/05/19	Semi Weekly	SPX	2830	2800/2795	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2864	2810/2805	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2870	2830/2625	Put	0.25	0.00	25.00
03/21/19	03/29/19	Semi Weekly	SPX	2813	2770/2765	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2800	2745/2740	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2806	2755/2750	Put	0.25	0.00	25.00
03/14/19	03/22/19	Semi Weekly	SPX	2822	2650/2645	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2833	2800/2795	Put	0.25	0.00	25.00

		Semi Weekly	SPX	2824	2780/2775	Put	0.25	0.00	25.00
03/07/19	03/15/19	Semi Weekly	SPX	2736	2700/2695	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2780	2745/2740	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2813	2785/2780	Put	0.25	0.00	25.00
02/28/19	03/08/19	Semi Weekly	SPX	2800	2780/2775	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2786	2745/2740	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2772	2720/2715	Put	0.25	0.00	25.00
02/22/19	03/01/19	Semi Weekly	SPX	2803	2760/2755	Put	0.25	0.00	25.00
02/16/19	02/22/19	No Trades this week		Death in the family					
02/08/19	02/15/19	Semi Weekly	SPX	2700	2670/2665	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2708	2665/2660	Put	0.25	0.00	25.00
02/01/19	02/08/19	Semi Weekly	SPX	2714	2680/2675	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2730	2690/2685	Put	0.25	0.00	25.00
01/25/19	02/01/19	Semi Weekly	SPX	2645	2600/2595	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2681	2625/2620	Put	0.25	0.00	25.00
01/18/19	01/25/19	Semi Weekly	SPX	2668	2630/2625	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2625	2550/2545	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2636	2585/2580	Put	0.25	0.00	25.00
01/11/19	01/18/19	Semi Weekly	SPX	2589	2550/2545	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2623	2585/2580	Put	0.25	0.00	25.00
01/04/19	01/11/19	Semi Weekly	SPX	2556	2485/2480	Put	0.25	0.00	25.00
		Semi Weekly	SPX	2580	2515/2510	Put	0.25	0.00	25.00
		Semi Weekly	UAL	92.86	89/86	Put	0.20	0.00	20.00

12/28/18 01/04/19

No Trades this week

25
99,643