TRADERSEXCLUSIVE

A Gift for you from John Seguin, Market Taker Mentoring: Find time for research to create your own spreadsheet of average ranges of your favorite stocks or commodities. A good trader prepares and has pertinent data available to set risk and targets immediately after entering a position. To get you started for the New Year I've inserted the most recent data. The last four columns show the percentage of the near- and long-term ATRs.

No# in average	14	9	7	5	200	50	18	9				
	DAY	WEEK	MONTH	QTR	DAY	WEEK	MONTH	QTR	DAY	WEEK	MONTH	QTR
ETF												
DIA	5.8	13.1	33.8	42.2	5.8	13.3	26.7	38.7	100%	98%	127%	109%
IWM	4	10.5	22.4	36.7	4.5	10.9	21.7	36	89%	96%	103%	102%
QQQ	6.8	17.1	40	68.3	8	19.3	38.2	58.4	85%	89%	105%	117%
SPY	7.5	18.4	45.4	65.9	8.2	19.6	37.6	55.2	91%	94%	121%	119%
TLT	2	4.8	9.7	17.6	2	4.6	9.4	16.1	100%	104%	103%	109%
IEI	0.063	1.4	3.5	5.3	0.6	1.4	2.7	3.7	11%	100%	130%	143%
GLD	2.1	4.7	10.3	17	2	4.9	10.4	19.6	105%	96%	99%	87%
USO	2.3	6.2	11.9	19.4	2.8	6.6	10.3	14.9	82%	94%	116%	130%
UNG	1.5	3.4	9.8	11.6	1.5	3.4	6.6	8.3	100%	100%	148%	140%
XLB	1.7	4.4	10.2	13.6	1.8	4.3	8.7	12.4	94%	102%	117%	110%
XLC	1.2	3.4	6.8	12.5	1.4	3.4	7	11.5	86%	100%	97%	109%
XLE	2.4	5.5	15.5	17.2	2.6	6	10.6	15.4	92%	92%	146%	112%
XLF	0.7	1.6	4	5.6	0.75	1.8	3.7	5.4	93%	89%	108%	104%
XLI	1.8	4.3	11.3	14	1.9	4.4	9	13.6	95%	98%	126%	103%
XLK	3.5	8.5	19.3	30.2	3.7	8.9	17.4	25.4	95%	96%	111%	119%
XLP	1.1	2.5	6.4	8.8	1.2	2.7	5.1	7.8	92%	93%	125%	113%
XLU	1.3	3.1	8.1	10.4	1.4	3.1	6.3	8.6	93%	100%	129%	121%
XLV	2.1	4.7	10.9	16.8	2.3	5.1	10.2	14.2	91%	92%	107%	118%
XLY	3.2	9.4	22.8	38.8	4.5	11.1	21.2	30.9	71%	85%	108%	126%
SMH	6.8	16.4	40.5	63.9	7.8	19.2	37.6	53.8	87%	85%	108%	119%
								AVG	88%	96%	117%	115%

No# in average	14	9	7	5	200	50	18	9				
	DAY	WEEK	MONTH	QTR	DAY	WEEK	MONTH	QTR	DAY	WEEK	MONTH	QTR
DJ30												
AAPL	4.6	12	24.9	37.6	4.6	10.8	21.7	34.7	100%	111%	115%	108%
AMGN	5.9	14.9	28.5	32.8	5.2	11.4	23.6	36.8	113%	131%	121%	89%
AXP	4.4	10.8	25.1	39.8	4.9	12.3	23.6	36	90%	88%	106%	111%
BA	6.3	13.5	33	56	6.4	16.1	33.6	61.8	98%	84%	98%	91%
CAT	5.3	14.7	36.2	43.6	6	15	31.7	43.2	88%	98%	114%	101%
CRM	6.2	17.5	30.6	61.6	6.9	17.5	34	61.6	90%	100%	90%	100%
CSCO	1	2.6	6.5	11.4	1.1	2.8	6.1	10.3	91%	93%	107%	111%
CVX	4.5	10.5	28	33.2	4.9	11.4	20.1	29.4	92%	92%	139%	113%
DIS	2.9	8.8	19.9	34.3	3.5	8.8	20	36.7	83%	100%	100%	93%
DOW	1.2	3.3	8.3	13	1.6	3.9	7.7	13.1	75%	85%	108%	99%
GS	8.6	21.4	48.1	75.1	8.8	21.3	47.3	73.3	98%	100%	102%	102%
HD	8.7	21.6	40.2	73.1	8.6	20.7	40.4	61.7	101%	104%	100%	118%
HON	4.4	9.9	25.5	35.3	4.3	10.3	22.1	34.9	102%	96%	115%	101%
IBM	2.8	7.3	15.1	22.5	2.8	7.2	14.6	22.4	100%	101%	103%	100%
INTC	0.95	2.3	5.9	11	1.2	2.9	5.9	12.9	79%	79%	100%	85%
JNJ	2.4	6	12	19.9	2.9	6.4	12.5	19.7	83%	94%	96%	101%
JPM	3.2	6.3	17	26.7	3.3	8.3	17.2	26.7	97%	76%	99%	100%
KO	0.94	2.4	5.6	7.2	1.1	2.6	4.8	7	85%	92%	117%	103%
MCD	4.2	10.2	24.6	35.6	4.7	10.7	21.1	32	89%	95%	117%	111%
MMM	3.2	7.8	19.1	31.3	3.3	7.8	16.5	28.7	97%	100%	116%	109%
MRK	1.9	4.6	10	12.7	1.8	4.1	8.9	12.1	106%	112%	112%	105%
MSFT	7.4	17.6	37	61.7	7.7	18.2	36.3	49.3	96%	97%	102%	125%
NKE	3.3	8.2	19.7	38	3.8	9.2	19.9	34.1	87%	89%	99%	111%
PG	2.3	5.7	16	24.4	2.9	7	12.5	20.6	79%	81%	128%	118%
TRV	3	7.2	19.6	24.5	3.6	8	16.9	24.5	83%	90%	116%	100%
UNH	11	29.1	52.4	81.5	12.4	26.8	48.3	71	89%	109%	108%	115%
V	4.9	13.1	27.5	43.8	5.6	13.5	26.9	39.2	88%	97%	102%	112%
VZ	0.8	1.9	5.1	7.3	0.92	2.2	4.1	6.7	87%	86%	124%	109%
WBA	0.9	2.5	5.9	9.7	1.1	2.7	6.1	10.4	82%	93%	97%	93%
WMT	2.5	6.4	17.3	23.3	3	7.1	13.6	22.2	83%	90%	127%	105%
								AVG	91%	95%	109%	105%