

ARMCHAIR INVESTOR^(sm) MORNING MARKET
NEWSLETTER
 A TREND-FOLLOWING STRATEGY

CURRENT MARKET DIRECTION: UPTREND

Armchair Investor Trend-following Investment Action:	I hold the QQQ
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Thursday: A small loss (-0.3%) gave the S&P500 a minor distribution day. The Nasdaq barely moved for the day. Both stay near their all-time high! Exciting!

The Armchair Investor Trend-following strategy is UP 18.4%! - see page 4.

I use the Nasdaq ETF (the QQQ) to track the market's health instead of the SPY (S&P500 ETF) because the Nasdaq tends to rise higher and fall harder the than more stodgy S&P500. For trend-following (which is what this newsletter is all about), using the market swings yields higher returns. Thus: **a bigger bottom line! OK?**

DAILY MARKET ACTION						
10/31/19	Index Close	Index % Change	Volume % Change	Volume vs 50-day Avg.	Accumulation or Distribution Day?	Recent Trend Gain/Loss from 8/13 UPTREND SIGNAL
Nasdaq	8,292.36	-0.1%	+4.7%	+3.0%	Neither	+5.9%
S&P500	3,037.56	-0.3%	NYSE Volume		Minor distribution	+5.8%
DJIA	27,046.23	-0.5%	+9.4%	+19.6%	Minor distribution	+4.6%

Current Signs of Market Strength:

- The Nasdaq and S&P500 have risen for the last 4 weeks
- S&P500 breaks above prior all-time high. Nasdaq close to its all-time high.
- Over half of the stocks over \$10 have strong A or B Accumulation ratings.

Current Signs of Market Weakness:

- With so many indicators at highs (ratios, counts, etc.), I wonder if the market is getting into "irrational exuberance"? Be sure your stops are in.
- Watch out for **ADDITIONAL DISTRIBUTION DAYS** with other signs of weakness to TURN THE UPTREND back to "Uptrend under pressure"!

MY PLAN FOR THURSDAY: Hold the QQQ
 > 54% of the stocks over \$10 have strong Accumulation ratings of A or B! I am buying the best stocks. See Accumulation/Distribution rating climb (page 3)

THE ARMCHAIR INVESTOR TREND-FOLLOWING STRATEGY

A Simple and Powerful Tool to Increase Your Returns

Armchair Investor Mantra:

- Be in the market when it is going up
- Be out of the market when it is going down

The primary purpose of the Armchair Investor newsletter is to let you, the reader, earn bigger returns riding the trend of the market.

By following the best (most reliable) market change signals, you can:

- Get in the market near the bottom of a new bull market
- Exit the market near the top, and
 - Capture more of the gains,
 - Avoid more of the losses and, thus
 - Earn higher returns than the “buy-and-hold” strategy recommended by many brokers and money managers!

Why a “Buy-and-Hold” strategy doesn’t work:

When the market has topped and starts to fall, do you really want to let your profits fade away as the market falls – sometimes for years? Of course not! Selling your uptrend position allows you to capture your gains and store them safely away in cash. What is the right time to exit? This newsletter will show you the market’s signal.

Most downtrends (also called corrections) fall faster than the uptrends rise.

I am not willing to sit in a sick, falling market and lose my hard earned gains! Cash is a safer position!

Here are the three signals I will give you in this newsletter for the three market conditions:

- **Uptrends:** When the market rises into an Uptrend, buy and hold the QQQ, a stock that rises with the general market.
- **Uptrend showing Weakness:** As a market Uptrend starts to fall, you will receive the signal to exit the QQQ and safely wait in cash.
- **Downtrends:** If the market continues down, you will receive a signal to buy the PSQ, a stock that rises while the market falls.

FINALLY – For individual stocks: Use these market signals to help you when buying individual stocks. You increase your likelihood of a successful stock purchase if you only buy stocks when the market is in an Uptrend. Lesson: Don’t fight the market trend!

ARMCHAIR INVESTOR TREND-FOLLOWING RETURNS USING SINGLE, DOUBLE AND TRIPLE ETFs For the Current Uptrend:

10/31/19	Opening Price on 8/14/2019*	TODAY's Closing Price	ETF % Change Today	Gain or Loss Since 8/13/19 Uptrend Signal
QQQ (1x)	185.31	197.08	+0.0%	+6.4%
QLD (2x)	93.62	104.89	+0.1%	+12.0%
TQQQ (3x)	59.15	69.29	+0.1%	+17.1%

Note: The links to update "TODAY's Closing Prices" in this table were broken recently. The above Closing Prices are corrected.

This table tracks the returns you would now have if you had followed the Armchair Investor plan and bought the ETFs listed above at the opening price on the morning after the new "Market in Uptrend" signal.

PROGRESS IN ACCUMULATION/DISTRIBUTION RATINGS

The market's growing market **recovery** shows as money flows INTO the market:

The percent **of A and B stocks rose from 37% to 54% in just 3 weeks.**

		A	B	C	D	E	As + Bs
4 weeks ago	10/3	5%	32%	25%	26%	12%	37%
3 weeks ago	10/10	6%	31%	26%	26%	11%	37%
2 weeks ago	10/17	7%	39%	25%	21%	8%	45%
1 week ago	10/24	9%	42%	23%	19%	8%	51%
Today	10/31	11%	44%	22%	17%	7%	54%
	#	682	2838	1413	1110	435	6478

Stocks with an A or B rating are under accumulation (being bought.)

Stocks with a D or E rating are under distribution (being sold).

HOW CLOSE ARE THE INDICES TO ALL-TIME HIGHS?

10/31/2019	Nasdaq	S&P500	NYSE	DJIA
Date of Index All-time High*	7/26/2019	10/30/2019	1/26/2018	7/16/2019
All-time High	8339.64	3050.18	13637.02	27398.68
Current Price	8325.98	3037.56	13171.81	27046.23
Below (-) or Above (+) Recent High (%)	-0.16%	-0.41%	-3.4%	-1.3%

*New Highs are daily closing prices and updated each Friday. If an index makes a new high during the week, you will see how it rows past that high during the week.

NEW TABLE ADDED TO TRACK

YEAR-TO-DATE ARMCHAIR INVESTOR RETURNS

Below are the year-to-date gains when following the signals in this newsletter which already outperform most annual returns. Note that most of the gains so far this year, occurred in the first 4.5 months of the year. It is not uncommon for the market to hesitate near all-time highs.

The question to answer is, “Which way will it break?” was answered Monday – UP!

ARMCHAIR INVESTOR TREND-FOLLOWING RETURNS						
Gains Locked on 10/2 in as Market Uptrend Faded						
NOTE: on 10/28/2019 the formulas for the gains was corrected (calculated in \$ growth) revealing the real 2019 returns of this strategy to be 18.8%						
Market Direction Signal Change	Direction	Position	# days	Opening Price on the Next Day	\$ gain this trend	Total gain since 1/1/2011
12/31/18	Downtrend	Cash	4	\$153.33	\$0.00	\$0.00
1/4/2019	Uptrend	Buy the QQQ	129	\$155.60	\$23.15	\$23.15
5/13/2019	Downtrend	Go to Cash	28	\$178.75	\$0.00	\$23.15
6/10/2019	Uptrend	Buy the QQQ	56	\$184.29	-\$2.28	\$20.87
8/5/2019	Downtrend	Go to Cash	8	\$182.01	\$0.00	\$20.87
8/13/2019	Uptrend	Buy the QQQ	56	\$184.94	\$2.02	\$22.89
10/8/2019	Uptrend Weakness	Go to Cash	6	\$186.96	\$0.00	\$22.89
10/14/2019	Uptrend	Buy the QQQ	17	\$191.65	\$5.34	\$28.23
10/31/2019	Uptrend continues	Holding QQQ		\$197.08	YTD Gains =	+18.5%

MARKET ACTION 2019 YEAR-TO-DATE			
10/31/19	2018 Closing Price	Current Price	Index % Change Year-to-Date
Nasdaq	6635.38	8292.36	+25.0%
S&P 500	2506.85	3037.56	+21.2%
NYSE	11374.39	13,171.81	+15.8%
DJIA	23327.46	27,046.23	+15.9%

This yearly table is included for your reference. These returns have little relevance to trend-following returns since trend-followers do not hold during "Downtrends" and may lighten their holdings during "Uptrends under Pressure."

LAST WEEK'S MARKET ACTION				
10/25/19	Weekly Index % Change	Weekly Volume % Change	Volume Above/ Below 10-week Avg	Type of Week
Nasdaq	+1.9%	+2.1%	-4.0%	Major Accumulation
S&P 500	+1.2%	S&P 500 Volume		Major Accumulation
DJIA	+0.7%	+11.1%	+3.0%	Minor accumulation

The "TYPES OF WEEK" are:
ACCUMULATION WEEK PRICE RISES 0.2% or more and VOLUME RISES
DISTRIBUTION WEEK PRICE FALLS 0.2% or more and VOLUME RISES
 Another type of DISTRIBUTION(*): WEEK PRICE FALLS 0.2% or more & VOLUME is 15% or more above average even without an increase in volume.
 The NYSE volume is used for the S&P500, DJIA and NYSE Composite.

See more definitions and explanations of terms in each Weekend Armchair Investor newsletter starting on the 10/4/2019 edition found in the [Archives](#) on the www.ArmchairInvestor.com site.

MARKET FACTORS, COUNTS & RATINGS

10/31/2019

Type of Day for <u>Nasdaq Index</u> Accumulation, Distribution or Neither		Neither	
I track the <u>Nasdaq's</u> price-volume because it usually leads the market direction.			
Market Direction Uptrend, Under Pressure, Downtrend		UPTREND	
<u>Nasdaq Accumulation & Distribution Days (last 20 days)</u> Only accumulation and distribution days <u>since the last market direction change</u> are in this count.		Accumulation Days	Distribution Days
		5	4
FYI: IBD uses 25 days for their distribution count. I've found the last 20 days to be most relevant. Thus, we don't always match.			
Count of Up Days and Down Days Nasdaq's last <u>10-days'</u> price movement		Up Days	Down Days
		5	3
Only days that move at least + or - 0.2% are included in the Up/Down count which does not always, therefore, add up to 10 days.			
Rising/Falling Ratio of Leader Stocks with High Volume Nasdaq 10-day ratio		1.1	
This indicator looks at the HEALTH of leading stocks (high RS) with strong financials Uptrend indicator: 1.5 or higher. Neutral: 1.0 to 1.49. Downtrend: less than 1.0			
Market Accumulation/Distribution Ratings "A": heavy accumulation, "B": moderate accumulation, "C": neutral, "D": moderate distribution, "E": heavy distribution. Accumulation = Institutions are BUYING, Distribution = Inst are SELLING		Nasdaq	B-
		S&P 500	B-
		DJIA	C-
The 9/25/19 market accumulation ratings shown (9/26 not received on data feed)			
Are Major Indexes Above or Below Moving Averages? "At" is within 1% above or below the moving average.		50-Day	200-Day
Nasdaq		Above	Above
S&P 500		Above	Above
NYSE		Above	Above
DJIA		Above	Above

MARKET ACTION (Nasdaq) OVER THE LAST 20 DAYS

(For a full explanation of the terms in this table see end of this newsletter)

#	Date	Close	Index % Change	Volume % Change	Current Trend Day Count	Type of Day: Accumulation, Distribution or Neither (—)	CONSISTENT WITH: UPTREND or DOWNTREND?
20	10/4/19	7982.47	+1.4%	-18.3%	38	—	DOWNTREND
19	10/7/19	7956.29	-0.3%	-12.6%	39	—	UPTREND
18	10/8/19	7823.78	-1.7%	+9.1%	40	Major Distribution	DOWNTREND
17	10/9/19	7903.74	+1.0%	-27.1%	41	—	DOWNTREND
16	10/10/19	7950.78	+0.6%	+5.3%	42	Minor accumulation	UPTREND
15	10/11/19	8057.04	+1.3%	+23.3%	43	Major Accumulation	UPTREND
14	10/14/19	8048.65	-0.1%	-41.3%	44	—	—
13	10/15/19	8148.71	+1.2%	+29.5%	45	Major Accumulation	UPTREND
12	10/16/19	8124.18	-0.3%	+2.7%	46	Minor distribution	DOWNTREND
11	10/17/19	8156.85	+0.4%	-2.5%	47	—	DOWNTREND
10	10/18/19	8089.54	-0.8%	+5.9%	48	Minor distribution	DOWNTREND
9	10/21/19	8162.99	+0.9%	-12.9%	49	—	DOWNTREND
8	10/22/19	8104.30	-0.7%	+5.5%	50	Minor distribution	DOWNTREND
7	10/23/19	8119.79	+0.19%	-1.8%	51	—	—
6	10/24/19	8185.80	+0.8%	-5.7%	52	—	DOWNTREND
5	10/25/19	8243.12	+0.7%	+1.2%	53	Minor accumulation	UPTREND
4	10/28/19	8325.98	+1.0%	+2.5%	54	Major Accumulation	UPTREND
3	10/29/19	8276.85	-0.6%	-6.8%	55	—	UPTREND
2	10/30/19	8309.98	+0.3%	-2.5%	56	—	DOWNTREND
1	10/31/19	8292.36	-0.14%	+4.7%	57	—	—

“CURRENT TREND” COLUMN COLORS: Green = Uptrend.

Yellow = Uptrend under Pressure (e.g. showing weakness)

Red = Downtrend (also called correction)..

A BLACK BOX around the Nasdaq price indicates a new high in the last 20-days

Nasdaq Daily 4 month chart, (updated Wednesday)

Nasdaq just below July all-time high of 8339.64



Nasdaq Weekly 1 year chart, (updated Friday)

Nasdaq rises 4 weeks in a row. Approaching September high.
Last week had higher volume = Accumulation, price and Volume rose!



These charts are from StockCharts.com, a valuable site for investors with many free tools.

S&P500 Daily 4 month chart, (updated Wednesday)
S&P500 climbs past July all-time high (blue horizontal line on the charts)



S&P500 Weekly 1 year chart, (updated Friday)

Index rises 4 weeks in a row; has 2 accumulation Weeks in a row!. Price and Volume rose!



These charts are from StockCharts.com, a valuable site for investors with many free tools

HOW CAN YOU CAPTURE THOSE GREAT MARKET TRACKING GAINS SHOWN ABOVE?

THE ARMCHAIR INVESTOR PLAN:

It's as easy as 1- 2- 3!

Current market direction: On Tuesday 10/15, the market rose to STEP 1: UPTREND.

STEP 1: In an Uptrend, hold the QQQ, a Nasdaq100 ETF.

Find the market direction diagnosis every night in this newsletter. At the Uptrend signal, buy the QQQ the next morning if you don't have that position, yet. The QQQ follows the ups and downs of the Nasdaq100, allowing you to grab the rises of this Uptrend. With some additional positive action, you may decide to switch to the double QQQ ETF (QLD) or triple QQQ (TQQQ). I do not recommend these moves for the first time investor.

Just in case protection: When you receive your confirmation of the purchase price, place an **8% STOP LOSS** order to protect your portfolio from a sudden market reversal (executing this sale is rare – I almost always sell when the market goes into “under pressure” or Downtrend – see Step 2 below). Your broker can help you set up this order.

This upward ride is the most exciting part of trend-following – Ride the escalator up, up, up as the market rises. Exit when the market moves into Downtrend.

Although not every Uptrend signal generates a positive return, most do.

History shows you will earn the highest returns if you act fast to buy the QQQ when the market signals a clear Uptrend (as happened on Thursday 9/5) Enjoy your ETF investment as it increases with the rise of the market.

STEP 2: When the Uptrend slows down: “Uptrend under Pressure”

“Uptrend under Pressure” means:

- The market is showing enough distribution– down days on higher volume – **for investors to be concerned and cautious. Be sure to check on your investments each night! Many investors do not buy new stock positions during this period due to higher failure rates.**
- From “Uptrend under Pressure” the market diagnosis could:
 - **Rise**, showing strength, and return to a healthy Uptrend – **STEP 1**, or
 - Could have more distribution days and **fall** into a **Downtrend (correction)**

STEP 3: When the market diagnosis changes to Downtrend. Selling your Uptrend ETF position (QQQ, QLD or TQQQ) will capture gains earned in Steps 1 & 2 above.

After exiting the Uptrend ETF, wait in cash until the next Uptrend signal. More recent Downtrends have been short term and not tradable.

If the Downtrend is strong, this box will identify a signal to invest in an inverse ETF which makes you profits as the market falls!

NOTE: Not every market direction signal ends with a positive return. But overall, the ETFs have outperformed the market when traded according to these guidelines. Plus the market direction signals will help you by indicating when it is most effective to consider adding individual stocks to your portfolio (with a strong uptrending market).

Access the FULL ARMCHAIR Investor newsletter each night in just 2 clicks:

WWW.ARMCHAIRINVESTOR.COM

Then click on **CURRENT NEWSLETTER** tab

Wishing you "Many Happy Returns,"
Charlotte Hudgin, 214-995-6702, Editor, the Armchair Investor

DISCLAIMER, "Buyer Beware" WARNING:

This newsletter shares the ideas I use in my investing.
It is not investing advice but should be taken as education only.
Your investment decisions are your responsibility as are the results.
If you are not comfortable with or do not understand a strategy completely,
I recommend that you paper-trade until you are successful and can sleep well at night.

Questions may be submitted to: Editor@ArmchairInvestor.com

Example of the DAILY MARKET ACTION table with full explanation of terms and signals:

THE DAILY MARKET ACTION						
9/27/19	Index Close	Index % Change	Volume % Change	Volume vs 50-day Avg.	Accumulation or Distribution Day?	Recent Trend Gain/Loss from 8/13 UPTREND SIGNAL
Nasdaq	7,939.63	-1.1%	+8.5%	-11.0%	Major Distribution	+1.7%
S&P500	2,961.79	-0.5%	NYSE Volume		minor distribution	+3.4%
DJIA	26,820.25	-0.3%	+5.1%	-12.0%	minor distribution	+3.8%

A **Major Accumulation Day**: Price RISES 1.0% or more with higher Volume than the day before.
A **minor accumulation Day**: Price RISES 0.2% and less than 1% with strong Volume (either higher than the day before or is well-above average volume).
A **Major Distribution Day**: Price FALLS 1.0% or more with higher Volume than the day before.
A **minor distribution Day**: Price FALLS 0.2% and less than 1% with strong Volume (either higher than the day before or is well-above average volume).
If the day's price/volume action does not meet the accumulation or distribution definitions above, it is a **neither day**.

** The **Recent Trend Gains/Losses** column calculates how far each index has moved from the recent trend change assuming you purchased the index (in an Uptrend) or sold the index (in a Downtrend) at the opening price on the day after the signal. Although not every year outperforms the common "buy and hold" strategy, using these signals has significantly OUTPERFORMED the buy-and-hold strategy in total since 1/1/2000.

Why are my Final Volumes Sometimes Different than Yours? Why do the volume numbers on this table not always match other web sites? The 4:00 close of the market immediately shows an accurate final price. But the volume figures continue to trickle in for hours. At some time, the accumulation of volume numbers has to be cut off and different sites use different cut-offs. Also, some sources include the volume of stocks listed on one exchange but traded on another (e.g. Apple stock listed on Nasdaq but also traded on other exchanges.) And some sources do not. The most important rule is to consistently use only one source for volume.

EXAMPLE and DEFINITIONS used in this newsletter:

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10/25/19	Index Close	Index % Change	Volume % Change	Volume vs 50-day Avg.	Accumulation or Distribution Day?	Recent Trend Gain/Loss from 8/13 UPTREND SIGNAL
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S&P500	3,022.55	+0.41%	NYSE Volume		Neither	+5.3%
DJIA	26,958.06	+0.57%	-9.2%	-1.5%	Neither	+4.3%
<p>A Major Accumulation Day: Price RISES at least 1.0% or more with higher Volume than prior day.</p> <p>A minor accumulation Day: Price RISES at least 0.2% and less than 1% with strong Volume (either higher than the day before or is well-above average volume).</p> <p>A Major Distribution Day: Price FALLS at least 1.0% or more with higher Volume than the day before.</p> <p>A minor distribution Day: Price FALLS at least 0.2% and less than 1% with strong Volume (either higher than the day before or is well-above average volume).</p> <p>If the day's price/volume action does not meet the accumulation or distribution definitions above, it is a "Neither" day.</p>						
<p>Why are my Final Volumes Sometimes Different than Yours? Why do the volume numbers on this table not always match other web sites? The 4:00 p.m. close of the market immediately shows an accurate final price. But the volume figures continue to trickle in for hours. At some time, the accumulation of volume numbers has to be cut off and different sites use different cut-offs. Also, some sources include the volume of stocks listed on one exchange but traded on another (e.g. Apple stock listed on Nasdaq but also traded on other exchanges.) And some sources do not. The most important rule is to consistently use the same source for your volume.</p>						

DO YOU INVEST IN INDIVIDUAL STOCKS?—

Always consider taking some profit if significant distribution is showing up for your individual stocks. However, many individual stocks are rising with gusto! Look at all the lists in the Investor's Business Daily newspaper for stocks breaking out with high volume. **They are there!**

To get a deeper sense of the health of the market, look at the MARKET FACTORS, COUNTS & RATINGS table included each day in the FULL Armchair Investor newsletter. It looks at 7 key market direction factors and highlights the leaning of each:

- If the factor leans toward the **Uptrend**, that box will be **green**
- If the factor leans toward the **Downtrend**, that box will be **orange** or **red**

To schedule a class visit: Contact Charlotte Hudgin at 214-995-6702

One of the reasons I pay so much attention to the Investor's Business Daily strategies and books (*How to Make Money in Stocks series*) is that they work consistently. If you or someone you know is interested in stock market investing, I encourage them to start with:

- *How to Make Money in Stocks – Getting started* by Matt Galgani. Then they can move on to some of the more advanced books.

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