

ARMCHAIR INVESTOR^(sm) MORNING MARKET NEWSLETTER

A TREND-FOLLOWING STRATEGY

Greetings from Beautiful San Francisco – just a little get away with friends.

CURRENT MARKET DIRECTION: UPTREND

Armchair Investor Trend-following Investment Action:

I hold the QQQ
Are you Aggressive? Consider a position in the TQQQ (I did!)

Friday: The Nasdaq and S&P500 ended the week down 0.2% and 0.3%

Both indexes (and the DJIA) hit new all-time highs last week. Higher volume on Wednesday added a distribution day to all three. China trade woes continue to spook the market. Expect Thanksgiving week's volume to be lighter, barring hot news.

Go to page 7 to look at the of the MARKET ACTION OVER THE LAST 20 DAYS which included hitting new highs on 10 of the last 20 days! And 5 of the last 20 days were accumulation days with only 2 minor distribution days! Yes, I like big fat rises, but slow and steady surely adds up nicely! **No sign of a market top yet. My buying continues!**

>>>>Watch this daily market analysis to see market changes.<<<<<

The **Armchair Investor Trend-following** strategy is **UP 21.0%** this year- see pg 3. The ACI strategy is designed to: GRAB most of the market's gains and MISS most of the market's losses using signals that require minimum effort to execute (follow this newsletter!).

Current Signs of Market Strength:

- The Nasdaq and S&P500 have risen for the last 7 weeks, **hitting all-time new highs** again on Tuesday. Then both indexes took small dips.

Current Signs of Market Weakness: Two distribution days in the last 20 trading days are NOT a worry of weakness.

DAILY MARKET ACTION						
11/22/19	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	8,519.88	+0.16%	-9.8%	-6.4%	Neither	+8.4%
S&P500	3,110.29	+0.2%	NYSE Volume		Neither	+8.0%
DJIA	27,875.62	+0.4%	-11.0%	-9.4%	Neither	+7.4%

MY PLAN FOR MONDAY:

Hold the QQQ (**more aggressive: Hold the TQQQ**). 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"!

> I am **cautiously** buying the best stocks and keeping my original **stop orders** as they rise. I usually own no more than 5 stocks, plus the trend-following QQQ.

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
- Protect your portfolio with an 8% stop.

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 well:

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!

YEAR-TO-DATE ARMCHAIR INVESTOR RETURNS

Strategy: The Armchair Investor strategy is simple:

- Be **IN** the market when it is going up.
- Be **OUT** of the market when it is going down.
- Protect your portfolio with an **8%** stop.

I don't know how to get in at the exact lows nor at the exact highs. I do get closer than most!

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 last answered on September 10/14 – UP!

ARMCHAIR INVESTOR TREND-FOLLOWING RETURNS						
Market Direction Signal Change	Direction	Position	# days	Opening Price on the Next Day	\$ gain this trend	TOTAL GAINS EARNED IN 2019
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	31	\$191.65	\$7.22	\$30.11
11/22/2019	Uptrend continues	Holding QQQ		\$201.83	YTD Gain =	+21.6%

About table below: If you had bought the QLD (double QQQ's) or TQQQ (triple QQQ's) you would have made a much prettier return!

ARMCHAIR INVESTOR TREND-FOLLOWING RETURNS USING SINGLE, DOUBLE AND TRIPLE ETFs				
For the Current Uptrend:				
11/22/19	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	201.83	+0.1%	+8.9%
QLD (2x)	93.62	109.84	+0.1%	+17.3%
TQQQ (3x)	59.15	74.20	+0.3%	+25.4%

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.

>>>>Below is the GOOD NEWS about the progress of the Accumulation/Distribution ratings over the last 4 weeks.

PROGRESS IN ACCUMULATION/DISTRIBUTION RATINGS							
The market shows its growing recovery as money flows INTO the market, keeping the number of A and B rated stocks high.							
The percent of A and B stocks is holding at a strong 54% (a small drop from high of 57%!							
		A	B	C	D	E	As + Bs
4 weeks ago	10/25	9%	42%	23%	19%	7%	51%
3 weeks ago	11/1	9%	43%	23%	18%	7%	52%
2 weeks ago	11/8	13%	44%	20%	17%	7%	56%
1 week ago	11/15	12%	44%	21%	16%	7%	55%
Today	11/22	10%	43%	23%	17%	7%	54%
	# stocks in each rating:	653	2795	1458	1111	425	6442

Stocks with an A or B rating are under accumulation (being bought.)
Stocks with a D or E rating are under distribution (being sold).

AN EVEN SPLIT: Since there are 5 ratings, each would equally get 20%. When the market shows healthy growth (many stock rising on higher volume), the A and B counts will rise and the D and E counts will fall.

THE SIGNAL: Notice I have noted the % of all stocks that have A or B ratings.

- When the A+B% rises, I know the market, as a whole, is being bought.
- Any total of A+B's over their "fair share" of 40% (2 ratings out of the 5 possible ratings) is good news.

A BETTER SIGNAL A rising A plus B total is even better! Examine the last column to see the jump in A+B over the last 4 weeks! This means, if you are looking at the best stocks, there are lots of high performing stocks to consider.

>>>>Now, go find the strongest stocks, breaking out powerfully from well-formed bases!

HOW CLOSE ARE THE INDICES TO ALL-TIME HIGHS?

The Nasdaq, S&P500 and DJIA hit new, all-time highs this week!

11/22/2019	Nasdaq	S&P500	NYSE	DJIA
Date of Index All-time High*	11/19/2019	11/19/2019	1/26/2018	11/19/2019
All-time High	8589.76	3127.64	13637.02	28090.21
Current Price	8519.88	3110.29	13440.95	27875.62
Below (-) or Above (+) Recent High (%)	-0.8%	-0.6%	-1.4%	-0.8%

*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 moves compared to that high during the week.

MARKET ACTION 2019 YEAR-TO-DATE

11/22/19	2018 Closing Price	Current Price	Index % Change Year-to-Date
Nasdaq	6635.38	8519.88	+28.4%
S&P 500	2506.85	3110.29	+24.1%
NYSE	11374.39	13,440.95	+18.2%
DJIA	23327.46	27,875.62	+19.5%

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

11/22/19	Weekly Index % Change	Weekly Volume % Change	Volume Above/ Below 10-week Avg	Type of Week
Nasdaq	-0.2%	-13.8%	+5.0%	Neither
S&P 500	-0.3%	+7.8%	+0.0%	Minor distribution
DJIA	-0.5%			Minor distribution

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.

MARKET FACTORS, COUNTS & RATINGS		11/22/2019	
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 5	Distribution Days 2
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 3	Down Days 2
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		1.9	
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 Above	200-Day Above
		Nasdaq Above	S&P 500 Above
		NYSE Above	DJIA Above
		DJIA Above	DJIA Above

See more definitions and explanations of terms at the end of this newsletter.

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?
<div style="border: 1px solid black; display: inline-block; padding: 2px;">A BLACK BOX</div> around the Nasdaq price indicates this is a new all-time high – WOW!							
20	10/28/19	8325.98	+1.0%	+2.5%	54	Major Accumulation	UPTREND
19	10/29/19	8276.85	-0.6%	-6.8%	55	—	UPTREND
18	10/30/19	8309.98	+0.3%	-2.5%	56	—	DOWNTREND
17	10/31/19	8292.36	-0.14%	+4.7%	57	—	—
16	11/1/19	8386.40	+1.1%	-8.6%	58	—	—
15	11/4/19	8433.20	+0.6%	+9.7%	59	Minor accumulation	UPTREND
14	11/5/19	8434.68	+0.02%	-1.9%	60	—	—
13	11/6/19	8410.63	-0.3%	+0.5%	61	Minor distribution	DOWNTREND
12	11/7/19	8464.52	+0.3%	-6.7%	62	—	DOWNTREND
11	11/8/19	8475.31	+0.5%	-16.7%	63	—	DOWNTREND
10	11/11/19	8464.28	-0.1%	-14.1%	64	—	—
9	11/12/19	8486.09	+0.3%	+16.0%	65	Minor accumulation	UPTREND
8	11/13/19	8482.10	-0.1%	+8.9%	66	—	—
7	11/14/19	8479.02	-0.04%	-11.0%	67	—	—
6	11/15/19	8540.83	+0.7%	+4.2%	68	Minor accumulation	UPTREND
5	11/18/19	8549.94	+0.11%	-6.9%	69	—	—
4	11/19/19	8570.66	+0.2%	+1.6%	70	Minor accumulation	UPTREND
3	11/20/19	8526.73	-0.5%	+24.4%	71	Minor distribution	DOWNTREND
2	11/21/19	8506.21	-0.2%	-26.3%	72	—	—
1	11/22/19	8519.88	+0.16%	-9.8%	73	—	—

"CURRENT TREND" COLUMN COLORS: Green = Uptrend.
 Yellow = Uptrend under Pressure (e.g. showing weakness)
 Red = Downtrend (also called correction).

Nasdaq Daily 4 month chart, (updated Friday)

Nasdaq opens week at new all-time high, then big Distribution &... rested!



Nasdaq Weekly 1 year chart, (updated Friday)

Nasdaq rises 11.6% 7 1/2 weeks, closing at an all-time new high.
Volume lighter last week.



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

S&P500 Daily 4 month chart, (updated Friday)

S&P500 opens week at new all-time high, then big Distribution &... rested!



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

S&P500 rises 9.5% in 7 ½ weeks then rested.
Index hits new high for the last 7 weeks.



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

**HOW CAN YOU CAPTURE THOSE
GREAT MARKET GAINS SHOWN ABOVE?
THE ARMCHAIR INVESTOR PLAN:
*It's as easy as 1- 2- 3!***

Current market direction: 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

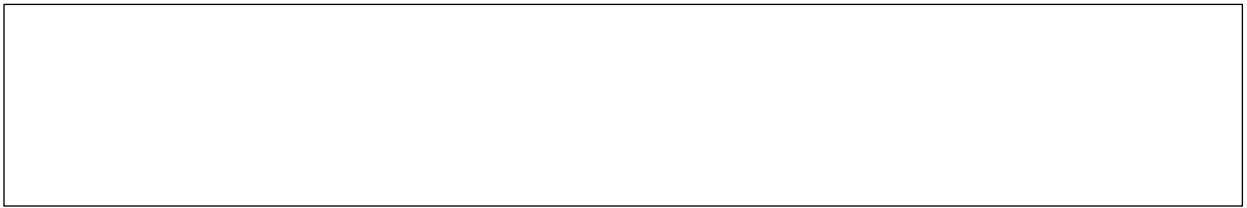
Then click on **CURRENT NEWSLETTER** tab

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:

DAILY MARKET ACTION						
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
Nasdaq	8,243.12	+0.70%	+1.2%	-2.1%	Neither	+5.3%
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%

A **Major Accumulation Day**: Price RISES at least 1.0% or more with higher Volume than prior day.

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).

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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.

Visit an ARMCHAIR INVESTOR CLASS

We have 2 classes given each week in Dallas, Addison and ONLINE:
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