

SYMBOL	DESCRIPTION	POSITION END OF Day	ENTRY PRICE	OPEN EQUITY	CLOSING PRICE FOR 08/22/2019	EXIT PRICE	PROFIT/ (LOSS)	SIGNALS FRIDAY 08/23/2019
LBX '19	NOVEMBER 2019 LUMBER	FLAT			355.3000			November 2019 Lumber has broken a 7-column swing holding pattern to the down side at 360.00 The down side price target is at 318.00 Sell short 1 contract of November 2019 Lumber at 362.00 If filled, place protective stops for November 2019 Lumber at 370.50
OJX '19	NOVEMBER 2019 ORANGE JUICE	FLAT			99.2000			Price support levels for November 2019 Orange Juice is at 97.00 Wait for the next signal.
ZCX '19	DECEMBER 2019 CORN	FLAT			3.7100			Sell short 1 contract of December 2019 Corn at 3.77 If filled, place protective stops for December 2019 Corn at 3.8250
ZSX '19	NOVEMBER 2019 SOY BEANS	SHORT	1 at 8.90		8.6875	8.8100	450.00	The P & F swing charts was stopped out of November 2019 Soy Beans at 8.81 Wait for the next signal.
ZOZ '19	DECEMBER 2019 OATS	FLAT			2.6625			Wait for the next signal.
ZFU '19	SEPTEMBER 2019 5-YEAR T-NOTE	LONG	1 at 119.04	-56.25	119.022			Place protective stops for the September 2019 5-Year T-Note at 118.23
YJZ '19	DECEMBER 2019 MINI GOLD	FLAT			1508.5000			December 2019 Mini Gold has formed a 3-column swing lower case h to the down side at 1504.00 The down side price target is at 1476.00 Sell short 1 contract of December 2019 Mini Gold at 1515.00 If filled, place protective stops for December 2019 Mini Gold at 1524.50
SBV '19	OCTOBER 2019 SUGAR	SHORT	2 at 12.295	1601.60	11.5800			Place protective stops for October 2019 Sugar at 11.66
QNZ '19	DECEMBER 2019 E-MINI CRUDE OIL	FLAT			54.8750			Wait for the next signal.
KCZ '19	DECEMBER 2019 COFFEE	FLAT			97.3000			The down side price target for December 2019 Coffee remains at 91.00 Sell short 1 contract of December 2019 Coffee at 100.00 If filled, place protective stops for December 2019 Coffee at 102.75

2019 Beginning Balance*	40,000
YTD Realized Profit/Loss	15,073 *
Current Open Trade Equity	1,545 *
YTD Net Profit/Loss	16,618
Total Ending Balance	56,618
<b>Previous Day's Performance</b>	
Beginning Balance	57,576
Daily Realized Profit/Loss	450
Change in Open Trade Equity	(1,410)
Daily Net Profit/Loss	(960)
Ending Balance	56,616 *

YTD		YTD
Actual		
	41.5%	
PREV DAY		YTD
ROR		
	-1.67%	

450.00

\*\* If close is too close to call on an "ENTRY" do not take the trade.

\*\* If you are in a trade and the exit is too close to call, Exit the trade especially if the trade would result in holding a losing position overnight.

If the price objective is surpassed, exit contract on the close.

\* Beginning Balance - The \$40,000.00 Initial Investment (resets annually)

Maintain a bank reserve of \$30,000.

Annualized returns do not consider money market returns on bank balances.