


# Using Market Internals to Supercharge Your Swing Trading

**Presented by  
Eversley Forte**

Founder & Lead Trading Coach

 404-556-7181

 [trading@behindscenes.com](mailto:trading@behindscenes.com)

 [www.behindscenes.com](http://www.behindscenes.com)

---

## About This Presentation

This presentation outlines our futures and options swing trading coaching programs designed to help traders build **consistent, repeatable profitability** through disciplined strategies, risk management, and one-on-one coaching.

The material is intended for **educational purposes** and for individuals evaluating professional trading coaching services.

---

## Important Risk Disclosure

Options and Futures trading involve substantial risk and are not suitable for all investors.

Prior to trading options, investors must review the *Characteristics and Risks of Standardized Options (ODD)*, available from your broker or The Options Clearing Corporation.

All strategies and examples discussed are for **educational and illustrative purposes only** and should not be interpreted as investment advice or a recommendation to buy or sell any security.

Trading results vary by individual. Each trader must determine their own risk tolerance, capital allocation, and trading approach.

---

<b>Symbol</b>	<b>Sector</b>
DIA	Dow Jones
EEM	Emerging Markets
EFA	Europe, Australia, Asia
EWG	Germany
EWH	Hong Kong
FXI	China
GDX	Gold Miners
GLD	Gold
IBB	Biotechnology
IWM	Russell
IYR	Real Estate
QQQ	Nasdaq
SLV	Silver
SPY	S&P
TLT	Treasury Bond
UNG	Natural Gas
USO	Oil
VNQ	Real Estate
VWO	Emerging Markets
XHB	Homebuilders
XLB	Basic Materials
XLE	Energy
XLF	Financial
XLI	Industrial
XLK	Technology
XLV	Health Care
XME	Metals & Mining
XOP	Oil & Gas Exploration & Production
XRT	Retail

# Market Internals Overview

*Understanding Market Breadth, Sentiment, and Institutional Activity*

## What Are Market Internals?

- Market internals are indicators that measure the underlying strength or weakness of the overall market.
- They help traders evaluate participation, momentum, sentiment, volatility, and institutional activity.
- Internals provide insight beyond price action alone and are widely used by professional traders.

## Major Types of Market Internals

- Advance/Decline Line (A/D Line): Measures how many stocks are advancing versus declining.
- New Highs vs New Lows: Tracks the number of stocks making 52-week highs and lows.
- Up Volume vs Down Volume: Measures buying pressure versus selling pressure.
- TRIN (Arms Index): Combines breadth and volume to gauge market pressure.
- VIX (Volatility Index): Measures expected volatility and investor fear.
- TICK Index: Measures stocks trading on upticks versus downticks in real time.
- Put/Call Ratio: Measures bearish versus bullish options activity.

## What Does Each Internal Help Show?

- Breadth indicators reveal whether the market move is broadly supported.
- Volume internals show institutional buying or selling activity.
- Volatility indicators help measure fear, uncertainty, and complacency.
- Sentiment indicators reveal whether traders are excessively bullish or bearish.
- Internals help traders confirm trends or identify weakening momentum.

## **Are Market Internals Used for Stocks or the S&P 500?**

- Market internals are primarily used to analyze broad indexes such as the S&P 500 and Nasdaq.
- They are especially useful for futures traders, index traders, and swing traders.
- Internals can also indirectly help with individual stock trading by assessing the overall market environment.
- A strong stock setup is more reliable when overall market internals are supportive.

## **Key Takeaways**

- Market internals help traders understand the true health of the market.
- They confirm whether price movements are supported by broad participation.
- Internals are most effective when combined with price action and trend analysis.
- The Put/Call Ratio is one of the most valuable sentiment indicators in trading.

## **How the Put/Call Ratio Is Used in Trading**

- The Put/Call Ratio compares put option volume to call option volume.
- High Put/Call Ratios indicate increased fear or bearish sentiment.
- Low Put/Call Ratios indicate optimism or bullish sentiment.
- Traders often use the Put/Call Ratio as a contrarian indicator.
- Extremely high readings may signal panic and possible market bottoms.
- Extremely low readings may signal excessive optimism and potential market tops.

## Put/Call Ratio (PCR)

One of the most important sentiment indicators.

Measures:

$$\text{Put/Call Ratio} = \frac{\text{Put Option Volume}}{\text{Call Option Volume}}$$

---

### How the Put/Call Ratio Is Used Basic Interpretation

#### High PCR

Example:

- 1.2 or higher (Specific values provided during coaching sessions)

Means:

- More puts than calls
- Fear/pessimism elevated

Can indicate:

- Bearish sentiment
  - Potential market bottom (contrarian signal)
- 

#### Low PCR

Example:

- 0.5 or lower (Specific values provided during coaching sessions)

Means:

- More calls than puts
- Optimism/speculation elevated

Can indicate:

- Bullish sentiment
  - Potential market top if excessive
-

## Contrarian Nature of PCR

The key idea:

Extreme crowd emotion often appears near turning points.

So:

- Extremely high PCR → too much fear → possible rally soon
- Extremely low PCR → too much greed → possible pullback soon

Professionals often use PCR for contrarian trades.

---

## Different Types of Put/Call Ratios

### Equity Put/Call Ratio

Tracks:

- Individual stock options

Often reflects:

- Retail trader behavior
- 

### Index Put/Call Ratio

Tracks:

- Index options like:
  - \$SPX
  - \$NDX

Often reflects:

- Institutional hedging

This is usually more important professionally.

---

### Total Put/Call Ratio

Combines:

- Equity + index options

Broad market sentiment gauge.

---

## Sample Trading Plan: T-Lines Internals Buy – ETF Options

- QQQ - 93% wins with 1.0 ATR target.
- 
- **Setup:**
- Bullish crossover on the T-Lines.
- 
- **Trigger:**
- Put/Call Ratio on the signal day must be valid per the Trading Plan.
- 
- **Trade management:**
- Buy call options at the sector ETF open price of the next day (or lower). The first profit target is 1.0x ATR or 1.5x ATR (see stats in Trading Plan). Win/loss stats plus other specific options information is contained in the detailed Trading Plan, plus provided during 1-on-1 coaching. Take profit at the 1<sup>st</sup> target, then trail stops on the remaining options to maximize profits (detailed during 1-on-1 coaching sessions).

Data Box	
<b>Week</b>	<b>45/2024</b>
<b>Panel 1</b>	
<b>QQQ / Daily</b>	
Date	11/7/2024
Price	481.05
Open	508.40
High	514.33
Low	508.34
Close	513.54
Volume	32,853,120
<b>TriggerLines(QQQ (Dail</b>	
Plot1_Up	497.11
Plot1_Dn	497.11
Plot2_Up	494.35
Plot2_Dn	494.35
<b>SMA(QQQ (Daily),40)</b>	
<b>Panel 2</b>	
<b>RSqueeze(QQQ (Daily)</b>	
Squeeze	0
Momentum	3.26
<b>Panel 3</b>	
<b>ATR(QQQ (Daily),5)</b>	
ATR	8.36



Valid T-Lines Market Internals Buy QQQ - Call Options					
Valid Trade Date	Put/Call Ratio Value	1 x ATR(5) Profit Target Win or Loss	Valid Trade Date	Put/Call Ratio Value	1 x ATR(5) Profit Target Win or Loss
02/26/26	0.85	Win	08/15/14	1.01	Win
03/24/25	0.76	Win	04/23/14	1.01	Win
01/21/25	0.72	Win	02/11/14	0.84	Win
11/07/24	0.82	Win	01/15/14	0.75	Win
11/06/23	1.09	Win	12/20/13	0.75	Win
03/15/23	1.00	Win	11/15/13	0.75	Win
11/11/22	0.75	Win	09/05/13	0.82	Win
10/20/22	1.05	Win	07/08/13	1.04	Win
12/23/21	0.79	Loss	04/24/13	0.79	Win
10/14/21	0.83	Win	04/10/13	0.85	Win
08/23/21	0.78	Win	12/18/12	0.85	Win
05/25/21	0.82	Win	11/26/12	0.62	Win
11/09/20	0.74	Win	09/13/12	0.77	Win
09/30/20	0.83	Win	07/30/12	0.78	Win
08/03/20	0.67	Win	07/18/12	0.85	Win
03/31/20	1.14	Win	01/03/12	0.76	Win
02/04/20	0.82	Win	10/12/11	1.27	Win
10/14/19	1.15	Win	03/29/11	0.74	Win
06/10/19	0.78	Win	01/03/11	0.64	Win
03/12/19	1.01	Win	12/03/10	0.76	Win
12/03/18	0.76	Loss	06/11/10	1.08	Win
11/06/18	1.12	Loss	06/03/10	1.07	Win
02/22/18	1.12	Win	11/10/09	0.83	Win
12/12/17	0.85	Win	10/14/09	0.69	Win
10/04/17	0.83	Win	08/25/09	0.81	Win
08/30/17	0.83	Win	07/15/09	0.77	Win
07/12/17	0.71	Win	05/29/09	0.77	Win
04/24/17	1.05	Win	03/13/09	0.71	Win
03/29/17	0.83	Win	02/03/09	0.81	Win
07/06/16	1.01	Win	10/30/08	0.80	Loss
05/19/16	1.37	Win	05/30/08	0.84	Loss
02/01/16	1.02	Win	04/18/08	0.82	Win
12/29/15	1.00	Loss	03/24/08	0.82	Win
11/27/15	1.12	Win	02/27/08	1.09	Win
09/11/15	1.21	Win	11/30/07	1.06	Win
05/19/15	1.03	Win	08/24/07	1.06	Win
04/10/15	0.85	Win	06/14/07	0.79	Win
03/24/15	1.04	Win	03/21/07	1.13	Win
01/23/15	1.28	Win	02/12/07	1.18	Win
12/26/14	0.73	Win	11/08/06	0.78	Win

**T-Lines Market Internals Buy QQQ - Call Options**

**Total Trades = 80**  
 Long 1x ATR(5) Wins = 74  
 Long 1x ATR(5) Losses = 6  
**Win % = 93%**

**Valid Market Internals ETF Option Trades 2007-2026 - Partial List**

Valid Trade Date	Symbol	Strategy	Status
05/20/26	QQQ	Gap & Go	Win
05/20/26	SPY	Gap & Go	Win
05/20/26	XLK	Gap & Go	Win
05/05/26	SPY	Gap & Go	Win
04/30/26	DIA	Gap & Go	Win
04/30/26	SPY	Gap & Go	Win
04/13/26	XLI	Tenkan Flat	Win
04/08/26	QQQ	Tenkan Flat	Win
04/08/26	XLI	Tenkan Flat	Win
04/08/26	XLK	Tenkan Flat	Win
03/17/26	DIA	Stochastics	Win
03/17/26	SPY	Stochastics	Win
03/17/26	XLI	Stochastics	Win
03/09/26	QQQ	Squeeze	Win
02/26/26	QQQ	T-Lines	Win
02/26/26	SPY	T-Lines	Win
02/26/26	XLK	T-Lines	Win
01/09/26	SPY	Gap & Go	Win
12/18/25	QQQ	Stochastics	Win
12/18/25	SPY	Stochastics	Win
12/18/25	XLK	Stochastics	Win
12/03/25	XLI	Tenkan Flat	Win
11/28/25	SPY	T-Lines	Win
11/10/25	QQQ	Gap & Go	Loss
11/10/25	XLK	Gap & Go	Loss
09/26/25	DIA	Gap & Go	Win
09/26/25	QQQ	Gap & Go	Win
09/26/25	SPY	Gap & Go	Win
09/26/25	XLK	Gap & Go	Win
09/18/25	QQQ	Gap & Go	Win
09/18/25	XLK	Gap & Go	Win
09/05/25	QQQ	Squeeze	Win
08/14/25	DIA	T-Lines	Win
08/14/25	XLI	T-Lines	Win
06/25/25	DIA	T-Lines	Win
06/25/25	XLI	T-Lines	Win
06/02/25	DIA	T-Lines	Win
06/02/25	XLI	T-Lines	Win
04/25/25	DIA	T-Lines	Win
04/25/25	XLI	T-Lines	Win
04/22/25	QQQ	Tenkan Flat	Win

Sector	Symbol
Dow Jones	DIA
Nasdaq	QQQ
S&P	SPY
Industrial	XLI
Technology	XLK

<b>Total Trades = 1721</b>	<b>Win %</b>
Total 1 ATR Target Wins - 1511	88%
Total 1 ATR Target Losses = 210	12%




# 2026 Coaching Special

 Offer expires: Midnight, Friday June 19, 2026

## Limited-Time Discounts

- **\$250 off** – Futures Swing Trading Program
- **\$250 off** – Daily Chart Options Swing Trading Program
- **\$750 off** – Combined Futures & Options Program (*Best Value*)
- **\$750 off** – Full Options Program (Daily & Weekly Strategies)

 Contact us through our website form or email us to receive the discounted pricing.

*\*\*\*Discounts apply to standard program pricing listed below \*\*\**

---

## Options Coaching Programs

### Daily Chart Options Program

#### 8 Swing Trading Strategies | \$1,750

This is the program we recommend for anyone new to option trading, as well as experienced traders looking to add more consistency and profitability to their trading portfolios. For newer traders, we will provide guidance with selection of option brokers, setup of trading and analysis platforms, plus address any questions or concerns that come up.

#### Program Highlights

- 20–40 trade opportunities per month
- Focus on high-probability trades (historically 84%+ win rate)
- Comprehensive trading plans for each setup
- 28 ETFs covering major markets, sectors, and international markets
- Win/loss statistics provided and updated periodically

Each coaching plan is customized based on your goals, preferred markets, and lifestyle.

## Ongoing Support & Trade Review

- Minimum 6 months of coaching support
- Monthly review of all trades
- Identification of execution or process errors
- Adjustments to strategies based on performance
- Clear expectations around normal vs. avoidable losses

This structured review process helps traders develop discipline, consistency, and confidence across different market environments.

---

## Coaching Format & Availability

- Initial setup sessions for charting and analysis platforms: 1–2 hours.
- 1-2 hour long coaching sessions scheduled weekly at mutually agreed upon days and times.
- Ongoing 1-on-1 support as needed throughout the program.

We prioritize flexibility and practical implementation for busy professionals.

## Futures Coaching Program

### Index & Currency Futures Swing Trading

**Investment: \$1,745**

This program is designed for both **new and experienced traders** seeking structure, discipline, and consistency.

#### What's Included

- 10 professionally developed futures trading strategies
- Detailed written trading plans for each setup
- Historical win/loss statistics and expectancy models
- Position sizing and profit-maximization techniques
- Coverage of ES, NQ, RTY, YM, AD, BP, CD, EC, and SF contracts

#### Coaching & Support

- Minimum **6 months of guided support**
- Monthly trade reviews and performance analysis
- Strategy refinement based on your results
- Direct coaching access via phone, Zoom, and email

This program is strongly recommended for traders seeking a **structured path to consistency**.

---

## One-On-One Coaching

Some traders learn best with individual attention. In private coaching sessions, Eversley works directly with you to:

- Accelerate the learning process
- Customize strategies to your experience level
- Help transition from simulation to live trading with confidence

Sessions are conducted **via Zoom or in person** (San Francisco Bay Area).

---

## Combined Futures & Options Program

### Futures + Options Daily Chart Strategies

**Investment: \$3,495**

This comprehensive program combines our futures and options strategies.

#### Program Highlights

- 10 Daily Chart Futures strategies
- 8 Daily Chart Options strategies
- ETF options with historical win rates of **84%+**
- 28 ETFs covering major markets, sectors, and international exposure
- 20–40 trade opportunities per month

#### Ongoing Development

- Monthly performance reviews
- Strategy optimization after 3–6 months
- Periodic statistical updates
- Personalized planning based on lifestyle and goals

## Training Format

- Initial setup sessions for charting and analysis platforms: 1–2 hours.
- 1-2 hour long coaching sessions scheduled weekly at mutually agreed upon days and times.
- Ongoing 1-on-1 support as needed throughout the program.

We prioritize flexibility and practical implementation for busy professionals.


---

## Next Steps

Call or email to discuss your trading goals and determine the best path forward to achieve those goals.

### **Eversley Forte**

[trading@behindscenes.com](mailto:trading@behindscenes.com)

 404-556-7181

 [www.behindscenes.com](http://www.behindscenes.com)

 Bay Area Options & Futures Swing Traders Meetup:

<http://www.meetup.com/Bay-Area-Options-and-Forex-Swing-Traders/>