

MOMENTUM TIMER PRO

Guidebook

Layout

1

11/02/2023



Equities	-S +B	11/01	Stop	10/31	10/30	10/27	10/26	10/25	10/24	1M B/S	1M Size	1M Stop	1M Dir	3M B/S	3M Size	3M Stop	3M Dir	6M B/S	6M Size	6M Stop	6M Dir
DIA - SPDR® Dow Jones Indstl Avg ETF	1	Buy	330.77	Sell	Sell	Sell	Sell	Sell	Sell	Sell	Min	329.70		Sell	Min	327.20		Buy	Min	329.79	
GDX - VanEck Vectors Gold Miners ETF	2	Sell	27.81	Sell	Buy	Buy	Buy	Buy	Buy	Buy	Mid	27.41		Buy	Min	27.38		Buy	Min	27.18	
GDXJ - VanEck Vectors Jr Gold Mnrs ETF	4	Sell	33.19	Buy	Buy	Buy	Buy	Buy	Buy	Buy	Max	32.71		Buy	Min	32.41		Buy	Min	32.42	
IBB - iShares Nasdaq Biotech ETF	3	Sell	114.17	Sell	Sell	Sell	Sell	Sell	Sell	Sell	Mid	113.04		Sell	Mid	111.89		Sell	Min	113.37	
ITB - iShares US Home Constrcn ETF	2	Buy	75.16	Buy	Sell	Sell	Sell	Sell	Sell	Sell	Mid	74.62		Sell	Mid	72.76		Buy	Min	74.41	

- 1 Issue Date
- 2 ETF Symbol and Name
- 3 Daily “Buy” or “Sell” signals for the past 10 trading days
- 4 Cumulative “Buy” signals (+) or Cumulative “Sell” signals (-)
- 5 1-Month Strength signal with “Buy” or “Sell” signals , position size, initial stop loss level, and directional arrow
- 6 3-Month Strength signal with “Buy” or “Sell” signals , position size, initial stop loss level, and directional arrow
- 7 6-Month Strength signal with “Buy” or “Sell” signals , position size, initial stop loss level, and directional arrow

Generating a Buy Signal

11/02/2023



Equities	-S +B	Momentum	Stop	10/31	10/30	10/27	10/26	10/25	10/24	1M B/S	1M Size	1M Stop	1M Dir	3M B/S	3M Size	3M Stop	3M Dir	6M B/S	6M Size	6M Stop	6M Dir
DIA - SPDR® Dow Jones Indstl Avg ETF	1	Buy	330.77	Sell	Sell	Sell	Sell	Sell	Sell	Sell	Min	329.70		Sell	Min	327.20		Buy	Min	329.79	
GDX - VanEck Vectors Gold Miners ETF	-2	Sell	27.81	Sell	Buy	Buy	Buy	Buy	Buy	Buy	Mid	27.41		Buy	Min	27.38		Buy	Min	27.18	
GDXJ - VanEck Vectors Jr Gold Mnrs ETF	-1	Sell	33.19	Buy	Buy	Buy	Buy	Buy	Buy	Buy	Max	32.71		Buy	Min	32.41		Buy	Min	32.42	
IBB - iShares Nasdaq Biotech ETF	-11	Sell	114.17	Sell	Sell	Sell	Sell	Sell	Sell	Sell	Mid	113.04		Sell	Mid	111.89		Sell	Min	113.37	
ITB - iShares US Home Constrctn ETF	2	Buy	75.16	Buy	Sell	Sell	Sell	Sell	Sell	Sell	Mid	74.62		Sell	Mid	72.76		Buy	Min	74.41	

A “Buy” signal is generated when Momentum Timer Pro’s proprietary momentum indicator is positive.

Identifying a Trade

11/02/2023



Equities	-S/+B	11/01	Stop	10/31	10/30	10/27	10/26	10/25	10/24	1M B/S	1M Size	1M Stop	1M Dir	3M B/S	3M Size	3M Stop	3M Dir	6M B/S	6M Size	6M Stop	6M Dir
DIA - SPDR® Dow Jones Indstl Avg ETF	1	Buy	330.77	Sell	Sell	Sell	Sell	Sell	Sell	Sell	Min	329.70		Sell	Min	327.20		Buy	Min	329.79	
GLD - VanEck Vectors Gold Miners ETF	2	Sell	27.87	Sell	Buy	Buy	Buy	Buy	Buy	Buy	Mid	27.41		Buy	Min	27.38		Buy	Min	27.18	
GDXJ - VanEck Vectors Jr Gold Mnrs ETF	-1	Sell	33.19	Buy	Buy	Buy	Buy	Buy	Buy	Buy	Max	32.71		Buy	Min	32.41		Buy	Min	32.42	
IBB - iShares Nasdaq Biotech ETF	-11	Sell	114.17	Sell	Sell	Sell	Sell	Sell	Sell	Sell	Mid	113.04		Sell	Mid	111.89		Sell	Min	113.37	
ITB - iShares US Home Constrctn ETF	2	Buy	75.16	Buy	Sell	Sell	Sell	Sell	Sell	Sell	Mid	74.62		Sell	Mid	72.76		Buy	Min	74.41	

When a “Sell” signals is followed by a “Buy” signal on the daily count, back testing suggests this is a high probability entry point for a short-term or day trade. When a high-probability trade is generated, the date, ETF symbol, and suggested initial stop-loss level will show up on the second page of the report titled “Daily Trades”.

An optimal change in momentum occurs anytime the 1-month signal is at a Sell Min, Sell Mid, or Sell Max and today’s daily signal is +1.

Entering a Trade

11/02/2023



Equities	-SI+B	11/01	Stop	10/31	10/30	10/27	10/26	10/25	10/24	1M B/S	1M Size	1M Stop	1M Dir	3M B/S	3M Size	3M Stop	3M Dir	6M B/S	6M Size	6M Stop	6M Dir
DIA - SPDR® Dow Jones Indstl Avg ETF	1	Buy	330.77	Sell	Sell	Sell	Sell	Sell	Sell	Sell	Min	329.70		Sell	Min	327.20		Buy	Min	329.79	
GDV - VanEck Vectors Gold Miners ETF	-2	Sell	27.87	Sell	Buy	Buy	Buy	Buy	Buy	Buy	Mid	27.41		Buy	Min	27.38		Buy	Min	27.18	
GDJ - VanEck Vectors Jr Gold Mnrs ETF	-1	Sell	33.19	Buy	Buy	Buy	Buy	Buy	Buy	Buy	Max	32.71		Buy	Min	32.41		Buy	Min	32.42	
IBB - iShares Nasdaq Biotech ETF	-11	Sell	114.17	Sell	Sell	Sell	Sell	Sell	Sell	Sell	Mid	113.04		Sell	Mid	111.89		Sell	Min	113.37	
ITB - iShares US Home Constrcn ETF	2	Buy	75.16	Buy	Sell	Sell	Sell	Sell	Sell	Sell	Mid	74.62		Sell	Mid	72.76		Buy	Min	74.41	

Using your preferred trading platform or custodian, back testing suggests when a high-probability trade signal is generated, a “Buy at Market Open” trade should be initiated for a short-term trade.

Controlling Your Risk

11/02/2023



Equities	-SI+B	11/01	Stop	10/31	10/30	10/27	10/26	10/25	10/24	1M B/S	1M Size	1M Stop	1M Dir	3M B/S	3M Size	3M Stop	3M Dir	6M B/S	6M Size	6M Stop	6M Dir
DIA - SPDR® Dow Jones Indstl Avg ETF	1	Buy	330.77	Sell	Sell	Sell	Sell	Sell	Sell	Sell	Min	329.70		Sell	Min	327.20		Buy	Min	329.79	
GLD - VanEck Vectors Gold Miners ETF	2	Sell	27.87	Sell	Buy	Buy	Buy	Buy	Buy	Buy	Mid	27.41		Buy	Min	27.38		Buy	Min	27.18	
GDJ - VanEck Vectors Jr Gold Mnrs ETF	-1	Sell	33.19	Buy	Buy	Buy	Buy	Buy	Buy	Buy	Max	32.71		Buy	Min	32.41		Buy	Min	32.42	
IBB - iShares Nasdaq Biotech ETF	-11	Sell	114.17	Sell	Sell	Sell	Sell	Sell	Sell	Sell	Mid	113.04		Sell	Mid	111.89		Sell	Min	113.37	
ITB - iShares US Home Constrctn ETF	2	Buy	75.16	Buy	Sell	Sell	Sell	Sell	Sell	Sell	Mid	74.62		Sell	Mid	72.76		Buy	Min	74.41	

It is strongly recommended utilizing a “Stop-Loss” when trading to limit your downside risk when entering a trade.

There are two types of stop-loss orders to consider:

- Sell-Stop Order that triggers should the price falls below a specified level. When the price falls below the specified level, a market order will be generated.
- Trailing-Stop Order that raises the stop order price by a specified amount or percentage as the price of the security increases. When the price falls below the specified level, a market order will be generated.

Controlling Your Risk

11/02/2023



Equities	-S +B	11/01	Stop	10/31	10/30	10/27	10/26	10/25	10/24	1M B/S	1M Size	1M Stop	1M Dir	3M B/S	3M Size	3M Stop	3M Dir	6M B/S	6M Size	6M Stop	6M Dir
DIA - SPDR® Dow Jones Indstl Avg ETF	1	Buy	330.77	Sell	Sell	Sell	Sell	Sell	Sell	Sell	Min	329.70		Sell	Min	327.20		Buy	Min	329.79	
GDV - VanEck Vectors Gold Miners ETF	2	Sell	27.87	Sell	Buy	Buy	Buy	Buy	Buy	Buy	Mid	27.41		Buy	Min	27.38		Buy	Min	27.18	
GDJ - VanEck Vectors Jr Gold Mnrs ETF	-1	Sell	33.19	Buy	Buy	Buy	Buy	Buy	Buy	Buy	Max	32.71		Buy	Min	32.41		Buy	Min	32.42	
IBB - iShares Nasdaq Biotech ETF	-11	Sell	114.17	Sell	Sell	Sell	Sell	Sell	Sell	Sell	Mid	113.04		Sell	Mid	111.89		Sell	Min	113.37	
ITB - iShares US Home Constrcn ETF	2	Buy	75.16	Buy	Sell	Sell	Sell	Sell	Sell	Sell	Mid	74.62		Sell	Mid	72.76		Buy	Min	74.41	

Momentum Timer Pro™ provides a suggest initial stop loss level, which is shown under the column titled “Stop” that is to the right of the daily signal.

The initial stop-loss level is a suggestion and can be modified based on your own risk. It may be necessary to give the initial trade more space than suggested by the initial stop-loss level during periods of elevated market volatility to prevent from being quickly stopped out of a trade.

Should the security traded rise in value, the initial stop loss level should be increased or converted to a trailing stop order.

Exiting a Trade

10/23/2023



Equities	-S +B	10/23	Stop	10/19	10/18	10/17	10/16	10/13	10/12	1M B/S	1M Size	1M Stop	1M Dir	3M B/S	3M Size	3M Stop	3M Dir	6M B/S	6M Size	6M Stop	6M Dir
DIA - SPDR® Dow Jones Indstl Avg ETF	-1	Sell	329.51	Buy	Buy	Buy	Buy	Buy	Buy	Sell	Mid	329.26		Buy	Min	326.48		Buy	Min	328.40	
GDX - VanEck Vectors Gold Miners ETF	9	Buy	29.08	Buy	Buy	Buy	Buy	Buy	Buy	Buy	Min	28.78		Buy	Min	28.36		Sell	None	28.55	
GDXJ - VanEck Vectors Jr Gold Mnrs ETF	9	Buy	34.20	Buy	Buy	Buy	Buy	Buy	Buy	Sell	Min	33.94		Sell	Min	33.33		Sell	Min	33.65	
IBB - iShares Nasdaq Biotech ETF	-3	Sell	115.88	Sell	Sell	Buy	Buy	Buy	Buy	Sell	Mid	115.92		Sell	Mid	114.76		Sell	Min	115.67	
ITB - iShares US Home Constrctn ETF	-3	Sell	71.00	Sell	Sell	Buy	Buy	Sell	Sell	Sell	Max	71.00		Sell	Mid	69.14		Buy	Mid	70.73	

There are several ways to exit a trade:

- For day traders, place a “Sell at Close” trade for the same trading day the trade was entered.
- Hold the trade until your target return has been met.
- Hold the trade until Momentum Timer Pro™ indicates a “Sell” signal on the daily count and enter a “Sell at Open” trade.
- Hold the trade until your “Stop Loss” level is triggered.

Trend Following

Uptrends

When a security is in an uptrend Momentum Timer Pro™ will suggest potential entry points along a rising trend as momentum during a rising trend will periodically turn negative as markets do not move in a straight line. These entry points, which may appear as short-term pullbacks in a rising trend will begin a new series of buy signals after generating a series of sell signals. These new entry points in a rising trend may be used as short-term trades, long-term trades, or to add to an existing position.

Downtrends

When a security is in a downtrend Momentum Timer Pro™ will suggest potential entry points as it attempts to find a bottom. In a downtrend, its signals will be frequently wrong, but it will identify short-term trades that may last one trading day to a few trading days. When attempting to trade a falling market, it is extremely important to aggressively use stop losses to control your downside risk exposure.

Strength Indicators

Momentum Timer Pro™ also includes longer-term indicators based on the net number of “Buy” signals generated over the past 1-, 3-, and 6-month periods. These longer-term signals can be used to determine the overall strength of a signal or trend of a security, to identify potential longer-term entry points, and to assist with position sizing. When the signal changes, a direction arrow will show up for one day signaling if the strength is increasing or decreasing.

1-Month Signal (21 trading days) will generate the following strength signals based on the following number of net “Buy” signals generated over the past 21 trading days: None = 0 or fewer net “Buy” signals, Min = 1-4 net “Buy” signals, Mid = 5-10 net “Buy” signals, and Max = 11+ net “Buy” signals. Sell signals are the reverse.

3-Month Signal (63 trading days) will generate the following strength signals based on the following number of net “Buy” signals generated over the past 63 trading days: None = 0 or fewer net “Buy” signals, Min = 1-11 net “Buy” signals, Mid = 13-30 net “Buy” signals, and Max = 31+ net “Buy” signals. Sell signals are the reverse.

6-Month Signal (126 trading days) will generate the following strength signals based on the following number of net “Buy” signals generated over the past 126 trading days: None = 0 or fewer net “Buy” signals, Min = 1-26 net “Buy” signals, Mid = 27-65 net “Buy” signals, and Max = 66+ net “Buy” signals. Sell signals are the reverse.

Trading the Strength Indicators

Uptrends

When a security is in an uptrend there may be pullbacks or dips in the price that can be bought or used to add to an existing position.

In an uptrend, the Strength Indicators will likely show a “Mid” or higher signal for both the 3- and 6-month Strength Indicators. A signal of “Mid” or higher in both the 3- and 6-month signals should provide validation of an uptrend.

1 Mo	Size	Dir	3 Mo	Size	Dir	6 Mo	Size	Dir
Sell	None		Buy	Mid		Buy	Mid	

This example shows a security in an uptrend, based on the 3- and 6-month Strength Indicators showing a “Mid” Size, but has experienced a pullback over the past 21 trading days as evident by the “None” Size for the 1-month window.

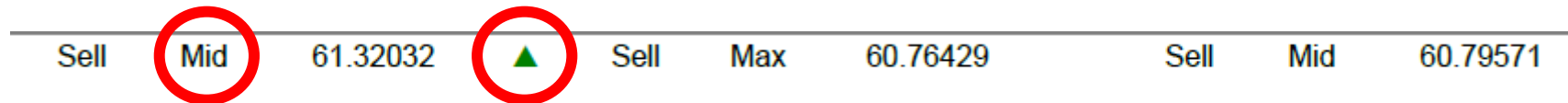
Trading the Strength Indicators

Uptrends

When the 1-month window increases to “Sell Mid” from a “Sell Max”, which happens when there are 10 net “Buy” signals in the past 21 trading days, this suggests a reversal in momentum is starting.

The same methodology can be applied to the 3-month and 6-month signals.

A green up arrow is generated when a strength indicator moves up a level strength. A red down arrow is generated when a strength indicator moves down a level in strength.



This example shows a security where the one-month window has moved from a “Sell Max” to a “Sell Mid” position as indicated by the green up arrow.

Trading the Strength Indicators

Downtrends

When a security is in a downtrend it is best to wait until a bottom has occurred prior to entering a position.

In a downtrend, the Strength Indicators will move from a Buy signal to a Sell signal over the 1-, 3- or 6-month windows as price and momentum declines.

Buy Signal

When the 1-month window is at “Sell Max” and the daily signal is +1, back testing suggests this is a high probability entry point for a trade as a reversal in momentum is starting.

When a high-probability trade is generated the ETF symbol and name will show up on the first page of the report titled “Daily Buy List”.

Currency Pairs	-S +B	02/05	Stop	02/02	02/01	01/31	01/30	01/29	01/26	1M B/S	1M Size	1M Stop	1M Dir	3M B/S	3M Size	3M Stop	3M Dir	6M B/S	6M Size	6M Stop	6M Dir
EURGBP - Euro/UK Pound Sterling	1	Buy	0.85618	Sell	Sell	Sell	Sell	Sell	Sell	Sell	Max	0.85542		Sell	Mid	0.85276		Buy	Min	0.85487	
EURAUD - Euro/Australian Dollar	24	Buy	1.65352	Buy	Buy	Buy	Buy	Buy	Buy	Buy	Max	1.65090		Buy	Min	1.64130		Buy	Min	1.64727	
EURNZD - Euro/New Zealand Dollar	23	Buy	1.77024	Buy	Buy	Buy	Buy	Buy	Buy	Buy	Max	1.76575		Buy	Min	1.75884		Buy	Min	1.76452	
EURUSD - Euro/US Dollar	-24	Sell	1.07126	Sell	Sell	Sell	Sell	Sell	Sell	Sell	Max	1.06965		Buy	Min	1.06578		Sell	Min	1.06802	

Using your preferred trading platform or custodian, back testing suggests when a high-probability trade signal is generated, a “Buy at Market Open” trade should be initiated.

Controlling Your Risk

The Daily, 1-month, 3-month, and 6-month signals include an **initial** stop-loss level based on a modified Average True Range formula.

The initial stop-loss levels are a suggestion and can be modified based on your own risk. It may be necessary to give the initial trade more space than suggested by the initial stop-loss level during periods of elevated market volatility to prevent from being quickly stopped out of a trade.

Stop losses should be used to control downside risk when entering a trade.

Should the security traded rise in value, the initial stop loss level should be increased or converted to a trailing stop order.

Equities	-S +B	11/01	Stop	10/31	10/30	10/27	10/26	10/25	10/24	1M B/S	1M Size	1M Stop	1M Dir	3M B/S	3M Size	3M Stop	3M Dir	6M B/S	6M Size	6M Stop	6M Dir
DIA - SPDR® Dow Jones Indstl Avg ETF	1	Buy	330.77	Sell	Sell	Sell	Sell	Sell	Sell	Sell	Min	329.70		Sell	Min	327.20		Buy	Min	329.79	

Exiting a Trade

There are several ways to exit a strength trade:

- Hold the trade until your target return has been met.
- Hold the trade until Momentum Timer Pro™ indicates a “Sell Min” signal on the strength window you are trading and enter a “Sell at Open” trade..
- Hold the trade until your “Stop Loss” level is triggered.

Equities	-S +B	09/28	Stop	09/27	09/26	09/25	09/22	09/21	09/20	1M B/S	1M Size	1M Stop	1M Dir	3M B/S	3M Size	3M Stop	3M Dir	6M B/S	6M Size	6M Stop	6M Dir
DIA - SPDR® Dow Jones Indstl Avg ETF	-7	Sell	334.48	Sell	Sell	Sell	Sell	Sell	Sell	Sell	Min	333.99	▼	Buy	Mid	332.94		Buy	Mid	333.81	

This example shows a security where the one-month window has moved from a “Buy Min” to a “Sell Min” position as indicated by the red down arrow.

Position Sizing

A set amount should be determined for each trade, which should be referred to as your initial position size.

This amount should be a fixed dollar amount relative to the size of your trading account to allow for multiple trades and to minimize losses should a trade go down.

When trading high-volatility securities, the position size should be reduced since losses on high-volatility securities can be large.

Should a position rise in value, add during dips or pullbacks in price at the same amount of your initial position size.

High-Volatility Securities

High-volatility securities can have large moves in price to both the upside and downside.

To reduce downside risk when trading high-volatility securities, use tighter stop-loss levels or wait until there are several moves higher in the signals.

For example, when trading a high-volatility security, rather than initiate a trade on the initial move (when the daily signal is +1 and the 1-month window is at "Sell Max") it may be prudent to wait for several confirming positive daily signals before initiating a trade.

By waiting for several confirming signals to generate a positive change in machine positioning it may help reduce potential downside risk when trading a high-volatility security.

Shorting a Security

Experienced traders or investors can use the report to short a security as they look to trade the reversal in price off an extreme long position.

It should be noted that only highly experienced traders or investors with extremely high-risk tolerances should consider shorting a security due to the potential of losing money when the price of a security rises while short.

Risk Disclosure Statement

Investment Advisory Services are offered through Atlas Financial Advisors, Inc. (AFA), a registered investment adviser. Information presented is for educational purposes only and does not intend to make an offer or solicitation for the sale or purchase of any specific securities, investments, or investment strategies. This personation was prepared by Steven Van Metre in his own personal capacity. The opinions expressed are his own and do not reflect the view nor recommendation of AFA or Steven Van Metre Financial.

Investments involve risk and are not guaranteed. Information expressed does not take into account your specific situation or objectives and is not intended as recommendations appropriate for any individual. All the information made available is generally provided to serve as an example only, without obligation and without specific recommendations for action. It does not constitute and cannot replace investment advice. We therefore recommend that you consult with a qualified tax, legal, or investment adviser before carrying out specific transactions and investments, before implementing any strategy discussed herein, and to determine whether any information presented may be suitable for your specific situation. Past performance is not indicative of future performance.

User acknowledges that AFA's past performance and information expressed cannot be viewed as a guarantee of future results. **AS WITH ALL MARKET INVESTMENTS, YOUR INVESTMENTS CAN APPRECIATE OR DEPRECIATE AND USER ACKNOWLEDGES THAT A LOSS OF PRINCIPAL INVESTMENT IS POSSIBLE.** AFA does not guarantee or warrant that information offered will result in profit. AFA may discuss and display charts, graphs, and/or formulas that are not intended to be used by themselves to determine which securities to buy or sell, or when to buy or sell them. Such charts and graphs offer limited information and should not be used on their own to make investment decisions.

The risk of loss in market timing or trying to anticipate the best time to buy or sell can be substantial. You should, therefore, carefully consider whether such trading is suitable for you in light of your circumstances and financial resources. Some risks can include:

- Missing out: Investors who try to time the market risk missing out on periods of high returns.
- Timing errors: Investors can make mistakes in timing, which can lead to purchasing too high or selling too low.
- Transaction costs: Investors who try to time the market may face higher capital gains taxes from the government.
- Market efficiency: Markets are efficient at quickly pricing unexpected news. It's difficult for investors to accurately pinpoint market highs or lows until after they've already occurred.

THIS BRIEF STATEMENT CANNOT, OF COURSE, DISCLOSE ALL THE RISKS AND OTHER ASPECTS OF MARKET TIMING.