

<a href="http://swingtradesystems.com">swingtradesystems.com</a> <b>Swing Trading Calculator</b> Running Daily Totals <Do <b>NOT</b> input data into colored cells>				Amount Invested			\$161,345.05		Average Holding Days			10.2	
				Amount After Comm.			\$162,812.92		Longest/Shortest Days			54	1
				Profit (\$)			\$1,467.87		Total Trading Fees			\$811.80	
				Profit (%)			0.91%		Number of Trades			82	

Stock Symbol	Purchase Date	Purchase Price	Sold Date	Sold Price	Quantity	Trade Fees	Amount Invested	Price Change per share	\$Amount after Comm.	Gain/Loss (%)	% Gain for all trades	Gain/Loss (\$)	# of Days held
PG	09/25/15	72.63	09/28/15	71.94	27	9.90	1961.01	0.69	1932.48	-1.45%	-1.45%	28.53	3
DD	09/30/15	48.06	10/02/15	47.55	41	9.90	1970.46	0.51	1939.65	-1.56%	-3.02%	30.81	2
MMM	10/05/15	146.42	11/10/15	156.68	13	9.90	1903.46	10.26	2026.94	6.49%	3.47%	123.48	36
MON	10/08/15	88.85										102.74	28
SHW	10/08/15	244.00										35.58	7
BIDU	10/09/15	144.28										610.98	38
KEY	10/12/15	13.18										33.90	1
APA	10/14/15	45.84										46.45	6
CF	10/14/15	52.62										42.83	2
CNQ	10/14/15	24.04										49.74	1
CTL	10/14/15	26.22										158.85	23
DVN	10/14/15	44.85										49.50	7
ENB	10/14/15	43.18										29.68	12
HES	10/14/15	60.25										43.89	6
PX	10/14/15	109.11										26.82	7
ABT	10/15/15	41.97										109.48	28
AMAT	10/15/15	15.73	12/08/15	18.63	127	9.90	1997.71	2.90	2356.11	17.94%	54.71%	358.40	54
AMP	10/15/15	110.44	10/22/15	109.75	18	9.90	1987.92	0.69	1965.60	-1.12%	53.58%	22.32	7
AON	10/15/15	91.10	10/20/15	90.10	21	9.90	1913.10	1.00	1882.20	-1.62%	51.97%	30.90	5
BABA	10/15/15	71.94	10/21/15	71.54	27	9.90	1942.38	0.40	1921.68	-1.07%	50.90%	20.70	6
BEN	10/15/15	37.80	11/05/15	40.77	52	9.90	1965.60	2.97	2110.14	7.35%	58.26%	144.54	21
BRFS	10/15/15	17.18	10/20/15	16.89	115	9.90	1975.70	0.29	1932.45	-2.19%	56.07%	43.25	5
CBS	10/15/15	42.47	11/04/15	49.15	46	9.90	1953.62	6.68	2251.00	15.22%	71.29%	297.38	20
CVS	10/15/15	102.20	10/28/15	102.78	19	9.90	1941.80	0.58	1942.92	0.06%	71.35%	1.12	13
HST	10/15/15	17.64	10/19/15	17.49	113	9.90	1993.32	0.15	1966.47	-1.35%	70.00%	26.85	4
IVZ	10/15/15	31.95	10/20/15	31.65	62	9.90	1980.90	0.30	1952.40	-1.44%	68.56%	28.50	5
JPM	10/15/15	61.85	11/12/15	66.86	32	9.90	1979.20	5.01	2129.62	7.60%	76.16%	150.42	28
KMI	10/15/15	32.27	10/19/15	31.68	61	9.90	1968.47	0.59	1922.58	-2.33%	73.83%	45.89	4
LNC	10/15/15	49.51	10/30/15	53.45	40	9.90	1980.40	3.94	2128.10	7.46%	81.29%	147.70	15
MBLY	10/15/15	49.88	10/20/15	47.95	40	9.90	1995.20	1.93	1908.10	-4.37%	76.92%	87.10	5
MET	10/15/15	48.24	10/28/15	49.47	41	9.90	1977.84	1.23	2018.37	2.05%	78.97%	40.53	13
NBL	10/15/15	36.28	10/21/15	35.97	55	9.90	1995.40	0.31	1968.45	-1.35%	77.62%	26.95	6
PAA	10/15/15	32.14	10/22/15	31.64	61	9.90	1960.54	0.50	1920.14	-2.06%	75.56%	40.40	7
PRU	10/15/15	78.26	11/10/15	85.56	25	9.90	1956.50	7.30	2129.10	8.82%	84.38%	172.60	26
SLB	10/15/15	76.07	10/16/15	74.92	26	9.90	1977.82	1.15	1938.02	-2.01%	82.37%	39.80	1
TFH	10/15/15	79.16	10/19/15	78.63	25	9.90	1979.00	0.53	1955.85	-1.17%	81.20%	23.15	4
TROW	10/15/15	70.10	11/09/15	75.65	28	9.90	1962.80	5.55	2108.30	7.41%	88.61%	145.50	25
UTX	10/15/15	93.15	10/19/15	92.50	21	9.90	1956.15	0.65	1932.60	-1.20%	87.41%	23.55	4
YHOO	10/15/15	33.41	10/20/15	33.15	59	9.90	1971.19	0.26	1945.95	-1.28%	86.13%	25.24	5
A	10/16/15	35.78	11/12/15	37.31	55	9.90	1967.90	1.53	2042.15	3.77%	89.90%	74.25	27
BDX	10/16/15	139.36	10/22/15	138.05	14	9.90	1951.04	1.31	1922.80	-1.45%	88.45%	28.24	6
GS	10/16/15	185.50	10/19/15	183.35	10	9.90	1855.00	2.15	1823.60	-1.69%	86.76%	31.40	3
L	10/16/15	36.19	10/20/15	35.97	54	9.90	1954.26	0.22	1932.48	-1.11%	85.65%	21.78	4
MFC	10/16/15	16.51	10/27/15	16.65	121	9.90	1997.71	0.14	2004.75	0.35%	86.00%	7.04	11
MS	10/16/15	33.88	10/19/15	31.92	59	9.90	1998.92	1.96	1873.38	-6.28%	79.72%	125.54	3
WMB	10/16/15	42.43	10/21/15	41.49	48	9.90	2036.64	0.94	1981.62	-2.70%	77.02%	55.02	5
XL	10/16/15	36.83	10/27/15	37.52	54	9.90	1988.82	0.69	2016.18	1.38%	78.39%	27.36	11
ZBH	10/16/15	98.73	10/19/15	97.65	20	9.90	1974.60	1.08	1943.10	-1.60%	76.80%	31.50	3
EMR	10/19/15	45.33	11/06/15	48.48	44	9.90	1994.52	3.15	2123.22	6.45%	83.25%	128.70	18
EMN	10/20/15	70.23	10/21/15	69.25	28	9.90	1966.44	0.98	1929.10	-1.90%	81.35%	37.34	1
HAL	10/20/15	37.90	10/27/15	37.68	53	9.90	2008.70	0.22	1987.14	-1.07%	80.28%	21.56	7
PYPL	10/20/15	34.83	10/21/15	34.28	57	9.90	1985.31	0.55	1944.06	-2.08%	78.20%	41.25	1
BX	10/21/15	33.73	10/28/15	33.20	60	9.90	2023.80	0.53	1982.10	-2.06%	76.14%	41.70	7
ALXN	10/22/15	167.74	11/06/15	169.78	11	9.90	1845.14	2.04	1857.68	0.68%	76.82%	12.54	15
AMGN	10/22/15	152.70	11/03/15	157.70	13	9.90	1985.10	5.00	2040.20	2.78%	79.59%	55.10	12
FAST	10/22/15	38.60	10/23/15	38.10	53	9.90	2045.80	0.50	2009.40	-1.78%	77.82%	36.40	1
NUE	10/22/15	42.76	10/27/15	42.27	46	9.90	1966.96	0.49	1934.52	-1.65%	76.17%	32.44	5
VIV	10/22/15	9.83	10/28/15	9.83	203	9.90	1995.49		1985.59	-0.50%	75.67%	9.90	6
WHR	10/22/15	159.80	10/23/15	159.99	12	9.90	1917.60	0.19	1909.98	-0.40%	75.27%	7.62	1
ETN	10/28/15	53.71	11/11/15	55.52	37	9.90	1987.27	1.81	2044.34	2.87%	78.14%	57.07	14
MHFI	10/29/15	94.18	10/30/15	93.26	21	9.90	1977.78	0.92	1948.56	-1.48%	76.67%	29.22	1
MYL	11/09/15	45.26	11/12/15	44.27	44	9.90	1991.44	0.99	1937.98	-2.68%	73.98%	53.46	3
LBTYA	11/10/15	45.99	11/13/15	45.53	43	9.90	1977.57	0.46	1947.89	-1.50%	72.48%	29.68	3
LNG	11/13/15	45.89	11/27/15	48.45	43	9.90	1973.27	2.56	2073.45	5.08%	77.56%	100.18	14
EXP	11/13/15	68.00	12/03/15	68.07	29	9.90	1972.00	0.07	1964.13	-0.40%	77.16%	7.87	20
MLM	11/16/15	157.34	12/03/15	156.01	12	9.90	1888.08	1.33	1862.22	-1.37%	75.79%	25.86	17
KMI	11/24/15	24.32	11/27/15	23.98	81	9.90	1969.92	0.34	1932.48	-1.90%	73.89%	37.44	3
WDC	11/25/15	61.75	12/11/15	61.52	32	9.90	1976.00	0.23	1958.74	-0.87%	73.02%	17.26	16
WFM	11/25/15	29.85	11/27/15	29.46	67	9.90	1999.95	0.39	1963.92	-1.80%	71.21%	36.03	2
WMT	11/25/15	60.44	11/27/15	59.90	33	9.90	1994.52	0.54	1966.80	-1.39%	69.82%	27.72	2
STX	11/27/15	34.62	12/03/15	34.38	57	9.90	1973.34	0.24	1949.76	-1.19%	68.63%	23.58	6
PEG	11/27/15	39.23	12/02/15	39.05	50	9.90	1961.50	0.18	1942.60	-0.96%	67.67%	18.90	5
TWTR	12/02/15	25.36	12/07/15	24.90	78	9.90	1978.08	0.46	1932.30	-2.31%	65.35%	45.78	5
KMX	12/03/15	58.01	12/11/15	57.75	34	9.90	1972.34	0.26	1953.60	-0.95%	64.40%	18.74	8
VFC	12/07/15	64.41	12/08/15	63.56	31	9.90	1996.71	0.85	1960.46	-1.82%	62.59%	36.25	1
HCA	12/09/15	67.41	12/11/15	66.27	29	9.90	1954.89	1.14	1911.93	-2.20%	60.39%	42.96	2
VRX	12/09/15	94.56	12/18/15	107.05	21	9.90	1985.76	12.49	2238.15	12.71%	73.10%	252.39	9
ANTM	12/10/15	134.85	01/04/16	137.19	14	9.90	1887.90	2.34	1910.76	1.21%	74.31%	22.86	25
DUK	12/14/15	68.19	12/18/15	68.99	29	9.90	1977.51	0.80	1990.81	0.67%	74.98%	13.30	4
SPG	12/14/15	185.31	01/04/16	191.68	10	9.90	1853.10	6.37	1906.90	2.90%	77.88%	53.80	21
STX	12/15/15	34.34	12/17/15	33.62	58	9.90	1991.72	0.72	1940.06	-2.59%	75.29%	51.66	2
ADM	12/21/15	35.24	01/04/16	35.88	56	9.90	1973.44	0.64	1999.42	1.32%	76.61%	25.98	14

**Don't panic! Here's what to do:**

- Study this spreadsheet to understand how it functions.
- Delete the historical data (just be careful not to delete cells with formulas).
- Use the empty spreadsheet as a template to log and calculate your own trades.
- \* After you make your first million, buy the administrators of [swingtradesystems.com](http://swingtradesystems.com) coffee and donuts.

\*Last step is optional.

total win	avg win	avg % win	win		reward/ risk	expectancy
3394.30	125.71	6.45%	27	32.93%		17.90
total loss	avg loss	avg % loss	loss		3.59	expectancy ratio
-1926.43	35.03	-1.77%	55	67.07%		0.5111