

	New up trend. (May fail.)		New down trend. (May fail.)
	No trend.		No trend.

Support and Resistance Table			
	No support or resistance.		Both support and resistance.
	Support only.		Resistance only.

Sym	Name	Updated	Adaptive ADX Trends							Smooth Slope Signals								
			Monthly	Weekly	Daily	90	60	45	30	15	Monthly	Weekly	Daily	90	60	45	30	15
SPY	S+P 500	01-22-11:32																
XIV	Inverse VXX	01-22-11:22																
DIA	DOW	01-22-11:26																
QQQ	Nasdaq 100	01-22-11:33																
IJH	MidCap 400	01-22-11:29																
IWM	Russel 2000	01-22-11:17																
XLF	Financials	01-22-11:23																
TLT	20 Year T Bond	01-22-11:19																
UUP	Dollar	01-21-16:06																
UVXY	2X VXX	01-22-11:06																
VXX	Shrt Trm Vix Fut	01-22-11:35																
VXZ	Long Trm Vix Fut	01-22-10:57																
VIX	VIX Index	01-21-15:23																
ZIV	Inverse VXZ	01-22-11:30																
IEF	10 Year T Bond	01-21-01:55																
GLD	Gold	01-22-11:25																
SLV	Silver	01-22-11:15																
JJC	Copper	01-21-02:13																
RJI	Commodities	01-21-16:23																
UNG	Natural Gas	01-21-01:27																
FCG	Natural Gas	01-21-15:19																
USO	Oil	01-21-14:42																
XOM	Exxon Mobil	01-21-01:42																
CVX	Chevron	01-20-20:33																
XLE	SPDR Energy	01-21-15:02																
EFT	Real Estate	01-21-																

