

You Can Find Top Growth Stocks in Less than
60 Minutes Per Week!



**From the Active Trend Trader
Dennis W. Wilborn**

Disclaimer

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DON'T TRADE WITH MONEY YOU CAN'T AFFORD TO LOSE. THIS IS NEITHER A SOLICITATION NOR AN OFFER TO BUY/SELL FUTURES OR OPTIONS. NO REPRESENTATION IS BEING MADE THAT ANY ACCOUNT WILL OR IS LIKELY TO ACHIEVE PROFITS OR LOSSES SIMILAR TO THOSE DISCUSSED IN THIS TRAINING. THE PAST PERFORMANCE OF ANY TRADING SYSTEM OR METHODOLOGY IS NOT NECESSARILY INDICATIVE OF FUTURE RESULTS.

CFTC RULE 4.41 – HYPOTHETICAL OR SIMULATED PERFORMANCE RESULTS HAVE CERTAIN LIMITATIONS. UNLIKE AN ACTUAL PERFORMANCE RECORD, SIMULATED RESULTS DO NOT REPRESENT ACTUAL TRADING. ALSO, SINCE THE TRADES HAVE NOT BEEN EXECUTED, THE RESULTS MAY HAVE UNDER-OR-OVER COMPENSATED FOR THE IMPACT, IF ANY, OF CERTAIN MARKET FACTORS, SUCH AS LACK OF LIQUIDITY. SIMULATED TRADING PROGRAMS IN GENERAL ARE ALSO SUBJECT TO THE FACT THAT THEY ARE DESIGNED WITH THE BENEFIT OF HINDSIGHT. NO REPRESENTATION IS BEING MADE THAT ANY ACCOUNT WILL OR IS LIKELY TO ACHIEVE PROFIT OR LOSSES SIMILAR TO THOSE SHOWN.

ALL MATERIALS PRESENTED ARE FOR **TRAINING PURPOSES ONLY.** **TRADERS SHOULD PAPER TRADE ANY NEW METHOD PRIOR TO RISK OF PERSONAL CAPITAL.** **PAST PERFORMANCE IS NOT AN INDICATION OR PROMISE FOR FUTURE PERFORMANCE**

Focus on the Few – Avoid the Noise

Trading Requires many traits that can be challenging to learn. Many traders are spread too thin because they are trying to do too much with too many stocks/ETFs with not enough time!

Learning to Stay Focus requires:

1. Getting our head around the truth that we only need to follow a few stocks & ETFs for success **(the Shrink who couldn't)**
2. Commitment to a routine, **(no gunslingers)**
3. Clear and Simple rules work best, **(no need to reinvent the wheel)**

“Wealth creation is a derivative of mechanically addressing opportunity.” TS



Focus on the Few – Avoid the Noise

Focusing on the Few leads to greater consistency—With the Active Trend Trading Systems

Make the decision to focus

- 1. Use the tools**
 - ❖ **Watch List - Simplified**
 - ❖ **Entry/Exit Rules**

- 2. Select a “Go To” Routine**
 - ❖ **What parts of the Watch List will I always review?**
 - ❖ **What is my most effective Entry Trigger?**



Focus on the Few – Avoid the Noise

“Go To” Watch List - Magnificent 7 + 1 Leveraged ETFs + 3-4 – Review Daily!

**3 Index ETFs - Diversity
4 Leveraged ETFs – Seasonality
10-15 Top 5 Growth Stocks**

**SPY
QQQ
IWM
XLF
XBU
GDX
USO
XOP**

Top 5 AutoPilot Stocks

These are my “Go To’s” because I know each year, they will move multiple times for moves of 10% or greater. Accelerated Compounding



Focus on the Few – Avoid the Noise



As Of		5/9/2021		<h2 style="text-align: center;">AutoPilot Leveraged ETF Pre-Flight Checklist</h2> <p style="text-align: center; color: red; font-weight: bold;">Any orders placed and not filled will autocancel after the market on Friday May 14th</p>	
ETF	Leveraged ETF	TSI Bull Cross Daily	Stock/ETF Resistance Zone		
SPY	UPRO/SPXU	Y	AVZ1 : 422.82 - 426 AVZ2 : 413.68	Alerts: Alert on SPY up at 422.82 & down at 414 Trade Setup: At AVZ1 on SPY with reversal trigger buy SPXU; at support at AVZ2 with reversal trigger trade UPRO Comments: 1/2 Position; Look for support at the 20 day EMA. Strongest of 3 Indexes. Looking for setups on all three Index ETFs	
QQQ	TQQQ/SQQQ	Y	AVZ1 : 342.80 - 349 AVZ2 : 326.45 - 333.97	Alerts: Alert on QQQ up at 342 or down at 329.43 Trade Setup: At AVZ1 with reversal trigger buy SQQQ; at support of AVZ2 with reversal trigger buy TQQQ Alternative: Conditional order if SQQQ price drops below 10.65 placed Stop/Limit Order to buy between 10.75 - 10.80; T1 = 11.77; T2 = 12.55; T3 = 13.40 + Trailing Stop to be adjusted; Trailing Stop at B.E. 10.80 Comments: 1/2 Position; Struggling to get past resistance at 336.65, looking for pullback towards 50% Fib at 325.09; Watch for intraweek setup at support or resistance.	
IWM	TNA/TZA	Y	AVZ1 : 230.95 - 234.53 AVZ2 : 215.50 - 218.64	Alert: Alert on IWM up at 230 or down at 219 Trade Setup: At AVZ1 on IWM with a reversal trigger buy TZA; at support at AVZ2 on IWM look to buy TNA Alternative: Conditional order if TNA retest 92.09 triggers Stop/Limit Order to buy between 92.20 - 92.30; T1 = 104.92; T2 = 110 ; T3 = 115.25; Stop at or below 85.84 Comments: 1/3 Position - Entered 1/3 position on Friday for Premium members - Bull Flag breakout.	
XBI	LABU/LABD	Waiting +	AVZ1 : 140.76 AVZ2 : 121.06 - 122.89	Alert: On XBI up at 135 or down at 124 Trade Setup: Pullback towards AVZ2 with reversal trigger buy on LABU; at resistance of AVZ1 look for reversal trigger for LABD - Comments: 1/2 Position to start. Weekly TSI turning up not in synch with daily crossing down.	
SMH	SOXL/SOXS	Y	AVZ1 : 245.50 - 254.41 AVZ2 : 232.80 - 235.52	Alert: On SMH up at 250 or down at 237.50 Trade Setup: Pullback to AVZ2 with reversal trigger for SOXL; at resistance at AVZ1 look for reversal trigger for SOXS Comments: 1/2 Position to start. Price action continues to weaken. At multiple types of support - Look for breakdown or bullish reversal canle.	
XLF	FAS/FAZ	Waiting	AVZ1 : 39.80 - 45.07 AVZ2 : 35.53 - 36.04	Alert: On XLF up at 39 or down at 36.75 Trade Setup: At AVZ1 on XFL with reversal trigger buy FAZ; at AVZ2 on XLF with reversal to buy FAS Alternative: Waiting for Pullback Comments: 1/2 Position. Looking to build to full position on FAS - Look to Intraday for triggers.	
XOP	GUSH/DRIP	Y Weekly	AVZ1 : 87.98 - 92.24 AVZ2 : 77.04 - 79.76	Alert: On XOP up at 87 or down at 80 Trade Setups: At AVZ1 on XOP with reversal trigger buy DRIP; at AVZ2 on XOP with reversal to buy GUSH Alternative: Conditional order if GUSH drops at or below 68.79 triggers Stop/Limit Order to buy between 68.90 - 69; T1 = 75; T2 = 80; T3 = 86 ; Stop at or below 65.84 Comments: 1/2 Position. Look for Bull Flag Setup & Intraday Trigger	

ATTS Rules

What to Trade: Fundamentally sound, IBD Quality **Growth Stocks & Select ETFs**

When to Enter: At **Objectively** defined Action Points

1. Primary Setup: **Observable Momentum Shift** with TSI Line turning up or crossing (Setup)
 - a. Trigger 1: Trade Bounces from above/below moving averages; intraday (more aggressive) or close (Primarily the 8/20 day EMAs)
 - b. Trigger 2: Trend line Breaks – With Momentum Shift Trigger on pullbacks to support/resistance. Example: Bull & Bear Flags
2. Alternative Early Entry Setup: Prior to Observable Momentum Shift approaching past support/resistance
 - a. Trigger 1: Trade at or near horizontal Support/Resistance with TSI Divergence and/or Reversal Candlestick
(If a weekly or daily downtrend is making a new low take extra precautions by reducing order size or using tight stops)

When to Exit: At **Objectively** defined Action Points

1. Stop Losses: 15-50 cents above or below swing high or swing low; Hard Stop Loss @ 4-8% loss from entry price based on volatility of Stock/ETF
2. 2-Week Time Stop with no or little movement

Profit Protection/Profit Stops

3. Profit Stop: Set technical targets for Income Generating Trades & adjusting trailing stops, 1/3 to 2/3's a position.
 - Profit Target 1 (T1) set for at least a 2:1 Reward/Risk Ratio
 - Profit Target 2 (T2) at 15-25% from entry price or 127.2% or 161.8% Fib Extensions on most recent High/Low Swing
 - Profit Target 3 (T3) – if 34 day EMA is above Breakeven – Exit on close below 34 day

If Price is 25% above entry Price (When this occurs price is typically over extended from 34-day EMA)

4. Profit Stop after candlestick reversal signal is confirmed, with TSI Crossover
 1. Break Trend Line: 15-50 cents above or below

What Strategy to Use: Long & Short Stocks and ETF's. Weekly Covered Calls/Spreads, Naked Puts, Strategic Bullish & Bearish Options (directional)

What to Expect: Cumulative Target: 40% ROI & 60% Winning Trades – Based on Back Testing and Actual Trade Results

Position Size: Size each position so max loss is no more than 1-2% of Total Account

Supporting Factors: With Convergence of Clues for Entries & Exits

- Candlestick Patterns
- Divergences
- Wait for the rebound or rejection of support/resistance – Don't Fade
- Use consistent price trigger cushion (5-50 cents) – Things to consider: Price of Stock/ETF
- Fibonacci both Price & Time

Focus on the Few – Avoid the Noise

“Go To” Entry Set Up

- TSI Tick Up
 - Daily Charts (Primary)
 - Weekly Charts
 - Intraday Charts

Time Frame of chart helps determine the holding period target



Focus on the Few – Avoid the Noise Even if just the SPY ETF

- **Example: SPY —Seasonality 13 years trades Entry Rule 1 and Exit Rules 1, 2 & 3**

Total Trade	50	4.17		Average Win	Ave Gain	Average Loss	Ave Loss	P/L Ratio	Expectancy
Loosing Trades	8	16%		119.04	4.61%	23.38	1.28%	5.09	96.26
Winning Trades	42	84%							
Average Days in trade	31								
Average Trades Per Year	3.85								

Initial Investment		1000	
	SPY Seasonality Return	Running Total	
2004	14.40%	1,143.99	
2005	9.56%	1,253.31	
2006	4.31%	1,307.29	
2007	10.71%	1,447.33	
2008	5.83%	1,531.73	
2009	30.08%	1,992.44	
2010	22.44%	2,439.61	
2011	27.52%	3,111.00	
2012	6.40%	3,310.08	
2013	15.43%	3,820.81	
2014	15.13%	4,398.86	
2015	13.55%	4,995.08	
2016	16.37%	5,812.85	
	14.75%		

Great Growth Stocks in Less than 60 Minutes Per Week

Follow the Few by Identifying the Few!

1. Leads to Efficient & Effective Use of Review Time! How many stocks or ETFs do you really need weekly?
2. Identify Price Action Close to a Proper Set Up (Areas of Value)!
3. Pick the Best-of-the-Best from IBD 50, Running List, Other IBD Premium Lists, Power Rank Elite List + Go – No Go Table every weekend



Great Growth Stocks in Less than 60 Minutes Per Week

Pick the Best-of-the-Best from IBD 50, Running List, Other IBD Premium Lists, Power Rank Elite List + Pre-Flight Checklist every weekend

Goal is to reduce number of stocks to watch quickly and then stick with that 2 Approaches

1. Choose one of the list

- See IBD and Download into Watchlist (Trading App and Sort)
- Take the top setups off the sort

2. Multiple List into the Power Rank Elite List 15-20 stocks weekly

- Visually identify trigger points and action plan
- Double check the list against stock check up



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Benefits of a Routine – Objective: BE READY!

Example:

The Trading Layman - Ministry Work and Family Time his most important time commitment – made his living trading!

How he used his routine:

- I prayed for inspiration on how to find better opportunities in less time.
- And instead of just flipping through charts, or watching business television, or reading tons of websites – here's what I did:
 1. Narrowed my focus to 20 financial instruments
 2. Triggered on only one chart pattern – pass on everything else
 3. Looked for that chart pattern on only one-time frame chart.
- When I did this – I had much less work to do. And occasionally, out of the corner of my eye, I'd see an opportunity.



Great Growth Stocks in Less than 60 Minutes Per Week

Time for a mindset change. Ask yourself - “What’s motivating me to find stocks weekly?” Quality, Quantity or something else?

Benefits:

- a. Having a routine helps ensure you do things well
- b. Enhances Creativity & Productivity
- c. Making time for what matters to you!

World Class Athletes learn routines that improve their performance

Golfers

- Practice Routine
- Pre-Playing Routine
- Game Routine
- Pre-shot Routine
- Post Routine



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Follow the Few by Identifying the Few!

1. Efficient & Effective Use of Review Time!
2. Close to a Proper Set Up!
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Rank	Company	Symbol
7	Ligand Pharmaceuticals	LGND
5	Viper Energy Partners Lp	VNOM
22	Medpace Holdings Inc	MEDP
3	Grubhub Inc	GRUB
10	Match Group Inc	MTCH
2	Abiomed Inc	ABMD
8	Paycom Software Inc	PAYC

Ticker	Power Factor	Power Ranking
WDAY	7	1
CDNS	6	2
FVRR	6	3
NOW	6	4
PKI	6	5
POOL	6	6
TER	6	7
TMO	6	8
BABA	5	9
IIVI	5	10
LRCX	5	11
TTD	5	12

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Follow the Few by Identifying the Few!

IBD 50, Running List, Other IBD Premium Lists, Power Rank Elite List + PreFlight Checklist

The screenshot shows the Investor's Business Daily website. At the top, there is a blue navigation bar with the text "BREAKING: Dow Jones Extends Losses" on the left and a "rackspace" advertisement on the right. Below this is the Charles Schwab logo and the main title "INVESTOR'S BUSINESS DAILY". A horizontal menu contains the following items: MARKET TREND, STOCK LISTS (highlighted), RESEARCH, NEWS, VIDEOS, LEARN, IBD LIVE, LEADERBOARD, SWINGTRADER, MARKETSMITH, and STORE. On the right side of the page, there are search and DW (Daily Watch) icons. Below the navigation menu, a "STOCK LISTS" dropdown menu is open, displaying a grid of links:

STOCK LISTS			
IBD Long-Term Leaders	CAN SLIM Select	New Highs	Stocks On The Move
IBD 50	IBD Data Tables	Relative Strength at New High	Stocks Near A Buy Zone
Sector Leaders	IBD ETF Indexes	Rising Profit Estimates	Stocks that Funds are Buying
IBD Big Cap 20	IPO Leaders	Stock Lists Update	New? Start Here
My Stock Lists	Stock Spotlight	Your Weekly Review	

Great Growth Stocks in Less than 60 Minutes Per Week

Other Time Saving Disciplines:

- Define Routine – Pre, During and Post Market
 - Time of Day to trade – Place Conditional order Pre or Post Live Market
 - Number of Stocks/ETFs/Options/Futures
 - Strategy 1, 2
 - ETFs & Selected Stocks
 - What Pattern or Patterns will I trade
 - Record results, thoughts, mistakes
 - ***Stop after finding 0-5 Trades***

Trading Routine: Sample

- a. Up 1 hour before Open
- b. Check overnight conditions
- c. Trade List & Set Ups - Still Valid?
- d. Check or Place Orders
- e. Go on with your day
- f. After Hour Review (When the trading day actually begins)



Brief focused spurts of effort more productive than hours of research with no action!

Focus on the Few – Avoid the Noise

- Conclusions:
 1. Decide to Focus
 2. Define What to Focus on
 3. Commit to action plan
 4. Be Patient with the market and with yourself!

Clarify, Simplify & Multiply

This has been the Motto of Active Trend Trading from the beginning!

We continuously work to Clarify & Simplify through refinements to the system. My goal is for the Active Trend Trading System to be provide a top-notch objective system that is both easy to learn and profitable to use.

Trade Wisely & Profitably,
Dennis W. Wilborn
Founder & Lead Technical Analyst

