

Get Started

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The link above takes you to the **Stocktracker Spreadsheet** that contains tracking data on more than 250 stocks. The first 5 columns tell you quite a lot of information you will need to make a preliminary assessment of the stock.

Getting to know the software. I suggest that you add a few symbols to your portfolio and execute multiple short and long entries to familiarize yourself with the software. As long as you do not close the account the profit and loss will not be permanently recorded. You can then delete the stocks from the portfolio and add them back if you ever want to actually trade in those stocks. Although the activity will be recorded in the log file you can make a comment to remind yourself that these transactions were done to facilitate your learning to use the tracker.

Symbol - These are color coded to indicate the capitalization range of the company.

Blue background - Large Capitalization - over 10 billion dollars

White background - Capitalization is more than 3 billion and less than 10 billion dollars

Pale Red background - Capitalization is less than 3 billion dollars

Oversold - This column indicates the price at which the Tracker considers the stock to be oversold on a short term basis. These figures are constantly changing based on current market conditions and various other technical and fundamental considerations. When the current price of a stock falls below the "oversold" figure the cell will turn blue - indicating that and tentative initial investment in the stock.

Overbought - This column indicates the price at which time the tracker considers the stock overbought on a short term basis. The cell will turn red to trigger one of two things.

1. It is time to take profits as there is probably more risk than reward on a short term basis.
2. A tentative initial entry on the short side of the market holds potential reward.

Volatility Factor - This is a very important number and it changes as the volatility of the stock changes. After a tentative initial entry has been made in a stock this figure determines the price at which the next investment should be made. If the stock has triggered the overbought signal the figure will be used by the tracker will be **doubled** to calculate the point at which the short position is reviewed. The figure and the formula are used together to protect capital and enhance the risk profile of the portfolio. Mush more on that later.

This column also serves another purpose. You will notice that the cells are shaded in two shades of gray. The lighter shade is assigned to stocks that pay dividends. The darker shade indicates stocks that do not pay dividends.

Dividends - If a stock does not pay dividends the only other reason for investing in it must be for capital gains. Dividends are likely to become much more important to investors as time goes by. A company that pays healthy dividends is less likely to be involved with creative accounting. Dividends represent cash that a company must be generating especially if it has

been increasing its dividend over time.

Add - Check this box if you would like to add a symbol to your personal portfolio. Once a stock is in your portfolio you access its execution box by double clicking the symbol.

Average Price - This will have more relevance once multiple entries have been made in a stock that is in your personal portfolio.

Average Percent - This will indicate the '**profit/loss**' percentage based on multiple entries and the current price.

Add to my Portfolio - This button is activated to add the symbols that have been checked to your personal portfolio. Once they have been added it will be necessary to activate the "**View My Portfolio**" button which will take you to your personal portfolio tracker.

Summary - When activated this button will take you to a summary of all your open and closed transactions along with your profit and loss account. Your start up equity and the brokerage commission you pay per trade need to be updated. {see instructions below}

My Portfolio List - This pull down window will expose the symbols that have been added to your portfolio.

Q Y M - These buttons will take you to **Q** - Quicken, **Y** - Yahoo Finance and **M** - Multex Investor for research purposes. Before adding a symbol to your portfolio you may want to do some due diligence on your own and these sites are recommended for that purpose. Once a symbol is in your portfolio it will have these three buttons to take you to research data for the particular symbol.

"View My Portfolio" - Activate this button to take you directly to your portfolio. Once you go there for the first time you need to activate the **UPDATE EQUITY** button. The default has set up the initial equity as a nominal \$10,000. You need to click on this button and change the startup equity to the correct figure. Additionally the **brokerage commission** that your broker charges per trade should be entered in the appropriate space provided and updated. Once these figures have been updated you may exit the box by clicking on the **x** in the top right hand corner of the window.

Delete - Once you have stocks in your portfolio they can be removed by checking the '**delete**' box and the activating the '**Remove from My Portfolio**' button.

Symbol - Clicking on a symbol brings up the symbol '**execution box**'

Execution Box - The scrolling message will usually have some numbers scrolling across the box. 1123 1343 indicates a stock that is suited for trading both boundaries. That is going long when it is oversold and short when its overbought. 1343 by itself will indicate a stock that is on the tracker primarily as a shorting candidate. When it becomes oversold it is time to cover the short but not time to buy it. Avoid buying a stock that is oversold but does not have the scrolling 1123.

Occasionally there will be some scrolling text that is self explanatory.

Entry 1 - Entered at Box - This is where you enter the actual price that you entered a stock

for the first time. The software uses this figure to calculate your second entry. You will notice that the cell changes color when the current price is lower than the price at the next entry level. When your second entry is made the program again calculates your next entry level based on the current volatility number. A change in the volatility number will recalculate the next entry level. This number will change based on current market conditions and for purposes of protecting capital. The volatility number is always doubled automatically if a stock is being shorted.

Entry 1 - Short/Buy box - This is where the number of shares being bought or shorted is placed. If the stock is being shorted the number should be preceded by a minus sign. The "Update" button is activated to record the transaction. This can also be done by pressing the 'enter' key on your computer keyboard.

The execution box will display profit and loss data as it relates to trading in a stock until the "Close Account" button is activated.

View Log - This log will record all activity with the stock and its importance will be referred to later.

Add or View Comment - This button will allow you to record notes that will remind you later of important thoughts at the time the trade is being made.

Cover or Sell - This box is where the number of shares being 'sold' or 'covered' in the case of a short position are entered. Enter the appropriate number of shares being sold or covered, in the case of a short transaction. Select the specific entry number and then the price at which the sale or cover took place. You may decide to sell any entry depending on the strategy you choose to use. All these transactions are viewable in the log file.

Process - This button is activated to record the 'cover or sell' transaction.

The total number of shares being held along with the total amount at risk and the average price and percentage are displayed along the bottom text line of the box.

Return to your portfolio - This is done by clicking on the X at the top right hand corner of the box.

Refresh / Retry button - Once you have returned to your portfolio it is necessary to right click on your mouse and hit your refresh or reload button. A box will come up labeled "Retry" - Activate this button to retrieve the data from the server. The portfolio data will now be up to date.

Research - The **Q Quicken**, **Y Yahoo Finance** and **M Multex Investor** buttons take you to the research sites. There you will get a lot of information and fundamental on the stock. On Quicken it is good to know that you can enter multiple symbols separated by a comma or a space. This will allow you to compare fundamentals.

Caution: - Reading what analysts have to say about a stock is interesting but that's about it. Most have their own agenda and are many times downright misleading.

1123 D

CWP - Cable & Wireless PLC - Adr Diana Cooke |  Tell a friend...

Over Sold	Over Bought	Volatility Factor	Current Price	Current P/L	Closed P/L	Net P/L
15.75	26.00	3.00	14.72	134.61	0.00	134.61

Price			Shares		
	Price	Entered At		Holdings	Short/Buy
Entry 1	15.75	<input type="text"/>	Entry 1	95	<input type="text"/>
Entry 2	12.75	<input type="text"/>	Entry 2	118	<input type="text"/>
Entry 3	9.75	<input type="text"/>	Entry 3	0	<input type="text"/>
Entry 4	6.75	<input type="text"/>	Entry 4	0	<input type="text"/>

Cover or Sell

shares of
Select

@

Total Shares	Total Invested	Average Price	Average Percent
213	3,001	14.09	4.49%

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Entry 2	12.75	<input type="text"/>	Entry 2	118	<input type="text"/>
Entry 3	9.75	<input type="text"/>	Entry 3	0	<input type="text"/>
Entry 4	6.75	<input type="text"/>	Entry 4	0	<input type="text"/>

Cover or Sell shares of @

Total Shares	Total Invested	Average Price	Average Percent
213	3,001	14.09	4.49%

PORTFOLIO SUMMARY

Open Accounts			Closed Accounts	
Symbol	Open [\$]	Closed [\$] (<i>Pending</i>)	Symbol	Closed [\$]
AET	0.00	905.08	AAPL	1,872.00
AZO	380.38	141.90		
CPN	706.15	0.00		
CWP	232.46	0.00		
DYN	151.83	0.00		
IP	-6.66	0.00		
IPG	387.66	0.00		
LOW	777.51	0.00		
MDT	178.47	0.00		
MEA	348.00	0.00		
NVDA	41.40	0.00		
PRE	506.76	0.00		
QQQ	718.20	301.00		
VZ	79.98	0.00		
XOM	99.63	252.00		

Startup Capital [\$100,000.00]			
Open P/L	\$4,601.77	Total Exposure	\$22,778.15
Closed P/L	\$3,471.98	Long Positions	\$13,488.30
Net P/L	\$8,073.75	Short Positions	\$9,289.85
Profit / Loss %	8.07%	P/L Realized	\$3,471.98
Cash on Hand	\$77,221.85	Commissions	\$142.00
Equity [\$108,073.75]			



Enter symbol for Closed Summary Report OR

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Delete	Symbol	Over Sold	Over Bought	Volatility Factor	Current Price	Current P/L	Entry 1	Entry 2	Entry 3	Entry 4	Entry 1	Entry 2	Entry 3	Entry 4	Total Shares	Total Invested	Average Price	Average Percent	Research
<input type="checkbox"/>	AET	14.00	35.50	5.00	36.21	0.00	14.00	9.00	4.00	-1.00	0	0	0	0			14.00	158.64%	QYM
<input type="checkbox"/>	AZO	53.00	78.00	7.50	64.58	408.98	67.75	80.00	95.00	110.00	-22	-22	0	0	-44	-3,250.50	73.88	12.58%	QYM
<input type="checkbox"/>	CPN	12.00	23.00	2.40	14.98	685.85	10.25	7.85	5.45	3.05	145	0	0	0	145	1,486.25	10.25	46.15%	QYM
<input type="checkbox"/>	CWP	15.75	26.00	3.00	13.89	134.52	12.75	9.75	6.75	3.75	118	0	0	0	118	1,504.50	12.75	8.94%	QYM
<input type="checkbox"/>	DYN	22.00	45.00	7.00	24.20	22.05	23.85	16.85	9.85	2.85	63	0	0	0	63	1,502.55	23.85	1.47%	QYM
<input type="checkbox"/>	IP	22.00	43.00	5.23	39.16	68.08	41.00	51.46	61.92	72.38	-37	0	0	0	-37	-1,517.00	41.00	4.49%	QYM
<input type="checkbox"/>	IPG	18.00	29.00	5.00	28.01	389.61	38.00	48.00	58.00	68.00	-39	0	0	0	-39	-1,482.00	38.00	26.29%	QYM
<input type="checkbox"/>	LOW	32.00	47.00	5.91	41.34	707.02	28.00	22.09	16.18	10.27	53	0	0	0	53	1,484.00	28.00	47.64%	QYM
<input type="checkbox"/>	MDT	36.00	49.00	4.00	48.67	197.91	56.00	64.00	72.00	80.00	-27	0	0	0	-27	-1,512.00	56.00	13.09%	QYM
<input type="checkbox"/>	MEA	20.00	33.00	3.00	31.44	315.52	26.00	23.00	20.00	17.00	58	0	0	0	58	1,508.00	26.00	20.92%	QYM
<input type="checkbox"/>	NVDA	26.00	72.50	6.50	63.86	59.57	66.45	79.45	92.45	105.45	-23	0	0	0	-23	-1,528.35	66.45	3.90%	QYM
<input type="checkbox"/>	PRE	30.25	51.00	5.00	49.08	495.28	37.00	32.00	27.00	22.00	41	0	0	0	41	1,517.00	37.00	32.65%	QYM
<input type="checkbox"/>	QQQ	33.00	43.00	7.00	39.37	613.98	28.00	21.00	14.00	7.00	54	0	0	0	54	1,512.00	28.00	40.61%	QYM
<input type="checkbox"/>	VZ	49.50	55.00	7.50	49.76	85.56	47.00	39.50	32.00	24.50	31	0	0	0	31	1,457.00	47.00	5.87%	QYM
<input type="checkbox"/>	XOM	39.00	49.00	5.75	38.63	66.83	37.00	31.25	25.50	19.75	41	0	0	0	41	1,517.00	37.00	4.41%	QYM

Delete Symbol Over Sold Over Bought Volatility Factor Current Price Current P/L Entry 1 Entry 2 Entry 3 Entry 4 Entry 1 Entry 2 Entry 3 Entry 4 Total Shares Total Invested Average Price Average Percent Research

- Last updated : Wednesday January 16th, 2002 [13:36:22] (EST) -

- Click on the 'Refresh or Reload' button in the browser to display the last updates processed -

September 21 Lows - Portfolio

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Delete	Symbol	Over Sold	Over Bought	Volatility Factor	Current Price	Current P/L	Entry 1	Entry 2	Entry 3	Entry 4	Entry 1	Entry 2	Entry 3	Entry 4	Total Shares	Total Invested	Average Price	Average Percent	Research
<input type="checkbox"/>	A	17.00	38.00	5.91	31.50	7,506.00	18.00	12.09	6.18	0.27	556	0	0	0	556	10,008.00	18.00	75.00%	QYM
<input type="checkbox"/>	ADBE	23.00	40.00	5.00	36.07	6,255.37	22.20	17.20	12.20	7.20	451	0	0	0	451	10,012.20	22.20	62.48%	QYM
<input type="checkbox"/>	ADCT	5.00	14.88	2.14	5.27	10,037.28	2.63	0.49	-1.65	-3.79	3,802	0	0	0	3,802	9,999.26	2.63	100.38%	QYM
<input type="checkbox"/>	ADI	33.00	50.00	7.96	46.84	6,154.80	29.00	21.04	13.08	5.12	345	0	0	0	345	10,005.00	29.00	61.52%	QYM
<input type="checkbox"/>	ADPT	9.50	18.82	2.25	17.97	14,959.53	7.20	4.95	2.70	0.45	1,389	0	0	0	1,389	10,000.80	7.20	149.58%	QYM
<input type="checkbox"/>	AEG	21.00	32.00	5.00	25.21	2,804.16	19.69	14.69	9.69	4.69	508	0	0	0	508	10,002.52	19.69	28.03%	QYM
<input type="checkbox"/>	AEOS	22.00	40.00	4.00	27.12	6,000.30	16.95	12.95	8.95	4.95	590	0	0	0	590	10,000.50	16.95	60.00%	QYM
<input type="checkbox"/>	AFL	23.00	33.75	4.00	26.00	1,305.00	23.00	19.00	15.00	11.00	435	0	0	0	435	10,005.00	23.00	13.04%	QYM
<input type="checkbox"/>	ALA	12.50	22.92	3.50	17.14	6,221.79	10.57	7.07	3.57	0.07	947	0	0	0	947	10,009.79	10.57	62.16%	QYM
<input type="checkbox"/>	ALL	31.00	48.00	4.00	32.35	784.90	30.00	26.00	22.00	18.00	334	0	0	0	334	10,020.00	30.00	7.83%	QYM
<input type="checkbox"/>	ALTR	15.00	27.00	5.62	24.77	6,905.13	14.66	9.04	3.42	-2.20	683	0	0	0	683	10,012.78	14.66	68.96%	QYM
<input type="checkbox"/>	AMAT	30.00	50.00	8.38	45.87	6,963.40	27.05	18.67	10.29	1.91	370	0	0	0	370	10,008.50	27.05	69.57%	QYM
<input type="checkbox"/>	AMD	12.00	22.00	5.79	19.29	15,091.60	7.69	1.90	-3.89	-9.68	1,301	0	0	0	1,301	10,004.69	7.69	150.85%	QYM
<input type="checkbox"/>	AMGN	51.00	67.50	5.00	57.33	2,615.80	45.44	40.44	35.44	30.44	220	0	0	0	220	9,996.80	45.44	26.17%	QYM
<input type="checkbox"/>	AOL	26.00	45.00	5.42	31.15	1,368.75	27.40	21.98	16.56	11.14	365	0	0	0	365	10,001.00	27.40	13.69%	QYM
<input type="checkbox"/>	ARW	13.00	33.00	3.75	30.97	7,211.32	18.00	14.25	10.50	6.75	556	0	0	0	556	10,008.00	18.00	72.06%	QYM
<input type="checkbox"/>	ATML	4.00	10.30	2.15	8.41	5,347.25	5.48	3.33	1.18	-0.97	1,825	0	0	0	1,825	10,001.00	5.48	53.47%	QYM
<input type="checkbox"/>	AXP	27.13	40.00	5.50	37.63	5,560.02	24.20	18.70	13.20	7.70	414	0	0	0	414	10,018.80	24.20	55.50%	QYM
<input type="checkbox"/>	BA	32.00	48.00	5.00	39.17	4,199.91	27.60	22.60	17.60	12.60	363	0	0	0	363	10,018.80	27.60	41.92%	QYM
<input type="checkbox"/>	BEN	26.00	43.00	2.68	36.42	1,507.32	31.65	28.97	26.29	23.61	316	0	0	0	316	10,001.40	31.65	15.07%	QYM
<input type="checkbox"/>	BK	32.00	47.00	4.25	45.83	5,418.96	29.75	25.50	21.25	17.00	337	0	0	0	337	10,025.75	29.75	54.05%	QYM
<input type="checkbox"/>	BMC	11.00	25.00	3.61	21.22	8,456.40	11.50	7.89	4.28	0.67	870	0	0	0	870	10,005.00	11.50	84.52%	

1123 1343

QQQ - Cubes

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Over Sold	Over Bought	Volatility Factor	Current Price	Current P/L	Closed P/L	Net P/L
33.00	43.00	7.00	41.30	718.20	301.00	1,019.20

Price			Shares		
	Price	Entered At		Holdings	Short/Buy
Entry 1	28.00	<input type="text"/>	Entry 1	54	<input type="text"/>
Entry 2	28.00	<input type="text"/>	Entry 2	0	<input type="text"/>
Entry 3	21.00	<input type="text"/>	Entry 3	0	<input type="text"/>
Entry 4	14.00	<input type="text"/>	Entry 4	0	<input type="text"/>

Update >>

Cover or Sell shares of Select @ Process >>

Total Shares	Total Invested	Average Price	Average Percent
54	1,512	28.00	47.50%

View Log

Add or View Comment

Close Account

1123 D

XOM - Exxon Mobil CorporationDiana Cooke |  [Tell a friend...](#)

Over Sold	Over Bought	Volatility Factor	Current Price	Current P/L	Closed P/L	Net P/L
39.00	49.00	5.75	39.43	99.63	252.00	351.63

Price			Shares		
	Price	Entered At		Holdings	Short/Buy
Entry 1	37.00	<input type="text"/>	Entry 1	41	<input type="text"/>
Entry 2	31.25	<input type="text"/>	Entry 2	0	<input type="text"/>
Entry 3	25.50	<input type="text"/>	Entry 3	0	<input type="text"/>
Entry 4	19.75	<input type="text"/>	Entry 4	0	<input type="text"/>

Update >>

Cover or Sell shares of Select @ Process >>

Total Shares	Total Invested	Average Price	Average Percent
41	1,517	37.00	6.57%

View Log

Add or View Comment

Close Account

Financial Data		
Equity : \$ 100,000.00	Change Equity	<input type="text"/>
Commissions : \$ 9.50	Change Commissions	<input type="text"/>
<input type="button" value="Submit"/>		

[Close Window](#)

AAPL - Apple Computer Inc

Diana Cooke

Total Holdings	0
Current P/L	0.00
Closed P/L	0.00
Net P/L	1,872.00

Comments

This is being closed because I expect the stock price to fall. I might short it. D

Close Account and update Profit & Loss Yes No ?

[Cancel and return to Account](#)