

"3 Week Calendar Boot Camp"

SHERIDAN
OPTIONS MENTORING

With
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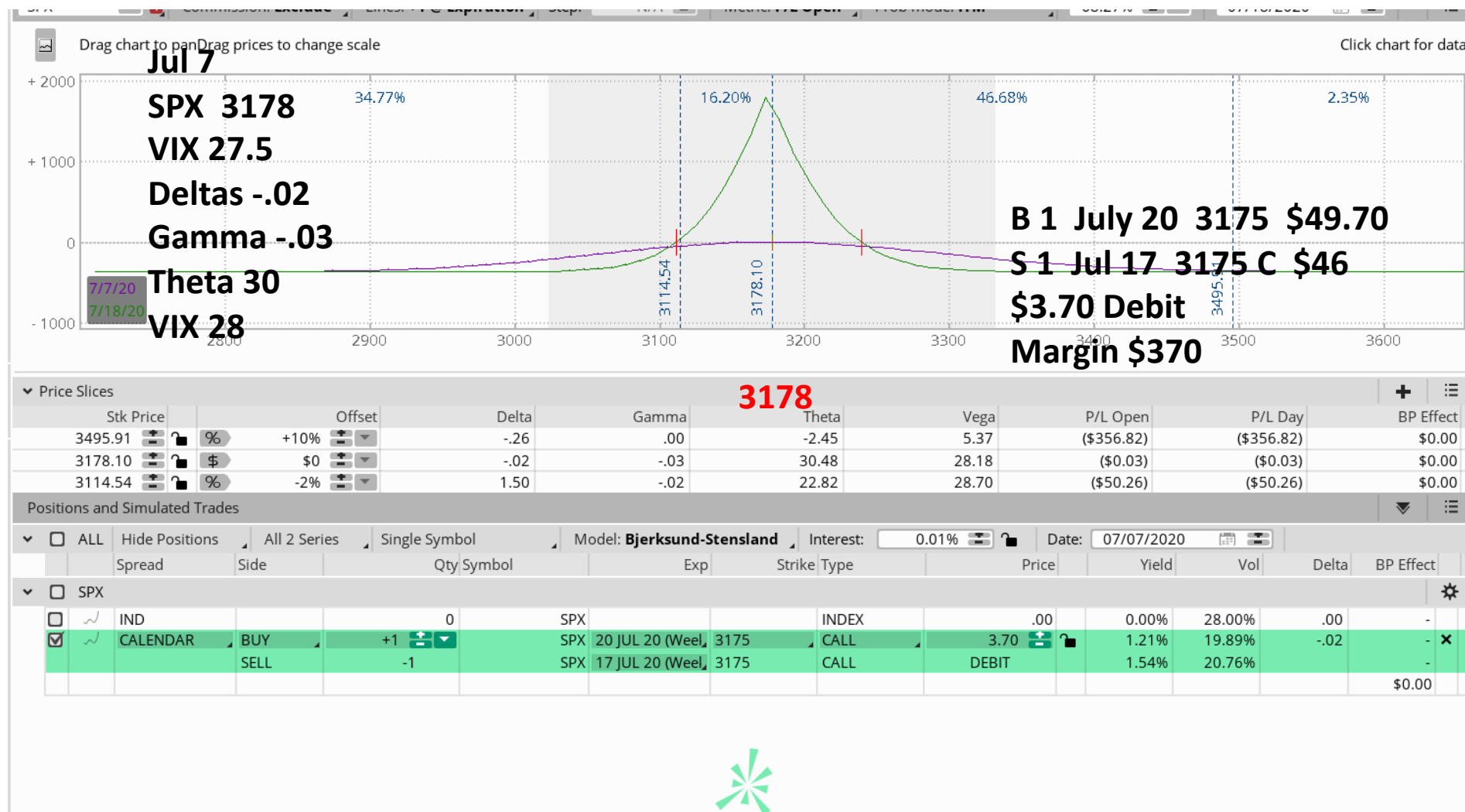
SPX 3189 +1.89, VIX 27.4 -.54, ATR 41



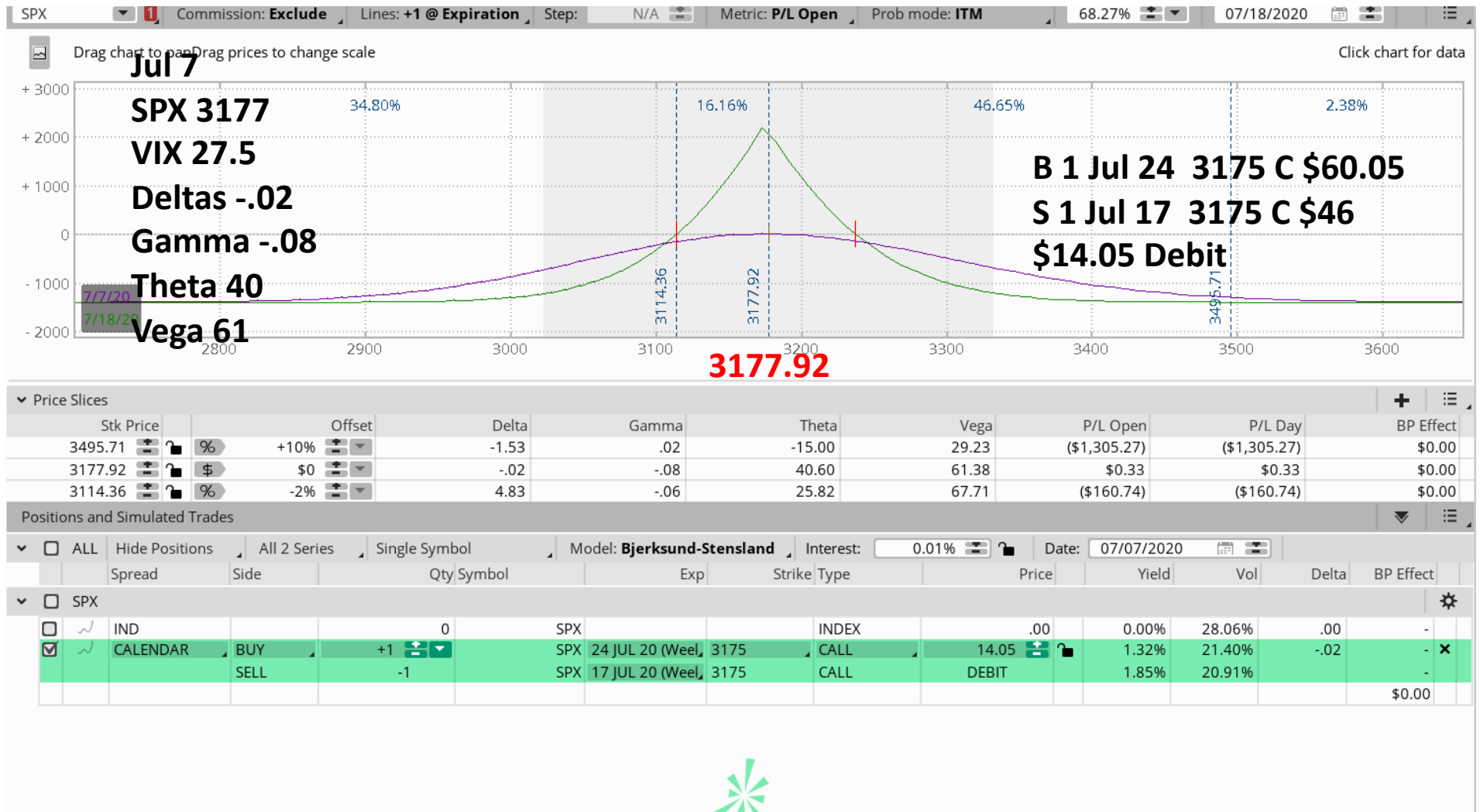
VIX 27.55



10 Day Calendar (Width of 3)



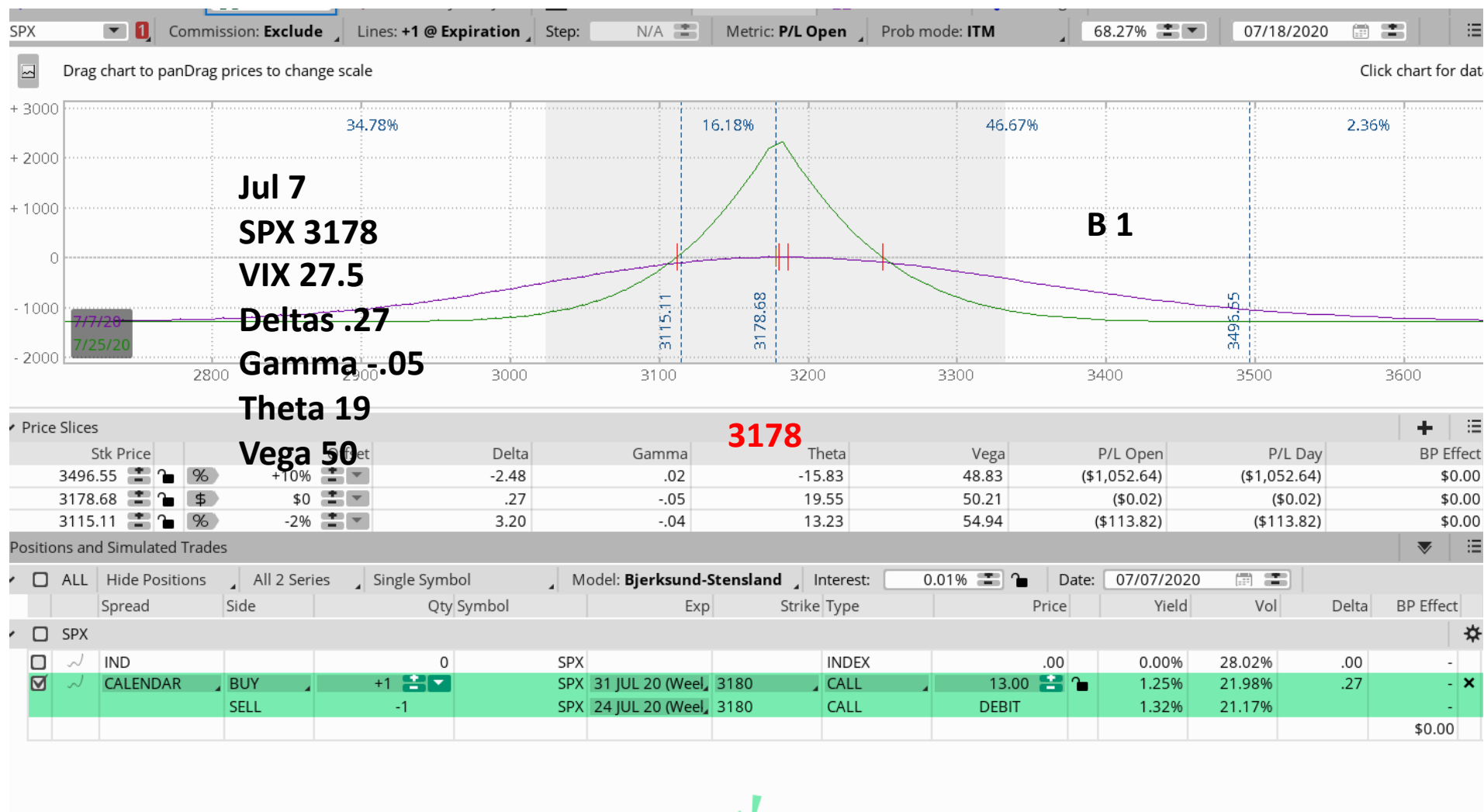
10 Day Calendar (Width of 7)



VIX 27.5. BE's 3113 and 3239. Short \$46 and Long \$60.05. 8 Day is \$40.



17 Day Calendar (Width of 7)



VIX 27.5. BE's 3112 and 3250. Short \$59 and Long \$72. 3180 with (8) = \$38.



Criteria Checklist for Weekly Calendars

- Price Action: Trending or Scaling?
- 1 and 2 Month Price Range?
- 200 Day SMA: Above or below it? More 1 ½ - 2 % moves or less this week?
- ATR: Trending up or down
- VIX Level last 1-3 Months? Range in Current High Volatility Environment is 24-40 and we are in lower range at 27.5

Criteria Checklist for Weekly Calendars

- Duration: Usually decided by VIX level and whether VIX has been up or down last 2-3 days and today. Also, ATR if trending up, would force us to a farther out duration.
- Width between Long and Shorts: Determined By VIX levels mainly, and also comparing Theta with other widths.

Skews SPX 3180.87

- Jul 10 (3) 19.65 F
- Jul 13 (6) 17.95 M
- Jul 17 (10) 20.15 F
- Jul 20 (13) 19.44 M
- Jul 24 (17) 20.81 F
- Jul 27 (20) 20.50 M
- Jul 31 (24) 21.61 F
- Aug 7 (31) 21.79 F
- Aug 31 (55) 21.96 M