



## Introduction

Welcome to your personalized Swing Trading Watchlist — a focused, practical system for tracking momentum stocks recommended by reputable fundamental analysts. This watchlist is intentionally built to be simple and repeatable: watch a trusted guru or fund manager, note stocks they mention more than once, and add the best candidates to your list. The goal is not to perform deep fundamental research on each company, but to start with a shortlist of quality candidates chosen by experts and then apply a momentum-first trading approach.

This system is designed for short-term swing trades that last days or a few weeks. Keep your watchlist tight — up to 30 stocks — so you can meaningfully monitor price action and spot emerging momentum without getting overwhelmed. Use technical signals (candlestick patterns, momentum indicators) to time entries and always set an 8% trailing stop on your trading platform to manage risk automatically. If a stock loses momentum, the trailing stop will help exit the position without second-guessing.

Treat the watchlist as a living document: update Momentum Status nightly, record entry and exit prices, and log outcomes to learn what works for you. Doing this consistently builds discipline and an objective record you can analyze later. This sheet is a tool to simplify decisions, enforce risk controls, and help you capitalize on short, high-probability momentum moves — not a replacement for your judgement or position-sizing rules.

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### Commit to using this system for at least 30 trading days:

Follow one guru, update the list nightly, and only trade stocks showing clear technical momentum. Within a month you'll have real data on what works for you — not theory — and you'll be able to make evidence-based adjustments to your approach.

Tonight, watch your chosen guru and add your first stocks to the watchlist. Update momentum status tomorrow morning and prepare for your first trades.

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# How to Use This Watchlist

## 1. **Build Your Watchlist:**

Each evening, follow a financial guru on CNBC (like Jim Cramer from Mad Money for example) and note stocks mentioned at least twice by your chosen guru or mutual fund manager. Add these stocks to your watchlist, up to a maximum of 30.

## 2. **Track Momentum:**

Use technical analysis to confirm if the stock currently has momentum. You'll want to have 2 or more technical indicators confirming your pattern. I'll suggest using the MACD, RSI, Slow Stochastics and/or Volume. Format your charts to display Candlesticks. IMHO - using 15m candles works great here as we're more concerned with daily outcomes than minute outcomes. Use the "Momentum Status" column to mark whether each stock currently shows upward momentum (Y/N). Focus your trades only on stocks with confirmed momentum.

## 3. **Entry and Exit:**

Record your actual entry price and exit price for each trade. Use technical analysis, especially candlestick patterns, to time your buy-ins for maximum advantage. Once you decide to establish a position, you might use a Limit Order set at just under the current stock price and watch it for 10m to confirm your purchase was triggered. Never use Market Order. Never, ever! A Market Order is placed at the end of the day and will always be in the brokers favor, not yours.

## 4. **Trailing Stop Confirmation:**

Immediately after establishing a new position in a stock, create/establish your Trailing Stop. Once the Trailing Stop has been applied at the broker, update your Watchlist. Confirm in the "Trailing Stop Set" column that you have set an 8% trailing stop on your trading platform to protect your capital and lock in profits automatically.

## 5. **Review Outcomes:**

The "Outcome" column automatically calculates your percentage gain or loss based on your entry and exit prices. Use this to review and refine your trading decisions over time.

## 6. **Once You've Exited a Positon**

Do not immediately repurchase the same stock. The stock dropped in a meaningful way. Let it "rest" for a bit. Simply return to your Watchlist, look up every chart on the list. You are essentially, hunting for momentum. Once you find momentum in the charts (confirmed by at least 2 technical indicators) establish a new position. Apply your trailing stop to your new position and update your Watchlist so you can track it all. - Rinse & Repeat. Don't get emotional.



## Summary of Our Strategy

Our swing trading approach is built on momentum, not fundamentals. We leverage the expertise of fundamentalist gurus to curate a watchlist of quality stocks but rely on price action and technical signals to enter and exit trades quickly — typically within days or weeks. The 8% trailing stop is a critical risk management tool that helps us stay disciplined and protect profits without constant monitoring.

By focusing on a manageable watchlist size and using clear entry and exit criteria, this system aims to simplify trading decisions and improve consistency. Remember, the goal is to ride momentum waves, not to hold stocks long-term or get caught in fundamental analysis.

## Closing & Resources

Thank you for trusting this system. Stay disciplined, keep your watchlist updated, and use this tool daily to guide your trades.

For more resources, updates, and support, visit [Watching Charts](https://watchingcharts.com)

Happy trading!

*Chris Daniel*

## Disclaimer

This watchlist and trading system are provided for educational purposes only. The information shared is intended to teach you how to develop your own trading skills and strategies — not to provide specific stock picks, buy or sell signals, or personalized financial advice.

Trading involves significant risk, and past performance is not indicative of future results. You are responsible for your own investment decisions. Always conduct your own research and consider consulting a licensed financial advisor before making any trades. This material does not constitute legal, financial, or investment advice.

