

Bullish 'Market Posture' Put-Hedge Worksheet

Date: _____ **Market Posture:** _____

S&P 500:

1 Week Put Credit Spread (Short Below Long SP) & Long One 12 Week Put (Debit)

New

Anchor	Put	Spread
--------	-----	--------

Symbol	WK	Friday Open	Short Put SP	Long Put SP	Credit	Div Date / \$ Amt	F-Close	Put	Debit	Loss
			/	/		/				
			/	/		/				
			/	/		/				

Closed

Date: **Market Posture:**

S&P 500:

1 Week Put Credit Spread (Short Below Long SP) & Long One 12 Week Put (Debit)

New

Anchor Put Spread

Symbol	WK	Friday Open	Short Put SP	Long Put SP	Credit	Div Date / \$ Amt	F-Close	Put	Debit	Loss
			/	/		/				
			/	/		/				
			/	/		/				

Closed