



# MONTHLY MILESTONE

April 2024 Issue

Dear Monthly Milestoner,

Cheers to you all!

In this month's episode of Monthly Milestone, Chris Capre reveals a 157% winner that popped in just two weeks!

As we pivot from Q1 to Q2 this year, learn how Chris discovered this winner before it popped and how he continues to use this same method going into the Spring months.

More importantly, learn how you can access this system he put in place.

Cheers to profits,

**Nikia Wade**

Host, Monthly Milestone



# “Banking on Wall Street Wisdom: 157% Profits in 2 Weeks!”

## Monthly Milestone Interview with Chris Capre



**Nikia Wade:** Hey guys, I am your host Nikia Wade, and I would like to welcome you back to Monthly Milestone where we interview analysts, traders, investors all over the country who are leading the pack. And I'm so grateful and happy to have back on our in-house Benzinga options expert, Mr. Chris Capre who brings a wealth of wisdom.

Chris is very busy and made time for us to talk about a really exciting play that he recently had. I want to just hop on into that. But first, I just want to thank you for making the time for us today, Chris.

**Chris Capre:** Thank you for having me. It's a pleasure being here.

**Nikia Wade:** Yes, absolutely. Your track record speaks for itself. There was a particular options play that you had, and you recommended it to your followers at 157% in profit in a matter of two weeks.

So to you guys watching and listening: Try to do that on your own. We always recommend not trading alone. And this isn't a one-time thing. Chris, you have plenty of trades that have performed well.

But I want to get into this particular one because it was a recent trade of yours. Now, without telling the name, let us know: How did this get on your radar? What caught your attention, and how did you know that it was the right time to pull the trigger?

## The 3-Point System

**Chris Capre:** This is a great question. So I'll simply explain my system. We can kind of use the acronym "PFP."

First I look for **Positions**, specifically where traders and institutions position in the market. So I call those positions or positioning.

Then I'm looking at **Flows** on the day or on the week. And that is a combination of what's happening in the share market, who's buying and selling shares, how much, and how aggressively they are doing that.

And then I'm also looking at the flows as well and options and seeing how those two play out on any given day. So that's kind of the part.

And then the other part is the **Price Action**. How is price manifesting in the chart in relation to these flows? And so, you know, when there's an imbalance of the buy side, if it's a strong enough imbalance markets are going to move up. But how that moves up and what it looks like on the charts can give us a lot of clues as to how aggressively it's being bought.

How much of an imbalance is there in the markets? How many people are buying versus selling? You know, where is the momentum shifting to? Is it transitioning?

**This simple model I use includes: Positions, Flows, and Price Action.**

It's this matrix that I use to help make my decisions on every single trade. And it's the basis that kind of lined up perfectly for this particular trade that, you know, we're talking about where I did 157% on in a couple of weeks.

I look for situations where all of those line up because when they're all lined up, then everything on the institutional side and on the retail side are all communicating the same thing.

This increases the probability that we're going to go up or down, depending upon which way those flows and positions are moving and how much can it move. Anytime I see those line up, I take a trade. I don't care whether it's bullish or bearish. If that is where everything is pushing, then I'm going to take that trade.

So any trade that I take has to have all three of those in alignment. And this was no different. And it's just one of those situations where it all lined up and moved very nicely.

Our direction took profit. Within the first day, it was already in the money and it never went into the negative. It just kept going and going, staying in our favor. So it was just a nice alignment of all the three. I pulled the trigger, and that's how we did it.

**Nikia Wade:** That's amazing. So it sounds like with your system, and you're pretty much blinders on. It doesn't matter what's happening in the market, whether it's a bearish or bullish market. You're saying as long as these things happen with your system, it's time tested. And you know that the time is right to pull the trigger, right?

**Chris Capre:** Correct. And there's always going to be a lot of talk and rhetoric and narrative about a stock. You can have some people saying, "Tesla's a great stock." That has a lot of narrative on both sides. There are people who are super bullish, and no matter what comes out, they're always bullish. And everything that comes out, whether it's positive or negative, they always try to find a positive spin on it.

And there are people who are uber negative about it, and they always try to find a negative spin on it. Anything that comes out positive or negative, they see it through that negative filter. And so that creates a lot of narrative and rhetoric around it.

This methodology doesn't care what's going on with the rhetoric because it doesn't really matter what an investor or an analyst or trader says. But when they put money on the line, when they put their own capital on the line to be bullish or bearish, that does say something. That sometimes aligns with the rhetoric & sometimes it doesn't.

But to me, it is a much more consistent signal than what people are saying, what people are analyzing, or what people are thinking is that money is the final kind of expression of what they really think and believe. And those can be in alignment with the rhetoric or not. But the flows are going to dominate if you have. It doesn't matter if the rhetoric is negative after an earnings, if the flows are bullish, that's not showing up, regardless of how much rhetoric and narrative there is on it.

And if there is really good earnings but the flows are bearish, that stock is going down regardless of how many positive things are going on. So the miners analogy you mentioned is kind of appropriate to say, in the sense that we just look at the dominant footprints, market, and what creates things going up and down. And that's order flows and positioning, and it's reflected in the price action.

## Ignoring Idle Chatter: What REALLY Produces Results

**Nikia Wade:** That's awesome. So now I'm curious. And then again, we're not going to give the name quite yet. But did you find at the time of that options play, was the market chatter more aligned or opposing with your move to go forward?

**Chris Capre:** Great question. It was actually kind of mixed. So this particular stock, it's not that this stock generated a whole lot of narrative by itself per se. It's not quite as popular as Tesla, Apple, Nvidia, or AMD, which are really hot right now. But it was one of those that people had mixed views on, and I was totally okay with that because everything else was screaming to me that this is going up.

The system was just all pointing upwards on this. And I had the intuition that if these things happen in the market, then this would be very beneficial for this particular sector that the stock is in. And after the FOMC had come out in mid-November, that's what started to happen. Everything started to kind of move into a place where it's like, okay, we feel the Fed had said this from the FOMC, and so now we're going to start taking positions based upon this.

That created a whole change in positioning and direction and even just kind of the verve in the markets after that FOMC, and this was one of those stocks that I had isolated. They said I think this could be a beneficiary of this if it comes out this way. And the FOMC came out that way. And then the positioning, the flows, and the price action all came out in alignment. So it was just a no-brainer. We had to take the trade.

**Nikia Wade:** That's amazing. So the people watching and listening, let's just let them know your options play that got 157% in profit in just two weeks flat.

**Chris Capre:** The stock was Citibank with the ticker AC. Here's the interesting thing about Citibank. It's not necessarily a fast or heavy moving stock by itself in terms of the financials. They can move decently, but they're not going to be as sexy as like an AMD, Nvidia, or Tesla, which is just going to move a lot over a week or so.

Financials are one of those things that when they're moving good, they might have some decent verve to it. But they're never going to have the flair that some of these others do. Yet we were able to generate a very large return in a very short period of time.

And so it was just one of those that after the FOMC maybe the thing that really triggered investors to say, "Hey, we want to get bullish because they're expecting more rate cuts in 2024." So this is November 23rd. And they're saying this. And I think investors took this as a sign that financials were going to recover and do well from this regardless of what you know the narrative was.

The bottom line is all those things came in alignment: the positions, the flows, the price action. And so we were just ready. We were looking for it. We saw it on the charts. We saw it in the flows. We saw it in the positioning. And so it was just time to get long at that point and take the trade.

## Get In On The Wins

**Nikia Wade:** That makes total sense. So like we said before, the numbers speak for themselves. You know what you're doing. Even the Citicorp move today, this is not an anomaly. Things like this have happened many other times before concerning your picks. So how can people get more access to Chris Capre on an ongoing basis with your pro-level options picks?

**Chris Capre:** Excellent question. So these types of picks I make available in this type analysis, I make available to members of our Trading Waves product. So that is kind of like a package of services or a suite of services. That includes several things. First off, these types of trade ideas I offer on average about six plus trades a month. And the majority of these are short term focused. But we also sprinkle in some swing trades in there as well.

So you know, some we'll hold for a couple of weeks (maybe a couple months). But the majority of trades we try to close within about a week's time. We try to get to our target pretty quick, be out of it, take our money, and move on to the next one. So that's the first thing that members, who sign up, get access to.

The second thing is that we also go live for our members every single Monday, and they get a chance to be live. Watch me day trade live, ask me questions about what I'm seeing in the flows, in the positioning, in the price action, and if they have trades themselves.

This is a chance to bounce their ideas off me and say, "Hey, what do you think? What do you see?" And then I'll share in real time like, "Hey, this looks great. I think it can go up to here. I would hold till you see this signal. I would exit when you see this signal. So it's one of those you're not trading alone environments. You're trading with a mentor there.



You get to talk to you live on top of it. I do live day trading chat sessions every Tuesday and Thursday, and we usually try to find a day trade for that particular day. We also give recommendations and analysis like, “Hey, I’m not trading this, but I think this could go down to 185 or 200 or something like that. So if you’re short on this, I think it can go down much lower. I would keep holding or something like that.”

So there’s that. But then there’s also another important thing. So I talked about my system. One of the key aspects of this system is the positions, that is very important.

That’s one of the beautiful things about options is that we can look at the options market. And every single day we get a refresh as to where the institutions are positioned, where they are at, and how strong or how weak they are. Add these particular strikes. Where are there bullish targets and where are their bearish targets?

And where can we see them coming together to create a really sticky zone that the markets will kind of hold before they move up or move down again?

This is positional analysis, and members of the [Trading Waves](#) product get access to these key levels that I update every single day about five minutes after the market opens.

So we review our top 10 tickers. We look at three indices, and then we look at a lot of the major tech tickers like Tesla, AMD, Apple, Microsoft, and all that. And we say, “Look, here is where the biggest concentration of bullish positions is targeting, or here’s where the biggest concentration of bearish positions is targeting.”

So traders aren’t just taking my trades. They’re looking at that dashboard saying, “Chris is telling me here based on positioning that this thing has room, even though it just broke out to a new weekly high. There’s bullish trades above that. So there’s room for this to go further.”

Now they can use that as a guide to make their own trading decisions. It’ll help them find their targets and their entries whether they’re bullish, bearish, or neutral. It doesn’t matter.

We can see every single day as these levels shift. If the levels shift, and they move up, then that's generally bullish. Institutions are moving their levels up. They're getting more bullish. So I'm going to stay bullish, or they can see it from the other side.

Hey they're increasing their bearish bets to the downside. That means they're getting more bearish on this. I need to consider maybe staying a little bit more short on this or holding for a little bit longer to the downside. So it's not just the trades. It's not just being live with me on Mondays. It's not just being live Tuesdays and Thursdays at the chat. It's not just getting their trade ideas bounced off of me and analyzed by me.

It's also access to these key positional levels. Wow, that's super important to know where the institutions are parked and where they're not. So you can make great trading decisions every single day.

**Nikia Wade:** Incredible. People would spend thousands of dollars. In fact, they usually do pay that amount to access your wisdom. But Chris humbly agreed that we are going to do a special offer. You will not see this anywhere else. It is only for those watching this Monthly Milestone podcast. That's it.

If you don't have one, you'll never see it again. That's a promise from the both of us. So instead of people signing up and joining for thousands or getting it at the \$997 founding member rate, Chris has agreed that we will give you a **30-day trial of all of this value for only \$49.**

You're not going to see that anywhere else. Actually, he told me before this, "Don't share this with anyone else." So this is exclusively for you guys. I'll be sure to drop the [link](#) in the actual newsletter so that you guys can hop in and get direct access to Chris and like-minded members as well.

You get all of this in addition to the pro-level options trades as well. It's a no-brainer. If I was not with Benzinga, I would be joining to follow you, Chris. I'll be happy to drop that in.

## Final Last Words: It Takes a Village

**Nikia Wade:** Is there anything else that you want to leave with the audience? I think you definitely hit the nail with everything that's included in your suite of services.

**Chris Capre:** Yes. Don't trade alone. When I was on Wall Street, we weren't trading alone. We weren't in our own room, siloed off from everybody else. We were on a long trading desk, rows of them with just rows of traders next to us, front and back, left and right. And that environment really allowed me to grow and get information from more experienced traders who have been there for years and different perspectives.

So never trade alone. And the information that you trade with matters and understanding how institutions are positioned and how their positions change over time matters.

When you start to employ this kind of method and you start to see how the positions and the flows and the price action all line up, it changes the way you see the markets.

You can't go through this methodology and see the market the same. It never happens. Everybody who comes in this program, when they come out, they see the market differently.

They just look at it differently. And that creates different opportunities and real growth in people's trading. And so I think that the most important thing that I want people to take home is: The 157% winner is great. But I'm already past that. I'm looking for my next one. I'm looking for a 200-300% winner.

I'm always looking for these trades. And I'm just constantly watching, waiting for the tea leaves to line up. And when it comes time, it's time to take the trade.

I want y'all to see this method, learn this method, and trade with me. So that's the message I want to leave with everybody else. And once they really understand that, then I think it'll change the way they experience the market!

**Nikia Wade:** It sounds like they are learning how to think risk-free. It's one thing to give people your options ideas. But it's another thing when you're like, "Okay, I actually get to see how this guy is thinking on an everyday basis."

And that's where the transformation comes from, just like you said. That's awesome. I appreciate your time. You're probably one of the busiest people I know. So again, thank you for making time for the Monthly Milestone.

Guys, I'll hook you up with the special link. That will be [\\$49 for a 30-day trial for Trading Waves](#). You will see this offer nowhere else. It's just for you guys.

And Chris, I look forward to having you back again. Again, I appreciate your time. And until next time.

**[Editor's Note:** To access Chris Capre's Trading Waves, where you'll get lightning-quick options trades. You can [go here now](#) to get started for your special 30-day trial at only \$49.]

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