PRO TRADER STRATEGIES · FREE CHECKLIST

The 15-Minute Sunday Sector Scan

A report-only routine: see which sectors are strong and whether money is shifting. Run it every Sunday with Friday's closes.

YOUR 15 MINUTES

☐ **1. Market light (2 min).** Are SPY and QQQ above their 50-day and 200-day moving averages? Both above both = GREEN. Both below their 200-day = RED. Anything else = YELLOW. *It describes the conditions, not the direction.*

☐ **2. Rank the 11 sectors (6 min).** For each ETF below, compare its return with SPY's over 1, 3 and 6 months (21, 63, 126 trading days). Count how many of the 3 windows it beats SPY: that is its **Score (0-3)**. Mark whether it closed above its 50-day SMA.

☐ **3. Top 3 / bottom 3 (2 min).** Strong = Score 3 and above its 50-day SMA. Weak = Score 0 or 1 and below it. Write down the top 3, the bottom 3, and what changed since last week.

☐ **4. One group (3 min).** Open the strongest sector's industry-group ETFs (for example SMH, XBI, KRE, XOP, XHB, IYT, GDX) and run the same comparison. Note which group is strongest.

☐ **5. Log it (2 min).** One line: date, market light, top 3, bottom 3, change. Review your log every 4 weeks.

SECTOR SCOREBOARD (FILL IN)

ETF	Sector	1m vs SPY	3m vs SPY	6m vs SPY	Score	> 50-day?
XLB	Materials					
XLC	Communication Svcs					
XLE	Energy					
XLF	Financials					
XLI	Industrials					
XLK	Technology					
XLP	Consumer Staples					
XLRE	Real Estate					
XLU	Utilities					
XLV	Health Care					
XLY	Consumer Discretionary					

Relative = sector return minus SPY return. Use adjusted closes (dividends included). Example: sector +8%, SPY +5% = +3 points. Score a point for each window above zero.

MY WEEK

Date (Friday)	
Market light	
Top 3	
Bottom 3	
Changed	
Strongest group	

TWO REAL EXAMPLES

Strength continued: Energy (XLE), Feb 28, 2022. Beat SPY over 1, 3 and 6 months and sat above its 50-day. Over the next 63 trading days XLE returned +26.6% (SPY -4.6%).

Strength reversed: Energy (XLE), Mar 31, 2025. Same reading. Over the next 63 trading days XLE returned -7.8% (SPY +10.7%).

Same reading, opposite outcomes. The scan describes what is strong **now**; it does not predict what comes next. In our test of 515 month-end leader readings since 1999, the sector beat SPY over the next three months 51.7% of the time (48.7% for all sector-months).

KEEP IN MIND

- Read sectors **before** you look at any single stock.
- Leadership rotates: the best sector one year was the best the next year only 3 times in 25 (2000-2025).
- This is a report. It names no stocks and gives no trade ideas.
- A strong reading is a description of the past, not a forecast.

WANT A HEAD START?

The Sector Money Flow dashboard shows, in green and red, where money appears to be moving in and out of the 11 sectors, weekly and daily. The free Market Jukebox sector heatmap is another quick view for Step 2. Next week we will walk through the full scan on video.

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