

CAPITAL PRIDE INVESTMENT ADVISOR

DATE	SCRIP	STRIKE	LOT SIZE	RECO	RATE	LOOKED AT	LOOKED AT	LOOKED AT	PROFIT / LOSS			TOTAL POINT
									T1	T2	T3	
17-01-2020	GOLD	100	LONG	39800	39860	39860	6000.00	0.00	0.00	60.00	6000.00	
17-01-2020	CRUDEOIL	100	SHORT	4175	4150	4150	2500.00	0.00	0.00	25.00	2500.00	
16-01-2020	GOLD	100	LONG	39710	39770	39770	6000.00	0.00	0.00	60.00	6000.00	
15-01-2020	CRUDEOIL	100	LONG	4120	4085	4085	-3500.00	0.00	0.00	-35.00	-3500.00	
14-01-2020	GOLD	100	LONG	39370	39430	39430	6000.00	0.00	0.00	60.00	6000.00	
14-01-2020	SILVER	30	LONG	45970	46120	46120	4500.00	0.00	0.00	150.00	4500.00	
14-01-2020	CRUDEOIL	100	LONG	4120	4145	4145	2500.00	0.00	0.00	25.00	2500.00	
10-01-2020	CRUDEOIL	100	LONG	4240	4205	4205	-3500.00	0.00	0.00	-25.00	-2500.00	
10-01-2020	GOLD	100	SHORT	39680	39780	39780	-10000.00	0.00	0.00	-100.00	-10000.00	
09-01-2020	GOLD	100	SHORT	39880	39800	39800	8000.00	0.00	0.00	80.00	8000.00	
09-01-2020	CRUDEOIL	100	SHORT	4250	4225	4225	2500.00	0.00	0.00	25.00	2500.00	
08-01-2020	GOLD	100	LONG	41280	41180	41180	-10000.00	0.00	0.00	-100.00	-10000.00	
06-01-2020	GOLD	100	LONG	40980	40880	40880	-10000.00	0.00	0.00	-100.00	-10000.00	
03-01-2020	GOLD	100	LONG	39780	39840	40000	6000.00	16000.00	0.00	220.00	22000.00	
03-01-2020	SILVER	30	LONG	47600	47750	47750	4500.00	0.00	0.00	150.00	4500.00	
03-01-2020	CRUDEOIL	100	LONG	4520	4545	4545	2500.00	0.00	0.00	25.00	2500.00	
02-01-2020	GOLD	100	LONG	39140	39200	39320	6000.00	12000.00	0.00	180.00	18000.00	
02-01-2020	CRUDEOIL	100	SHORT	4360	4335	4335	2500.00	0.00	0.00	25.00	2500.00	
01-01-2020	CRUDEOIL	100	LONG	4375	4380	4380	500.00	0.00	0.00	5.00	500.00	
31-12-2019	CRUDEOIL	100	SHORT	4350	4325	4325	2500.00	0.00	0.00	25.00	2500.00	
30-12-2019	CRUDEOIL	100	LONG	4425	4450	4450	2500.00	0.00	0.00	25.00	2500.00	
26-12-2019	CRUDEOIL	100	SHORT	4365	4400	4400	-3500.00	0.00	0.00	-35.00	-3500.00	
23-12-2019	CRUDEOIL	100	LONG	4290	4315	4315	2500.00	0.00	0.00	25.00	2500.00	
20-12-2019	SILVER	30	LONG	44600	44750	45000	4500.00	7500.00	0.00	450.00	12000.00	
19-12-2019	SILVER	30	LONG	44450	44600	44600	4500.00	0.00	0.00	150.00	4500.00	
19-12-2019	CRUDEOIL	100	LONG	4330	4355	4355	2500.00	0.00	0.00	25.00	2500.00	
18-12-2019	CRUDEOIL	100	LONG	4300	4325	4325	2500.00	0.00	0.00	25.00	2500.00	
18-12-2019	GOLD	100	LONG	37980	38040	38040	-8000.00	0.00	0.00	-80.00	-8000.00	
17-12-2019	SILVER	30	SHORT	44550	44400	44400	4500.00	0.00	0.00	150.00	4500.00	
17-12-2019	CRUDEOIL	100	LONG	4280	4305	4305	2500.00	0.00	0.00	25.00	2500.00	
16-12-2019	SILVER	30	LONG	44470	44520	44520	4500.00	0.00	0.00	150.00	4500.00	
16-12-2019	CRUDEOIL	100	LONG	4245	4270	4270	2500.00	0.00	0.00	25.00	2500.00	
13-12-2019	CRUDEOIL	100	LONG	4210	4235	4235	2500.00	0.00	0.00	25.00	2500.00	
13-12-2019	GOLD	100	SHORT	37530	37610	37610	-8000.00	0.00	0.00	-80.00	-8000.00	
12-12-2019	GOLD	100	LONG	37650	37710	37850	6000.00	14000.00	0.00	200.00	20000.00	
12-12-2019	CRUDEOIL	100	LONG	4160	4185	4185	2500.00	5000.00	0.00	25.00	2500.00	
11-12-2019	GOLD	100	LONG	37630	37690	37690	6000.00	0.00	0.00	60.00	6000.00	
11-12-2019	CRUDEOIL	100	LONG	4180	4145	4145	-3500.00	0.00	0.00	-35.00	-3500.00	
10-12-2019	GOLD	100	SHORT	37620	37560	37560	6000.00	0.00	0.00	60.00	6000.00	
10-12-2019	CRUDEOIL	100	LONG	4175	4200	4200	2500.00	0.00	0.00	25.00	2500.00	
09-12-2019	GOLD	100	LONG	37640	37698	37698	5800.00	0.00	0.00	58.00	5800.00	
09-12-2019	NATURALGAS	1250	SHORT	158.3	157	157	16225.00	0.00	0.00	1.30	1625.00	
06-12-2019	CRUDEOIL	100	LONG	4180	4210	4210	3000.00	0.00	0.00	30.00	3000.00	
05-12-2019	NATURALGAS	1250	SHORT	175	173	170	2500.00	3750.00	0.00	5.00	6250.00	
03-12-2019	CRUDEOIL	100	LONG	4040	4005	4005	-3500.00	0.00	0.00	-35.00	-3500.00	
29-11-2019	NATURALGAS	1250	SHORT	175	173	170	2500.00	3750.00	0.00	5.00	6250.00	
28-11-2019	CRUDEOIL	100	LONG	4140	4165	4165	2500.00	0.00	0.00	25.00	2500.00	
26-11-2019	GOLD	100	LONG	37680	37600	37600	-8000.00	0.00	0.00	-80.00	-8000.00	
25-11-2019	CRUDEOIL	100	LONG	4150	4115	4115	-3500.00	0.00	0.00	-35.00	-3500.00	
22-11-2019	GOLD	100	LONG	38020	38080	38080	6000.00	0.00	0.00	60.00	6000.00	
22-11-2019	CRUDEOIL	100	LONG	4200	4165	4165	-3500.00	0.00	0.00	-35.00	-3500.00	
21-11-2019	GOLD	100	LONG	38130	38050	38050	-8000.00	0.00	0.00	-80.00	-8000.00	
20-11-2019	GOLD	100	LONG	38310	38230	38230	-8000.00	0.00	0.00	-80.00	-8000.00	
19-11-2019	CRUDEOIL	100	LONG	4075	4100	4100	2500.00	0.00	0.00	25.00	2500.00	
14-11-2019	NATURALGAS	1250	LONG	192	192	192	0.00	0.00	0.00	0.00	0.00	
13-11-2019	GOLD	100	LONG	38060	38120	38120	6000.00	0.00	0.00	60.00	6000.00	
13-11-2019	CRUDEOIL	100	SHORT	4050	4085	4085	-3500.00	0.00	0.00	-35.00	-3500.00	
11-11-2019	CRUDEOIL	100	LONG	4050	4075	4075	2500.00	0.00	0.00	25.00	2500.00	
08-11-2019	CRUDEOIL	100	SHORT	3995	4030	4030	-3500.00	0.00	0.00	-35.00	-3500.00	
06-11-2019	CRUDEOIL	100	LONG	4050	4075	4075	3500.00	0.00	0.00	25.00	2500.00	
01-11-2019	NATURALGAS	1250	LONG	188	191	191	3750.00	0.00	0.00	3.00	3750.00	
01-11-2019	GOLD	100	LONG	38470	38390	38390	-8000.00	0.00	0.00	-80.00	-8000.00	

31-10-2019	GOLD	100	LONG	38000	38060	38060	6000.00	0.00	0.00	60.00	6000.00
31-10-2019	CRUDEOIL	100	LONG	3940	3805	3805	-3500.00	0.00	0.00	-35.00	-3500.00
23-10-2019	CRUDEOIL	100	LONG	3835	3860	3935	2500.00	7500.00	0.00	100.00	10000.00
21-10-2019	GOLD	100	LONG	38000	38060	38060	6000.00	0.00	0.00	60.00	6000.00
21-10-2019	CRUDEOIL	100	LONG	3805	3770	3770	-3500.00	0.00	0.00	-35.00	-3500.00
17-10-2019	CRUDEOIL	100	LONG	3775	3800	3800	2500.00	0.00	0.00	25.00	2500.00
15-10-2019	CRUDEOIL	100	SHORT	3790	3825	3825	-3500.00	0.00	0.00	-35.00	-3500.00
14-10-2019	CRUDEOIL	100	SHORT	3820	3790	3790	3000.00	0.00	0.00	30.00	3000.00
09-10-2019	CRUDEOIL	100	LONG	3780	3805	3880	2500.00	0.00	0.00	25.00	2500.00
09-10-2019	GOLD	100	SHORT	38340	38420	38420	-8000.00	0.00	0.00	-80.00	-8000.00
01-10-2019	CRUDEOIL	100	SHORT	3900	3875	3875	2500.00	0.00	0.00	25.00	2500.00
30-09-2019	CRUDEOIL	100	SHORT	3934	3900	3900	3400.00	0.00	0.00	34.00	3400.00
27-09-2019	GOLD	100	SHORT	37500	37440	37440	6000.00	0.00	0.00	60.00	6000.00
27-09-2019	CRUDEOIL	100	SHORT	3900	3870	3870	3000.00	0.00	0.00	30.00	3000.00
25-09-2018	GOLD	100	LONG	38080	38140	38140	38140.00	0.00	0.00	60.00	6000.00
23-09-2018	GOLD	100	SHORT	37780	37860	37860	-8000.00	0.00	0.00	60.00	-6000.00
23-09-2018	CRUDEOIL	100	SHORT	4115	4150	4150	-3500.00	0.00	0.00	-35.00	-3500.00
20-09-2018	GOLD	100	SHORT	37560	37500	37500	37500.00	0.00	0.00	60.00	6000.00
19-09-2018	GOLD	100	LONG	37640	37700	37700	6000.00	0.00	0.00	60.00	6000.00
19-09-2018	CRUDEOIL	100	LONG	4215	4215	4215	0.00	0.00	0.00	0.00	0.00
16-09-2018	GOLD	100	LONG	38020	38080	38080	6000.00	0.00	0.00	60.00	6000.00
16-09-2018	CRUDEOIL	100	LONG	4280	4300	4300	4300.00	0.00	0.00	20.00	2000.00
13-09-2018	CRUDEOIL	100	SHORT	3905	3880	3880	2500.00	0.00	0.00	25.00	2500.00
12-09-2018	CRUDEOIL	100	SHORT	4005	3980	3900	2500.00	7500.00	0.00	100.00	10000.00
11-09-2018	GOLD	100	SHORT	38140	38220	38220	-8000.00	0.00	0.00	-80.00	-8000.00
10-09-2018	CRUDEOIL	100	LONG	4200	4220	4220	2000.00	0.00	0.00	20.00	2000.00
09-09-2018	GOLD	100	LONG	38530	38450	38450	-8000.00	0.00	0.00	-80.00	-8000.00
05-09-2018	GOLD	100	LONG	39530	39450	39450	-8000.00	0.00	0.00	-80.00	-8000.00
05-09-2018	CRUDEOIL	100	SHORT	4035	4070	4070	-3500.00	0.00	0.00	-35.00	-3500.00
04-09-2018	GOLD	100	LONG	39440	39500	39620	6000.00	12000.00	0.00	180.00	18000.00
03-09-2018	GOLD	100	LONG	39200	39260	39370	6000.00	11000.00	0.00	170.00	17000.00
03-09-2018	CRUDEOIL	100	SHORT	3945	3915	3845	3000.00	7000.00	0.00	100.00	10000.00
30-08-2018	GOLD	100	LONG	38830	38890	39120	6000.00	0.00	0.00	60.00	6000.00
30-08-2018	SILVER	30	LONG	46680	46880	46880	6000.00	0.00	0.00	200.00	6000.00
30-08-2018	CRUDEOIL	100	SHORT	4065	4040	4040	2500.00	0.00	0.00	25.00	2500.00
29-08-2018	GOLD	100	LONG	39340	39400	39400	6000.00	0.00	0.00	60.00	6000.00
29-08-2018	SILVER	30	LONG	47000	47200	47200	6000.00	0.00	0.00	200.00	6000.00
28-08-2018	SILVER	30	LONG	47000	47200	47500	6000.00	9000.00	0.00	500.00	15000.00
28-08-2018	CRUDEOIL	100	LONG	3980	4005	4080	2500.00	7500.00	0.00	100.00	10000.00
27-08-2018	CRUDEOIL	100	SHORT	3875	3910	3910	-3500.00	0.00	0.00	-35.00	-3500.00
23-08-2018	CRUDEOIL	100	SHORT	3990	3965	3890	2500.00	7500.00	0.00	100.00	10000.00
22-08-2018	GOLD	100	LONG	37980	38040	38160	6000.00	12000.00	0.00	1.60	18000.00
21-08-2018	CRUDEOIL	100	LONG	4060	4085	4085	2500.00	0.00	0.00	25.00	2500.00
20-08-2018	GOLD	100	LONG	37960	38020	38020	6000.00	0.00	0.00	60.00	6000.00
20-08-2018	CRUDEOIL	100	SHORT	4035	4000	4000	-3500.00	0.00	0.00	-35.00	-3500.00
09-08-2019	NATURALGAS	1250	SELL	148.3	151.3	0	-3750.00	0.00	0.00	-3.00	-3750.00
08-08-2019	CRUDEOIL	100	SELL	3730	3705	0	2500.00	0.00	0.00	25.00	2500.00
07-08-2019	CRUDEOIL	100	SELL	3800	3775	3700	2500.00	10000.00	0.00	100.00	10000.00
06-08-2019	CRUDEOIL	100	SELL	3900	3880	0	2000.00	0.00	0.00	20.00	2000.00
05-08-2019	GOLD	100	SELL	36900	37000	0	-10000.00	0.00	0.00	-100.00	-10000.00
02-08-2019	CRUDEOIL	100	SELL	3815	3850	0	-3500.00	0.00	0.00	-35.00	-3500.00
02-08-2019	GOLD	100	SELL	35840	35920	0	-8000.00	0.00	0.00	-80.00	-8000.00
01-08-2019	CRUDEOIL	100	SELL	4000	3975	3900	2500.00	10000.00	0.00	100.00	10000.00
01-08-2019	GOLD	100	LONG	35100	35160	35260	6000.00	16000.00	0.00	160.00	16000.00
31-07-2019	CRUDEOIL	100	LONG	4030	4030	0	0.00	0.00	0.00	0.00	0.00
31-07-2019	GOLD	100	SELL	34480	34560	0	-8000.00	0.00	0.00	-80.00	-8000.00
31-07-2019	NATURALGAS	1250	SELL	148.4	151.4	0	-3750.00	0.00	0.00	-3.00	-3750.00
30-07-2019	CRUDEOIL	100	LONG	3940	3965	0	2500.00	0.00	0.00	25.00	2500.00
30-07-2019	GOLD	100	SELL	34660	34600	34500	6000.00	16000.00	0.00	160.00	16000.00
29-07-2019	NATURALGAS	1250	SELL	149	147	0	2500.00	0.00	0.00	2.00	2500.00
29-07-2019	CRUDEOIL	100	SELL	3880	3855	0	2500.00	0.00	0.00	25.00	2500.00
29-07-2019	GOLD	100	SELL	34720	34709	0	1100.00	0.00	0.00	11.00	1100.00
26-07-2019	GOLD	100	SELL	34820	34760	0	6000.00	0.00	0.00	60.00	6000.00
26-07-2019	NATURALGAS	1250	SELL	153.7	151.7	0	2500.00	0.00	0.00	2.00	2500.00
26-07-2019	CRUDEOIL	100	SELL	3890	3865	0	2500.00	0.00	0.00	25.00	2500.00
25-07-2019	CRUDEOIL	100	SELL	3880	3915	0	-3500.00	0.00	0.00	-35.00	-3500.00
24-07-2019	GOLD	100	LONG	34930	34990	0	6000.00	0.00	0.00	60.00	6000.00
24-07-2019	SILVER	30	LONG	41560	41710	0	4500.00	0.00	0.00	150.00	4500.00
24-07-2019	CRUDEOIL	100	SELL	3940	3975	0	-3500.00	0.00	0.00	-35.00	-3500.00

23-07-2019	CRUDEOIL	100	SELL	3890	3865	0	2500.00	0.00	0.00	25.00	2500.00
23-07-2019	SILVER	30	LONG	41460	41460	0	0.00	0.00	0.00	0.00	0.00
22-07-2019	CRUDEOIL	100	SELL	3900	3935	0	-3500.00	0.00	0.00	-35.00	-3500.00
22-07-2019	GOLD	100	LONG	35180	35100	0	-8000.00	0.00	0.00	-80.00	-8000.00
19-07-2019	CRUDEOIL	100	SELL	3850	3825	0	2500.00	0.00	0.00	25.00	2500.00
18-07-2019	GOLD	100	SELL	35090	35020	34920	6000.00	17000.00	0.00	170.00	17000.00
18-07-2019	CRUDEOIL	100	LONG	3900	3925	0	2500.00	0.00	0.00	25.00	2500.00
17-07-2019	GOLD	100	LONG	34710	34770	34870	6000.00	16000.00	0.00	160.00	16000.00
17-07-2019	CRUDEOIL	100	SELL	3995	3970	3895	2500.00	10000.00	0.00	100.00	10000.00
16-07-2019	GOLD	100	SELL	34920	34860	34760	6000.00	16000.00	0.00	160.00	16000.00
15-07-2019	GOLD	100	LONG	34870	34930	0	6000.00	0.00	0.00	60.00	6000.00
15-07-2019	CRUDEOIL	100	SELL	4120	4155	0	-3500.00	0.00	0.00	-35.00	-3500.00
12-07-2019	GOLD	100	SELL	34800	34740	0	6000.00	0.00	0.00	60.00	6000.00
11-07-2019	GOLD	100	LONG	35100	35076	0	-2400.00	0.00	0.00	-24.00	-2400.00
10-07-2019	GOLD	100	LONG	34420	34480	34580	6000.00	16000.00	0.00	160.00	16000.00
10-07-2019	CRUDEOIL	100	LONG	4035	4055	0	2000.00	0.00	0.00	20.00	2000.00
09-07-2019	CRUDEOIL	100	LONG	3970	3994	0	2400.00	0.00	0.00	24.00	2400.00
08-07-2019	CRUDEOIL	100	SELL	3960	3940	0	2000.00	0.00	0.00	20.00	2000.00
05-07-2019	GOLD	100	LONG	34310	34230	0	-8000.00	0.00	0.00	-0.80	-8000.00
05-07-2019	CRUDEOIL	100	SELL	3875	3915	0	-4000.00	0.00	0.00	-40.00	-4000.00
04-07-2019	CRUDEOIL	100	SELL	3900	3897	0	300.00	0.00	0.00	3.00	300.00
04-07-2019	GOLD	100	SELL	34190	34130	0	6000.00	0.00	0.00	60.00	6000.00
03-07-2019	CRUDEOIL	100	SELL	3890	3868	0	2200.00	0.00	0.00	22.00	2200.00
01-07-2019	CRUDEOIL	100	LONG	4155	4120	0	-3500.00	0.00	0.00	-35.00	-3500.00
01-07-2019	GOLD	100	SELL	33660	33740	0	-8000.00	0.00	0.00	-80.00	-8000.00
27-06-2019	NATURALGAS	1250	SELL	158	161	0	-3750.00	0.00	0.00	-3.00	-3750.00
27-06-2019	GOLD	100	LONG	34240	34160	0	-8000.00	0.00	0.00	-80.00	-8000.00
27-06-2019	CRUDEOIL	100	LONG	4105	4070	0	-3500.00	0.00	0.00	-35.00	-3500.00
26-06-2019	GOLD	100	SELL	34320	34260	0	6000.00	0.00	0.00	60.00	6000.00
26-06-2019	CRUDEOIL	100	LONG	4110	4085	0	-2500.00	0.00	0.00	-25.00	-2500.00
25-06-2019	CRUDEOIL	100	LONG	4030	4051	0	2100.00	0.00	0.00	21.00	2100.00
21-06-2019	NATURALGAS	1250	SELL	153	153.1	0	-125.00	0.00	0.00	0.10	-125.00
21-06-2019	CRUDEOIL	100	SELL	3975	4010	0	-3500.00	0.00	0.00	-35.00	-3500.00
20-06-2019	NATURALGAS	1250	SELL	159	157	154	2500.00	6250.00	0.00	5.00	6250.00
20-06-2019	GOLD	100	SELL	33860	33800	33700	6000.00	16000.00	0.00	160.00	16000.00
20-06-2019	CRUDEOIL	100	LONG	3835	3855	3935	2000.00	10000.00	0.00	100.00	10000.00
19-06-2019	GOLD	100	SELL	33060	33002	0	5800.00	0.00	0.00	58.00	5800.00
18-06-2019	GOLD	100	LONG	33080	33140	33240	6000.00	16000.00	0.00	160.00	16000.00
18-06-2019	CRUDEOIL	100	SELL	3620	3595	0	2500.00	0.00	0.00	25.00	2500.00
17-06-2019	GOLD	100	SELL	33020	32960	0	6000.00	0.00	0.00	60.00	6000.00
17-06-2019	CRUDEOIL	100	SELL	3680	3660	0	2000.00	0.00	0.00	20.00	2000.00
14-06-2019	CRUDEOIL	100	SELL	3650	3625	0	2500.00	0.00	0.00	25.00	2500.00
14-06-2019	GOLD	100	LONG	33060	33130	33250	7000.00	19000.00	0.00	190.00	19000.00
13-06-2019	GOLD	100	LONG	32850	32910	33030	6000.00	18000.00	0.00	180.00	18000.00
13-06-2019	CRUDEOIL	100	SELL	3660	3695	0	-3500.00	0.00	0.00	-35.00	-3500.00
12-06-2019	GOLD	100	LONG	32730	32790	0	6000.00	0.00	0.00	60.00	6000.00
12-06-2019	CRUDEOIL	100	SELL	3640	3615	0	2500.00	0.00	0.00	25.00	2500.00
11-06-2019	CRUDEOIL	100	SELL	3730	3705	0	2500.00	0.00	0.00	25.00	2500.00
10-06-2019	CRUDEOIL	100	SELL	3775	3750	0	2500.00	0.00	0.00	25.00	2500.00
10-06-2019	GOLD	100	LONG	32670	32730	0	6000.00	0.00	0.00	60.00	6000.00
06-06-2019	GOLD	100	LONG	32770	32830	0	6000.00	0.00	0.00	60.00	6000.00
06-06-2019	CRUDEOIL	100	SELL	3590	3625	0	-3500.00	0.00	0.00	-35.00	-3500.00
04-06-2019	CRUDEOIL	100	LONG	3680	3705	0	2500.00	0.00	0.00	25.00	2500.00
04-06-2019	GOLD	100	SELL	32600	32540	32441	6000.00	15900.00	0.00	159.00	15900.00
03-06-2019	CRUDEOIL	100	SELL	3675	3710	0	-3500.00	0.00	0.00	-35.00	-3500.00
03-06-2019	GOLD	100	LONG	32400	32320	0	-8000.00	0.00	0.00	-80.00	-8000.00
31-05-2019	CRUDEOIL	100	SELL	3910	3885	3810	2500.00	10000.00	0.00	100.00	10000.00
31-05-2019	SILVER	30	SELL	36450	36310	0	4200.00	0.00	0.00	140.00	4200.00
30-05-2019	GOLD	100	LONG	31580	31620	0	4000.00	0.00	0.00	40.00	4000.00
30-05-2019	CRUDEOIL	100	LONG	4160	4125	0	-3500.00	0.00	0.00	-35.00	-3500.00
29-05-2019	GOLD	100	LONG	31660	31720	0	6000.00	0.00	0.00	60.00	6000.00
29-05-2019	CRUDEOIL	100	SELL	4085	4055	0	3000.00	0.00	0.00	30.00	3000.00
28-05-2019	CRUDEOIL	100	SELL	4130	4105	4105	2500.00	0.00	0.00	25.00	2500.00
28-05-2019	GOLD	100	LONG	31670	31590	31590	-8000.00	0.00	0.00	-80.00	-8000.00
27-05-2019	CRUDEOIL	100	LONG	4070	4095	4095	2500.00	0.00	0.00	25.00	2500.00
27-05-2019	GOLD	100	LONG	31640	31640	31640	0.00	0.00	0.00	0.00	0.00
24-05-2019	CRUDEOIL	100	SELL	4095	4065	0	3000.00	0.00	0.00	30.00	3000.00
24-05-2019	GOLD	100	SELL	31660	31600	0	6000.00	0.00	0.00	60.00	6000.00
23-05-2019	CRUDEOIL	100	SELL	4245	4205	4145	4000.00	10000.00	0.00	100.00	10000.00
23-05-2019	GOLD	100	LONG	31630	31690	31720	6000.00	9000.00	0.00	90.00	9000.00
22-05-2019	CRUDEOIL	100	SELL	4370	4330	4270	4000.00	10000.00	0.00	100.00	10000.00
21-05-2019	NATURALGAS	1250	SELL	184.5	182.5	0	2500.00	0.00	0.00	2.00	2500.00

20-05-2019	CRUDEOIL	100	SELL	4380	4350	0	3000.00	0.00	0.00	30.00	3000.00
17-05-2019	CRUDEOIL	100	SELL	4450	4420	0	3000.00	0.00	0.00	30.00	3000.00
17-05-2019	SILVER	30	LONG	36730	36530	0	-6000.00	0.00	0.00	-200.00	-6000.00
16-05-2019	GOLD	100	LONG	32100	32020	0	-8000.00	0.00	0.00	-80.00	-8000.00
15-05-2019	CRUDEOIL	100	SELL	4300	4335	0	-3500.00	0.00	0.00	-35.00	-3500.00
14-05-2019	GOLD	100	LONG	32370	32430	0	6000.00	0.00	0.00	60.00	6000.00
10-05-2019	GOLD	100	SELL	31890	31970	0	-8000.00	0.00	0.00	-80.00	-8000.00
09-05-2019	GOLD	100	LONG	31800	31860	0	6000.00	0.00	0.00	60.00	6000.00
09-05-2019	CRUDEOIL	100	SELL	4345	4315	0	3000.00	0.00	0.00	30.00	3000.00
08-05-2019	GOLD	100	LONG	31790	31850	0	6000.00	0.00	0.00	60.00	6000.00
07-05-2019	SILVER	30	LONG	37430	37230	0	-6000.00	0.00	0.00	-200.00	-6000.00
06-05-2019	GOLD	100	LONG	31580	31500	0	-8000.00	0.00	0.00	-80.00	-8000.00
06-05-2019	CRUDEOIL	100	SELL	4195	4225	0	-3000.00	0.00	0.00	-30.00	-3000.00
03-05-2019	GOLD	100	LONG	31310	31370	0	6000.00	0.00	0.00	60.00	6000.00
03-05-2019	CRUDEOIL	100	LONG	4305	4330	0	2500.00	0.00	0.00	25.00	2500.00
02-05-2019	GOLD	100	SELL	31480	31420	31320	6000.00	16000.00	0.00	160.00	16000.00
02-05-2019	NATURALGAS	1250	SELL	182.4	180.4	0	2500.00	0.00	0.00	2.00	2500.00
02-05-2019	CRUDEOIL	100	LONG	4410	4375	0	-3500.00	0.00	0.00	-35.00	-3500.00
30-04-2019	GOLD	100	SELL	31800	31740	0	6000.00	0.00	0.00	60.00	6000.00
30-04-2019	CRUDEOIL	100	LONG	4485	4515	0	3000.00	0.00	0.00	30.00	3000.00
26-04-2019	GOLD	100	SELL	31880	31820	0	6000.00	0.00	0.00	60.00	6000.00
26-04-2019	CRUDEOIL	100	SELL	4560	4530	4470	3000.00	9000.00	0.00	90.00	9000.00
25-04-2019	GOLD	100	LONG	31740	31800	31920	6000.00	18000.00	0.00	180.00	18000.00
24-04-2019	CRUDEOIL	100	SELL	4630	4630	0	0.00	0.00	0.00	0.00	0.00
24-04-2019	GOLD	100	LONG	31620	31680	31780	6000.00	16000.00	0.00	160.00	16000.00
18-04-2019	GOLD	100	SELL	31550	32140	0	6000.00	0.00	0.00	60.00	6000.00
15-04-2019	NATURALGAS	1250	SELL	183	181	0	2500.00	0.00	0.00	2.00	2500.00
12-04-2019	CRUDEOIL	100	LONG	4435	4475	0	4000.00	0.00	0.00	40.00	4000.00
12-04-2019	SILVER	30	SELL	37200	37400	0	-6000.00	0.00	0.00	200.00	-6000.00
11-04-2019	CRUDEOIL	100	SELL	4420	4390	0	3000.00	0.00	0.00	30.00	3000.00
11-04-2019	SILVER	30	SELL	37400	37250	36900	4500.00	15000.00	0.00	500.00	15000.00
09-04-2019	GOLD	100	LONG	32200	32140	0	-6000.00	0.00	0.00	-60.00	-6000.00
08-04-2019	GOLD	100	LONG	32200	32260	0	6000.00	0.00	0.00	60.00	6000.00
08-04-2019	CRUDEOIL	100	LONG	4410	4440	0	3000.00	0.00	0.00	30.00	3000.00
04-04-2019	GOLD	100	LONG	31770	31830	0	6000.00	0.00	0.00	60.00	6000.00
04-04-2019	CRUDEOIL	100	LONG	4325	4290	0	-3500.00	0.00	0.00	-35.00	-3500.00
03-04-2019	CRUDEOIL	100	LONG	4325	4290	0	-3500.00	0.00	0.00	-35.00	-3500.00
03-04-2019	GOLD	100	SELL	31650	31730	0	-8000.00	0.00	0.00	-80.00	-8000.00
02-04-2019	SILVER	30	SELL	37400	37150	0	7500.00	0.00	0.00	250.00	7500.00
02-04-2019	CRUDEOIL	100	LONG	4305	4270	0	-3500.00	0.00	0.00	-35.00	-3500.00
01-04-2019	CRUDEOIL	100	LONG	4230	4260	0	3000.00	0.00	0.00	30.00	3000.00
01-04-2019	SILVER	30	SELL	37550	37750	0	-6000.00	0.00	0.00	-200.00	-6000.00
29-03-2019	SILVER	30	LONG	37300	37480	0	-5400.00	0.00	0.00	-180.00	-5400.00
28-03-2019	CRUDEOIL	100	SELL	4070	4115	0	-4500.00	0.00	0.00	-45.00	-4500.00
27-03-2019	GOLD	100	LONG	32150	32070	0	-8000.00	0.00	0.00	-80.00	-8000.00
26-03-2019	GOLD	100	SELL	32060	32140	0	-8000.00	0.00	0.00	-80.00	-8000.00
25-03-2019	NATURALGAS	1250	SELL	188	189.8	0	-2250.00	0.00	0.00	-1.80	-2250.00
22-03-2019	NATURALGAS	1250	SELL	191.5	191.7	0	-250.00	0.00	0.00	0.20	-250.00
19-03-2019	GOLD	100	LONG	31930	31980	0	5000.00	0.00	0.00	50.00	5000.00
18-03-2019	CRUDEOIL	100	SELL	3990	4025	0	-3500.00	0.00	0.00	-35.00	-3500.00
15-03-2019	CRUDEOIL	100	SELL	4065	4035	0	3000.00	0.00	0.00	30.00	3000.00
14-03-2019	GOLD	100	SELL	32060	32000	31850	6000.00	21000.00	0.00	210.00	21000.00
14-03-2019	CRUDEOIL	100	SELL	4060	4030	0	3000.00	0.00	0.00	30.00	3000.00
12-03-2019	NATURALGAS	1250	SELL	193	194.3	0	-1625.00	0.00	0.00	-1.30	-1625.00
12-03-2019	CRUDEOIL	100	SELL	3980	3970	0	1000.00	0.00	0.00	10.00	1000.00
11-03-2019	NATURALGAS	1250	SELL	195	193.3	0	2125.00	0.00	0.00	1.70	2125.00
11-03-2019	GOLD	100	LONG	32040	31960	0	-8000.00	0.00	0.00	-80.00	-8000.00
08-03-2019	CRUDEOIL	100	SELL	3915	3880	0	3500.00	0.00	0.00	35.00	3500.00
08-03-2019	GOLD	100	LONG	32100	32160	0	6000.00	0.00	0.00	60.00	6000.00
07-03-2019	CRUDEOIL	100	LONG	3972	3982	0	1000.00	0.00	0.00	10.00	1000.00
06-03-2019	GOLD	100	SELL	32023	31920	0	10300.00	0.00	0.00	103.00	10300.00
05-03-2019	GOLD	100	SELL	32125	32097	0	2800.00	0.00	0.00	28.00	2800.00
27-02-2019	CRUDEOIL	100	LONG	4022	4062	4090	4000.00	6800.00	0.00	68.00	6800.00
26-02-2019	CRUDEOIL	100	LONG	3962	3952	0	-1000.00	0.00	0.00	-10.00	-1000.00
22-02-2019	GOLD	100	SELL	33380	33460	0	-8000.00	0.00	0.00	-80.00	-8000.00
15-02-2019	GOLD	100	LONG	33320	33380	0	6000.00	0.00	0.00	60.00	6000.00
14-02-2019	GOLD	100	LONG	32930	32980	33100	5000.00	17000.00	0.00	170.00	17000.00
13-02-2019	GOLD	100	LONG	32970	33030	33130	6000.00	16000.00	0.00	160.00	16000.00
13-02-2019	NATURALGAS	1250	SELL	183	187	0	-5000.00	0.00	0.00	-4.00	-5000.00
12-02-2019	GOLD	100	LONG	32930	32850	0	-8000.00	0.00	0.00	-80.00	-8000.00
11-02-2019	GOLD	100	SHORT	33020	32970	0	5000.00	0.00	0.00	50.00	5000.00

11-02-2019	NATURALGAS	1250	LONG	193	195			2500.00	0.00	0.00	2.00	2500.00
08-02-2019	SILVER	30	SHORT	39820	40030			-6300.00	0.00	0.00	-210.00	-6300.00
07-02-2019	NATURALGAS	1250	SHORT	189	187			2500.00	0.00	0.00	2.00	2500.00
06-02-2019	GOLD	100	SHORT	33340	33420	0		-8000.00	0.00	0.00	-80.00	-8000.00
05-02-2019	GOLD	100	SHORT	33420	33370	0		5000.00	0.00	0.00	50.00	5000.00
04-02-2019	GOLD	100	SHORT	33400	33344	0		5600.00	0.00	0.00	56.00	5600.00
31-01-2019	GOLD	100	LONG	33050	33110	0		6000.00	0.00	0.00	60.00	6000.00
30-01-2019	CRUDEOIL	100	LONG	3855	3885	0		3000.00	0.00	0.00	30.00	3000.00
29-01-2019	GOLD	100	LONG	32600	32680	32750		8000.00	15000.00	0.00	150.00	15000.00
29-01-2019	CRUDEOIL	100	SHORT	3710	3750			-4000.00	0.00	0.00	-40.00	-4000.00
25-01-2019	GOLD	100	LONG	32060	32120	32220		6000.00	16000.00	0.00	160.00	16000.00
25-01-2019	CRUDEOIL	100	SHORT	3815	3785			3000.00	0.00	0.00	30.00	3000.00
24-01-2019	NATURALGAS	1250	LONG	218.3	220.3	224.3	224.3	2500.00	5000.00	0.00	6.00	7500.00
24-01-2019	GOLD	100	SHORT	32030	32013	32013	32013	1700.00	0.00	0.00	17.00	1700.00
24-01-2019	SILVER	30	SHORT	38870	38883	38883	38870	0.00	0.00	0.00	0.00	0.00
22-01-2019	CRUDEOIL	100	SHORT	3790	3760	3760	3760	3000.00	0.00	0.00	30.00	3000.00
21-01-2019	NATURALGAS	1250	SHORT	233	230			5000.00	0.00	0.00	1.00	5000.00
18-01-2019	GOLD	100	LONG	31135	31099	31099	31099	-3600.00	-36.00	0.00	-36.00	-3600.00
18-01-2019	CRUDEOIL	100	3760	3805	3805	3805	3805	-4600.00	0.00	0.00	-46.00	-4600.00
17-01-2019	SILVER	30	SHORT	39550	39400			4500.00	0.00	0.00	150.00	4500.00
16-01-2019	GOLD	100	SHORT	32230	32286			-5600.00	0.00	0.00	-56.00	-5600.00
15-01-2019	GOLD	100	LONG	32135	32220			8500.00	0.00	0.00	85.00	8500.00
10-01-2019	NATURALGAS	1250	LONG	215	218			3750.00	0.00	0.00	3.00	3750.00
10-01-2019	GOLD	100	LONG	31971	31919			-5200.00	0.00	0.00	-52.00	-5200.00
09-01-2019	CRUDEOIL	100	SHORT	3590	3626			-3600.00	0.00	0.00	-36.00	-3600.00
07-01-2019	CRUDEOIL	100	SHORT	3430	3380			5000.00	0.00	0.00	50.00	5000.00
03-01-2019	NATURALGAS	1250	SHORT	204	208			-5000.00	0.00	0.00	-2.00	-5000.00
31-12-2018	GOLD	100	SHORT	31450	31391			-5900.00	0.00	0.00	-59.00	-5900.00
28-12-2018	CRUDEOIL	100	SHORT	3200	3150			5000.00	0.00	0.00	50.00	5000.00
26-12-2018	GOLD	100	LONG	31560	31640			8000.00	0.00	0.00	80.00	8000.00
24-12-2018	CRUDEOIL	100	SHORT	3185	3145			4000.00	0.00	0.00	40.00	4000.00
21-12-2018	CRUDEOIL	100	SHORT	3200	3226			-2600.00	0.00	0.00	-26.00	-2600.00
21-12-2018	NATURALGAS 2 LOT	2500	SHORT	254.8	256.8			-5000.00	0.00	0.00	-2.00	-5000.00
19-12-2018	CRUDEOIL 2 LOT	200	SHORT	3286	3316			-6000.00	0.00	0.00	-30.00	-6000.00
18-12-2018	NATURALGAS 2 LOT	2500	SHORT	257.7	255.3			6000.00	0.00	0.00	2.40	6000.00
17-12-2018	NATURALGAS 2 LOT	2500	SHORT	259.6	261.6			-5000.00	0.00	0.00	-2.00	-5000.00
13-12-2018	NATURALGAS 2 LOT	2500	SHORT	294	291.6			6000.00	0.00	0.00	2.40	6000.00
12-12-2018	GOLD	100	LONG	31800	31720			-8000.00	0.00	0.00	-80.00	-8000.00
06-12-2018	SILVER	30	SHORT	37200	37170			-900.00	0.00	0.00	-30.00	-900.00
22-11-2018	NATURALGAS	1250	SHORT	319.6	315.5			5125.00	0.00	0.00	4.10	5125.00
19-11-2018	NATURALGAS	1250	SHORT	318.5	322.5			5000.00	0.00	0.00	4.00	5000.00
16-11-2018	SILVER	30	LONG	36850	37040			5700.00	0.00	0.00	190.00	5700.00
16-11-2018	NATURALGAS	1250	SHORT	286.7	282.6			5125.00	0.00	0.00	4.10	5125.00
15-11-2018	NATURALGAS	1250	SHORT	328.5	324.2			5375.00	0.00	0.00	4.30	5375.00
14-11-2018	CRUDEOIL	100	SHORT	4045	4095			-5000.00	0.00	0.00	-50.00	-5000.00
05-11-2018	NATURALGAS 2 LOT	2500	LONG	252.1	254.4			5750.00	0.00	0.00	2.30	5750.00
01-11-2018	GOLD	100	LONG	31830	31750			-8000.00	0.00	0.00	-80.00	-8000.00
30-10-2018	GOLD	100	LONG	31790	31836			4600.00	0.00	0.00	46.00	4600.00
26-10-2018	CRUDEOIL	100	SHORT	4880	4925			-4500.00	0.00	0.00	-45.00	-4500.00
24-10-2018	GOLD	100	LONG	32000	31940			-6000.00	0.00	0.00	-60.00	-6000.00
23-10-2018	GOLD	100	SHORT	32160	32240			-8000.00	0.00	0.00	-80.00	-8000.00
22-10-2018	CRUDEOIL	100	SHORT	5105	5055			5000.00	0.00	0.00	50.00	5000.00
19-10-2018	CRUDEOIL	100	SHORT	5060	5100			-4000.00	0.00	0.00	-40.00	-4000.00
18-10-2018	CRUDEOIL	100	SHORT	5049	5090			-4100.00	0.00	0.00	-41.00	-4100.00
17-10-2018	NATURALGAS 2 LOT	2500	LONG	241.5	239.5			-5000.00	0.00	0.00	-2.00	-5000.00
16-10-2018	CRUDEOIL	100	SHORT	5226	5265			-3900.00	0.00	0.00	39.00	-3900.00
12-10-2018	CRUDEOIL	100	SHORT	5254	5243			-1100.00	0.00	0.00	11.00	-1100.00
28-09-2018	CRUDEOIL	100	SHORT	5238	5280			-4200.00	0.00	0.00	42.00	-4200.00
27-09-2018	GOLD	100	SHORT	30567	30490			7700.00	0.00	0.00	77.00	7700.00
27-09-2018	NATURALGAS 2 LOT	2500	LONG	217.1	219.1			5000.00	0.00	0.00	2.00	5000.00
26-09-2018	CRUDEOIL	100	SHORT	5240	5200			4000.00	0.00	0.00	40.00	4000.00
24-09-2018	SILVER	30	LONG	37850	38040			-5700.00	0.00	0.00	-190.00	-5700.00
17-09-2018	CRUDEOIL	100	LONG	5024	4985			-3900.00	0.00	0.00	-39.00	-3900.00
12-09-2018	CRUDEOIL	100	LONG	5053	5085			3200.00	0.00	0.00	32.00	3200.00
11-09-2018	CRUDEOIL	100	SHORT	4925	4955			-3000.00	0.00	0.00	-30.00	-3000.00
30-08-2018	SILVER	30	SHORT	36950	36861			2670.00	0.00	0.00	89.00	2670.00
29-08-2018	SILVER	30	SHORT	37025	37150			-3750.00	0.00	0.00	-125.00	-3750.00
27-08-2018	GOLD	100	LONG	29970	30050			8000.00	0.00	0.00	80.00	8000.00
22-08-2018	SIVER	30	SHORT	37160	37360			-6000.00	0.00	0.00	-200.00	-6000.00
21-08-2018	GOLD	100	LONG	29600	29530			-7000.00	0.00	0.00	-70.00	-7000.00
31-07-2018	GOLD	100	SHORT	29634	29710			-7600.00	0.00	0.00	-76.00	-7600.00
23-07-2018	SILVER	30	SHORT	38320	38285			1050.00	0.00	0.00	35.00	1050.00
14-06-2018	SILVER	30	LONG	41600	41400			-6000.00	0.00	0.00	-200.00	-6000.00
07-06-2018	SILVER	30	SHORT	40260	40480			-6600.00	0.00	0.00	-220.00	-6600.00

31-05-2018	GOLD	100	SHORT	31048	30970	7800.00	0.00	0.00	78.00	7800.00
30-05-2018	SILVER	30	SHORT	39818	40010	-5760.00	0.00	0.00	-192.00	-5760.00
16-05-2018	SILVER	30	SHORT	39760	39960	-6000.00	0.00	0.00	-200.00	-6000.00
10-05-2018	SILVER	30	LONG	40325	40325	0.00	0.00	0.00	0.00	0.00
02-05-2018	SILVER	30	LONG	39560	39588	840	0	0	28	840
30-04-2018	SILVER	30	SHORT	38849	38660	5670.00	0.00	0.00	189.00	5670.00
25-04-2018	SILVER	30	SHORT	30476	30475	30.00	0.00	0.00	1.00	30.00
23-04-2018	SILVER	30	SHORT	40068	39880	5640.00	0.00	0.00	188.00	5640.00
20-04-2018	GOLD	100	SHORT	30419	30505	-8600.00	0.00	0.00	-86.00	-8600.00
10-04-2018	SILVER	30	LONG	38571	38750	5370.00	0.00	0.00	179.00	5370.00
03-03-2018	SILVER	30	LONG	38821	38650	-5130.00	0.00	0.00	-171.00	-5130.00
28-03-2018	SILVER	30	SHORT	38588	38412	5280.00	0.00	0.00	176.00	5280.00
26-03-2018	SILVER	30	LONG	38871	39080	6270.00	0.00	0.00	209.00	6270.00
22-03-2018	GOLD	100	LONG	29595	29528	-6700.00	0.00	0.00	-67.00	-6700.00
09-03-2018	GOLD	100	SHORT	30329	30405	-7600.00	0.00	0.00	-76.00	-7600.00
05-03-2018	GOLD	100	LONG	28531	28470	-6100.00	0.00	0.00	-61.00	-6100.00
19-02-2018	SILVER	30	SHORT	38529	38560	-930.00	0.00	0.00	-31.00	-930.00
15-02-2018	SILVER	30	LONG	38801	38630	-5130.00	0.00	0.00	-171.00	-5130.00
13-02-2018	SILVER	30	LONG	38341	38145	-5880.00	0.00	0.00	-196.00	-5880.00
12-02-2018	SILVER	30	SHORT	37899	38060	-4830.00	0.00	0.00	-161.00	-4830.00
08-02-2018	GOLD	100	SHORT	29807	29872	-6500.00	0.00	0.00	-65.00	-6500.00
07-02-2018	SILVER	30	SHORT	38429	38240	5670.00	0.00	0.00	189.00	5670.00
02-02-2018	SILVER	30	SHORT	39379	39152	6810.00	0.00	0.00	227.00	6810.00
29-01-2018	SILVER	30	SHORT	39519	39342	5310.00	0.00	0.00	177.00	5310.00
29-01-2018	GOLD	100	SHORT	30093	30032	6100.00	0.00	0.00	61.00	6100.00
24-01-2018	SILVER	30	LONG	39271	39480	6270.00	0.00	0.00	209.00	6270.00
26/12/17	SILVER	30	LONG	38061	38240	5370.00	0.00	0.00	179.00	5370.00
12-07-2017	SILVER	30	SHORT	37399	37232	5010.00	0.00	0.00	167.00	5010.00

P & L







