

Week to 11/24/2023	Price change	Trend	Commercial				Large Speculators				Small Traders				Open Interest		Net Position - Commercials			26-weeks Position Extremes Commercial		COT Index
			Long	Change	Short	Change	Long	Change	Short	Change	Long	Change	Short	Change	Value	Change	Net	Change	Change	High	Low	
Indices																						
S&P500	0.98%	↔	1 665 197	71 347	1 631 226	48 433	246 961	-27 387	327 041	-140	262 212	-769	216 103	-5 102	2 240 214	2%	33 971	22 914	207%	350 541	-34 736	18%
NASDAQ	0.86%	↔	162 755	4 716	174 040	13 969	74 326	4 824	69 282	95	41 796	2 184	35 555	-2 340	284 312	4%	-11 285	-9 253	455%	13 627	-14 434	11%
RUSSELL	0.48%	↔	434 225	-11 579	380 969	3 986	70 096	-7 629	127 342	-15 949	27 167	4 306	23 177	-2 939	537 080	-3%	53 256	-15 565	-23%	72 636	40 876	39%
DOW E-MINI	1.27%	↔	66 382	-999	26 993	1 408	16 401	-4 513	50 709	-6 718	10 683	-112	15 764	-314	94 498	-6%	39 389	-2 407	-6%	42 559	-2 467	93%
Bonds																						
30-YR T-BONDS	-0.41%	↔	1 004 995	-14 288	953 746	-783	119 860	10 063	219 843	-18 693	201 489	-4 798	152 755	10 453	1 382 150	2%	51 249	-13 505	-21%	210 303	41 862	6%
10-YR T-BONDS	-0.27%	↔	3 739 579	55 197	3 138 738	50 011	479 587	-34 522	1 137 745	-38 130	446 400	10 616	389 083	19 410	4 958 141	5%	600 841	5 186	1%	770 685	467 001	44%
Currencies																						
DOLLAR INDEX	-0.37%	↔	4 977	-1 940	25 709	-1 586	28 543	1 272	7 846	309	3 288	-327	3 253	282	37 894	-2%	-20 732	-354	2%	-2 678	-20 772	0%
EURO FX	0.21%	↔	380 815	-950	546 633	23 881	231 095	9 905	101 441	-10 842	83 490	-224	47 326	-4 308	712 364	1%	-165 818	-24 831	18%	-98 293	-234 269	50%
SWISS FRANC	0.43%	↔	43 931	1 691	15 344	647	4 727	-788	23 721	-1 945	10 113	-1 499	19 706	702	58 815	-1%	28 587	1 044	4%	30 333	3 421	94%
BRITISH POUND	1.17%	↔	129 406	-598	98 198	3 633	43 300	-9 497	69 398	-11 129	26 637	234	31 747	-2 365	208 657	-4%	31 208	-4 231	-12%	35 439	-81 606	96%
JAPANESE YEN	-0.03%	↔	178 832	-21 058	73 404	6 786	39 236	11 464	144 690	-13 331	40 572	-1 502	40 546	-4 551	264 903	-3%	105 428	-27 844	-21%	133 272	83 288	44%
CANADIAN DOLLAR	0.73%	↔	145 080	-6 963	74 997	652	19 407	729	84 847	-4 234	31 461	2 257	36 104	-395	203 248	-1%	70 083	-7 615	-10%	77 698	-23 269	92%
AUSTRALIAN DOLLAR	1.13%	↔	131 742	-897	49 738	-3 844	29 565	-3 163	107 535	3 851	24 923	3 105	28 957	-962	196 598	0%	82 004	2 947	4%	110 012	38 822	61%
NEW ZEALAND	1.47%	↔	36 279	-538	18 099	452	7 958	-860	24 812	-1 040	3 124	17	4 450	-793	48 137	-4%	18 180	-990	-5%	24 301	-1 933	77%
MEXICAN PESO	0.71%	↔	129 654	-9 062	192 858	6 574	88 474	9 312	29 543	-6 237	7 142	268	2 869	181	225 972	-1%	-63 204	-15 636	33%	-33 883	-103 040	58%
Energy																						
CRUDE OIL	-1.18%	↔	566 944	-46 295	796 953	-63 048	350 785	-13 594	143 461	-5 184	76 121	-10 266	53 436	-1 923	1 553 677	-5%	-230 009	16 753	-7%	-166 658	-381 946	71%
GASOLINE	-0.77%	↔	159 856	12 042	229 758	19 574	106 289	11 499	43 985	2 489	21 767	-2 866	14 169	-1 388	351 105	7%	-69 902	-7 532	12%	-36 853	-74 829	13%
HEATING OIL	-0.45%	↔	136 800	9 365	184 617	5 678	56 037	-3 274	26 135	-607	47 053	-44	29 138	976	310 327	2%	-47 817	3 687	-7%	-28 496	-69 894	53%

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NATURAL GAS	-4.28%	↔	524 245	-2 416	427 688	-15 728	271 261	-4 732	391 520	12 900	64 897	4 955	41 195	635	1 316 640	2%	96 557	13 312	16%	96 557	33 460	100%
Metals																						
GOLD	1.02%	↔	115 937	5 209	306 172	18 425	269 701	15 349	97 996	-980	43 959	-1 450	25 429	1 663	508 429	4%	-190 235	-13 216	7%	-90 428	-213 715	19%
SILVER	2.54%	↔	43 514	-2 037	84 458	7 273	53 372	3 081	25 920	-1 973	26 789	1 410	13 297	-2 846	134 333	0%	-40 944	-9 310	29%	-23 264	-55 983	46%
PLATINUM	3.80%	↔	19 090	-5 852	30 347	3 040	40 276	-4 693	33 140	-15 825	7 587	-2 255	3 466	-15	73 431	-14%	-11 257	-8 892	376%	-2 365	-28 747	66%
PALLADIUM	1.32%	↔	14 208	625	3 673	1 373	5 119	-570	15 406	-1 513	1 783	-128	2 031	67	25 834	-6%	10 535	-748	-7%	11 463	7 192	78%
COPPER	1.51%	↔	69 770	-10 517	64 235	397	64 822	2 846	68 365	-10 219	14 013	-1 015	16 005	1 136	187 077	-9%	5 535	-10 914	-66%	27 192	-18 149	52%
Grains																						
SOYBEANS	-1.02%	↔	391 254	10 481	445 031	-5 237	150 568	-9 890	76 762	2 981	50 383	-1 711	70 412	1 136	745 196	1%	-53 777	15 718	-23%	-1 813	-116 876	55%
SOYBEAN MEAL	0.79%	↔	191 683	1 826	344 841	-787	173 507	7 651	34 958	4 685	50 363	-2 718	35 754	2 861	570 631	4%	-153 158	2 613	-2%	-71 689	-155 771	3%
SOYBEAN OIL	-0.06%	↔	236 555	-7 238	267 387	-3 917	110 392	-801	89 081	-1 255	34 437	364	24 916	-2 503	508 573	-3%	-30 832	-3 321	12%	10 834	-68 721	48%
CORN	-0.91%	↔	675 854	-5 526	532 631	-15 664	282 624	2 199	406 630	17 005	157 454	1 150	176 671	-3 518	1 431 159	-1%	143 223	10 138	8%	151 450	-60 029	96%
WHEAT	-0.41%	↔	153 562	12 709	77 407	-4 647	129 115	740	206 646	19 233	38 089	1 785	36 713	648	446 260	2%	76 155	17 356	30%	85 364	25 578	85%
ROUGH RICE	1.70%	↔	4 057	-527	9 974	950	4 663	1 209	541	-40	2 512	308	717	80	11 573	11%	-5 917	-1 477	33%	-2 301	-6 495	14%
Softs																						
COTTON	-0.64%	↔	92 688	-11 970	97 425	-10 575	60 732	2 245	54 724	17	11 896	-1 060	13 167	-227	195 165	-7%	-4 737	-1 395	42%	2 320	-66 786	90%
COFFEE	0.36%	↔	71 654	-7 357	103 561	-5 146	62 113	5 075	31 779	3 408	9 950	-1 068	8 377	-1 612	188 924	0%	-31 907	-2 211	7%	22 465	-33 426	3%
COCOA	-0.73%	↔	66 433	-14 685	141 854	-17 389	128 894	-1 050	56 055	1 895	15 247	1 521	12 665	1 280	278 680	-7%	-75 421	2 704	-3%	-71 491	-91 617	80%
SUGAR	-0.74%	↔	347 460	15 943	614 860	5 818	304 939	-7 098	82 802	-2 969	88 696	-2 812	43 433	3 184	871 894	1%	-267 400	10 125	-4%	-216 226	-310 762	46%
ORANGE JUICE	-1.59%	↔	2 641	67	5 728	356	4 456	470	1 687	-48	2 498	186	2 180	415	9 841	9%	-3 087	-289	10%	-2 440	-3 813	53%
Meats																						
LIVE CATTLE	-3.29%	↔	108 984	5 862	144 901	2 374	79 210	-1 057	40 554	3 102	32 710	2 220	35 449	1 549	282 523	-1%	-35 917	3 488	-9%	-35 917	-100 474	100%

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FEEDER CATTLE	-4.07%	↔	17 240	537	11 795	-1 345	10 221	-1 404	14 457	289	10 362	39	11 571	228	50 396	-1%	5 445	1 882	53%	5 445	-5 594	100%
LEAN HOGS	-8.58%	↔	75 055	-391	54 409	-6 576	54 041	-4 011	70 982	2 482	16 117	-1 266	19 822	-1 574	187 938	-3%	20 646	6 185	43%	31 957	1 304	63%
Other																						
BITCOIN	5.50%	↑	1 154	49	709	85	17 150	1 211	18 026	743	1 664	55	1 233	487	21 939	3%	445	-36	-7%	1 132	-2 543	81%
VIX FUTURES	-7.05%	↑	191 051	-16 796	143 260	-17 960	92 811	-1 564	140 242	2 939	25 773	2 839	26 133	-500	391 357	-6%	47 791	1 164	2%	67 863	18 713	59%

Futures, foreign currency and options trading contains substantial risk and is not for every investor. An investor could potentially lose all or more than the initial investment. Risk capital is money that can be lost without jeopardizing one’s financial security or lifestyle. Only risk capital should be used for trading and only those with sufficient risk capital should consider trading. Past performance is not necessarily indicative of future results. View Full Risk Disclosure.CFTC Rules 4.41 - Hypothetical or Simulated performance results have certain limitations, unlike an actual performance record, simulated results do not represent actual trading. Also, since the trades have not been executed, the results may have under-or-over compensated for the impact, if any, of certain market factors, such as lack of liquidity. Simulated trading programs in general are also subject to the fact that they are designed with the benefit of hindsight. No representation is being made that any account will or is likely to achieve profit or losses similar to those shown.