


The Benefits Of Swing Trading vs Day Trading Futures For Consistent Profits

**Presented by
Eversley Forte**

Founder & Lead Trading Coach

 404-556-7181

 trading@behindscenes.com

 www.behindscenes.com

About This Presentation

This presentation outlines our futures and options swing trading coaching programs designed to help traders build **consistent, repeatable profitability** through disciplined strategies, risk management, and one-on-one coaching.

The material is intended for **educational purposes** and for individuals evaluating professional trading coaching services.

Important Risk Disclosure

Options and Futures trading involve substantial risk and are not suitable for all investors.

Prior to trading options, investors must review the *Characteristics and Risks of Standardized Options (ODD)*, available from your broker or The Options Clearing Corporation.

All strategies and examples discussed are for **educational and illustrative purposes only** and should not be interpreted as investment advice or a recommendation to buy or sell any security.

Trading results vary by individual. Each trader must determine their own risk tolerance, capital allocation, and trading approach.

Markets Covered

Index Futures

- **ES** – S&P 500 Futures
- **NQ** – NASDAQ Futures
- **RTY** – Russell 2000 Futures
- **YM** – Dow Jones Futures

Currency Futures

- **AD** – Australian Dollar
- **BP** – British Pound
- **CD** – Canadian Dollar
- **EC** – Euro
- **SF** – Swiss Franc

✔ Benefits of Swing Trading Futures (Daily Charts)

1. Cleaner/Clearer Market Structure (Less Noise)

- Daily charts filter out a lot of intraday “randomness” caused by:
 - High-frequency trading
 - News spikes
- Trends and key levels (support/resistance, trendlines) are more reliable.

👉 Result: Higher-quality setups, fewer false signals.

2. Better Risk-to-Reward Opportunities

- Swing trades often aim for larger moves (multi-day trends).

👉 Result: Fewer wins needed to offset losses.

3. Lower Time Commitment

- No need to sit in front of screens all day.
- You can analyze markets once per day (e.g., after the close).

👉 Ideal if:

- You have a job or other commitments
 - You want trading to be less consuming (life and time)
-

4. Reduced Transaction Costs

- Fewer trades = fewer commissions and fees.
- Less slippage compared to rapid intraday execution.

👉 Especially helpful in futures where costs add up quickly.

5. Less Emotional Pressure

- Day trading forces rapid decisions under stress.
- Swing trading allows:
 - More time to plan trades
 - Less impulsive decision-making

👉 Result: More disciplined execution.

6. Better Alignment with Macro Trends

- Index and currency futures are heavily driven by:
 - Interest rates
 - Economic data
 - Global macro trends

Daily charts capture these broader moves more effectively than intraday charts.

7. Avoids Intraday Volatility Traps

- Intraday markets often:
 - Fake breakouts
 - Reverse quickly

Swing trading avoids much of this “stop-hunting” environment.

⚠ Trade-Offs (Where Day Trading Has an Edge)

Depending on your goals, swing trading isn't always better.

Day Trading Advantages:

- More trading opportunities per day
 - No overnight risk (important in futures)
 - Faster feedback loop for improving skills
 - Potential for consistent daily income (if highly skilled)
-

Core Differences

- **Swing trading (daily charts)** = *quality, patience, bigger moves*
 - **Day trading (intraday)** = *frequency, speed, precision*
-

Who Swing Trading Fits Best

Swing trading is generally better if you:

- Prefer **more time to make educated trading decisions**
 - Want **less screen time**
 - Focus on **macro-driven markets** (indices, FX futures)
 - Struggle with **overtrading or emotional decisions**
-

Who Day Trading Fits Best

Day trading suits you if:

- You can maintain **intense focus for hours**
 - You thrive in **fast-paced environments**
 - You have a **well-tested intraday edge**
 - You're comfortable managing **rapid risk changes**
-

Bottom Line

Swing trading on daily charts offers:


- Higher signal quality
- Lower stress
- Better time efficiency

2026 Coaching Special

 Offer expires: Midnight, Sunday April 5, 2026

Limited-Time Discounts

- **\$250 off** – Futures Swing Trading Program
- **\$250 off** – Daily Chart Options Swing Trading Program
- **\$750 off** – Combined Futures & Options Program (*Best Value*)
- **\$750 off** – Full Options Program (Daily & Weekly Strategies)

 Contact us through our website form or email us to receive the discounted pricing.

*****Discounts apply to standard program pricing listed below*****

Futures Coaching Program

Index & Currency Futures Swing Trading

Investment: \$1,745

This program is designed for both **new and experienced traders** seeking structure, discipline, and consistency.

What's Included

- 10 professionally developed futures trading strategies
- Detailed written trading plans for each setup
- Historical win/loss statistics and expectancy models
- Position sizing and profit-maximization techniques
- Coverage of ES, NQ, RTY, YM, AD, BP, CD, EC, and SF contracts

Coaching & Support

- Minimum **6 months of guided support**
- Monthly trade reviews and performance analysis
- Strategy refinement based on your results
- Direct coaching access via phone, Zoom, and email

This program is strongly recommended for traders seeking a **structured path to consistency**.

One-On-One Coaching

Some traders learn best with individual attention. In private coaching sessions, Eversley works directly with you to:

- Accelerate the learning process
- Customize strategies to your experience level
- Help transition from simulation to live trading with confidence

Sessions are conducted **via Zoom or in person** (San Francisco Bay Area).

Combined Futures & Options Program

Futures + Options Daily Chart Strategies

Investment: \$3,495

This comprehensive program combines our futures and options strategies.

Program Highlights

- 10 Daily Chart Futures strategies
- 8 Daily Chart Options strategies
- ETF options with historical win rates of **84%+**
- 28 ETFs covering major markets, sectors, and international exposure
- 20–40 trade opportunities per month

Ongoing Development

- Monthly performance reviews
 - Strategy optimization after 3–6 months
 - Periodic statistical updates
 - Personalized planning based on lifestyle and goals
-

Training Format

- Initial setup sessions for charting and analysis platforms: 1–2 hours.
- 1-2 hour long coaching sessions scheduled weekly at mutually agreed upon days and times.
- Ongoing 1-on-1 support as needed throughout the program.


We prioritize flexibility and practical implementation for busy professionals.

Next Steps

Call or email to discuss your trading goals and determine the best coaching path for you.

Eversley Forte

trading@behindscenes.com

 404-556-7181

 www.behindscenes.com

 Bay Area Options & Futures Swing Traders Meetup:

<http://www.meetup.com/Bay-Area-Options-and-Forex-Swing-Traders/>