

EquiPredict Analytics

QQQ Timing Guide



Recognize when QQQ is preparing to move - before expansion, reversals, or regime shifts occur

For more information, visit: www.EquiPredict.com

SIGNAL ONE: MOMENTUM COMPRESSION (“THE COIL”)

Before QQQ expands, it contracts.

This is one of the oldest and most reliable principles in market structure:
Periods of low volatility are followed by periods of high volatility.

What to look for:

- Narrowing daily ranges
- Sideways drifting
- Tightening between short-term and medium-term moving averages
- The appearance of “indecision candles”
- A cluster of dojis or small-bodied candles

Why it matters:

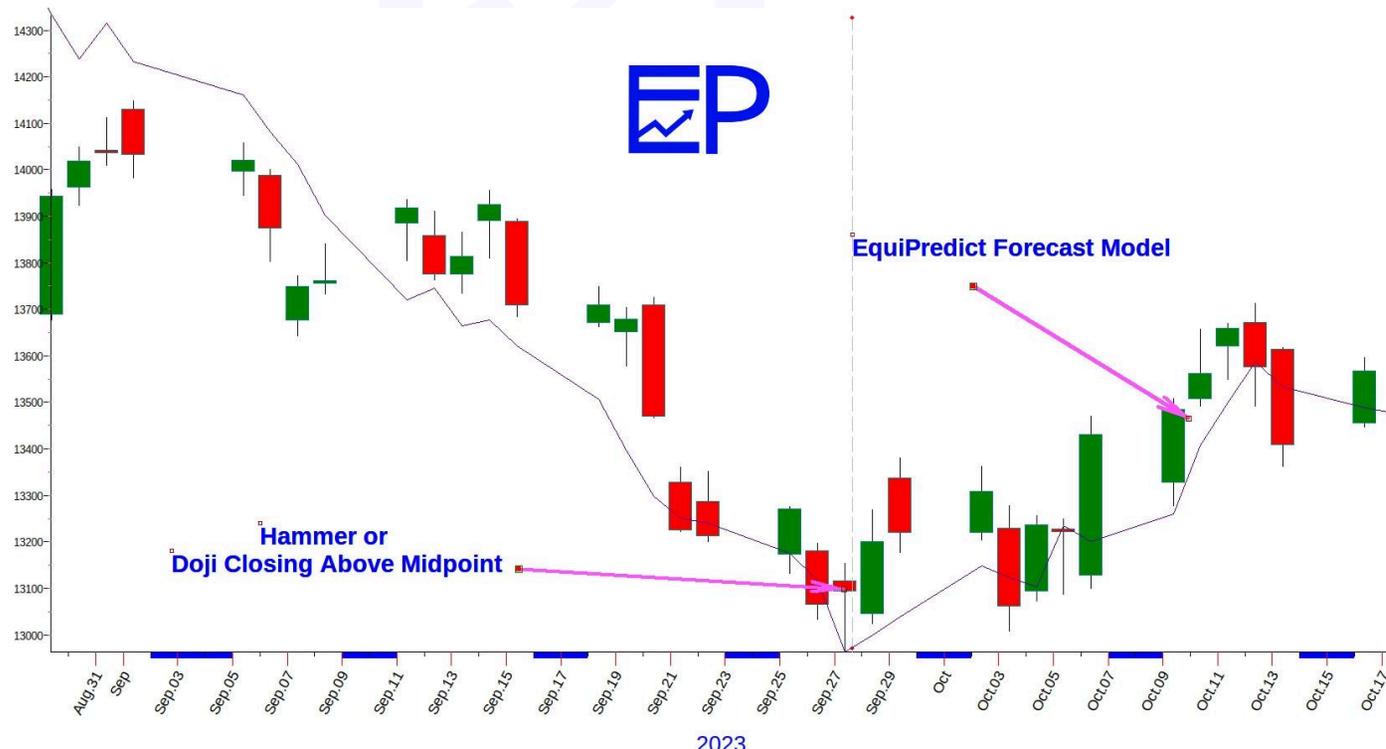
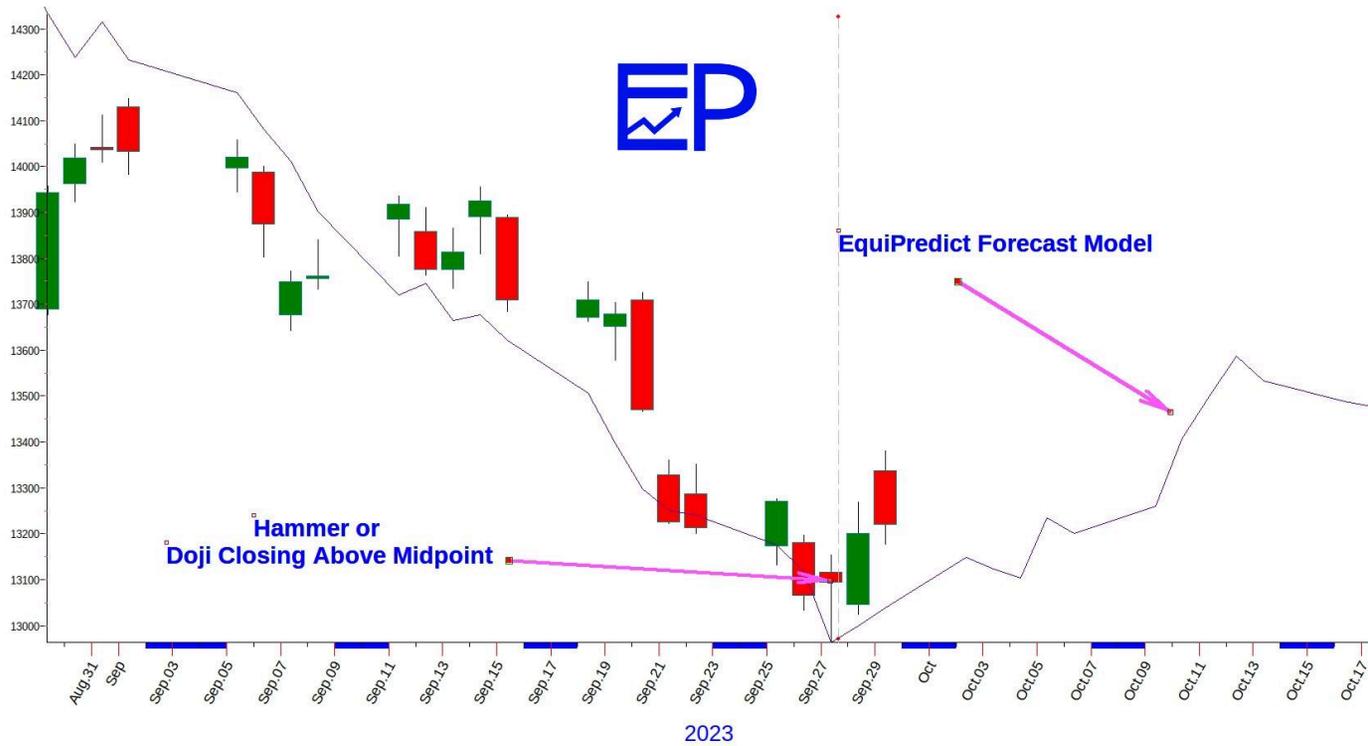
A coil does **not** tell you direction — but it tells you a **move is coming**.

This is when traders lose money out of boredom, right before the expansion.

Professionals wait. Amateurs jump.

Timing is about patience.

[Example on next page]



SIGNAL TWO: MARKET CONTEXT SHIFTS (THE “WEIGHT OF EVIDENCE”)

QQQ rarely moves alone.

It is influenced by:

- Key mega-cap stocks (AAPL, MSFT, AMZN, NVDA)
- Treasury yields
- The VIX
- The S&P 500
- Global risk appetite

None of these predict QQQ perfectly — but together, they create what’s called:

A directional bias backed by context.

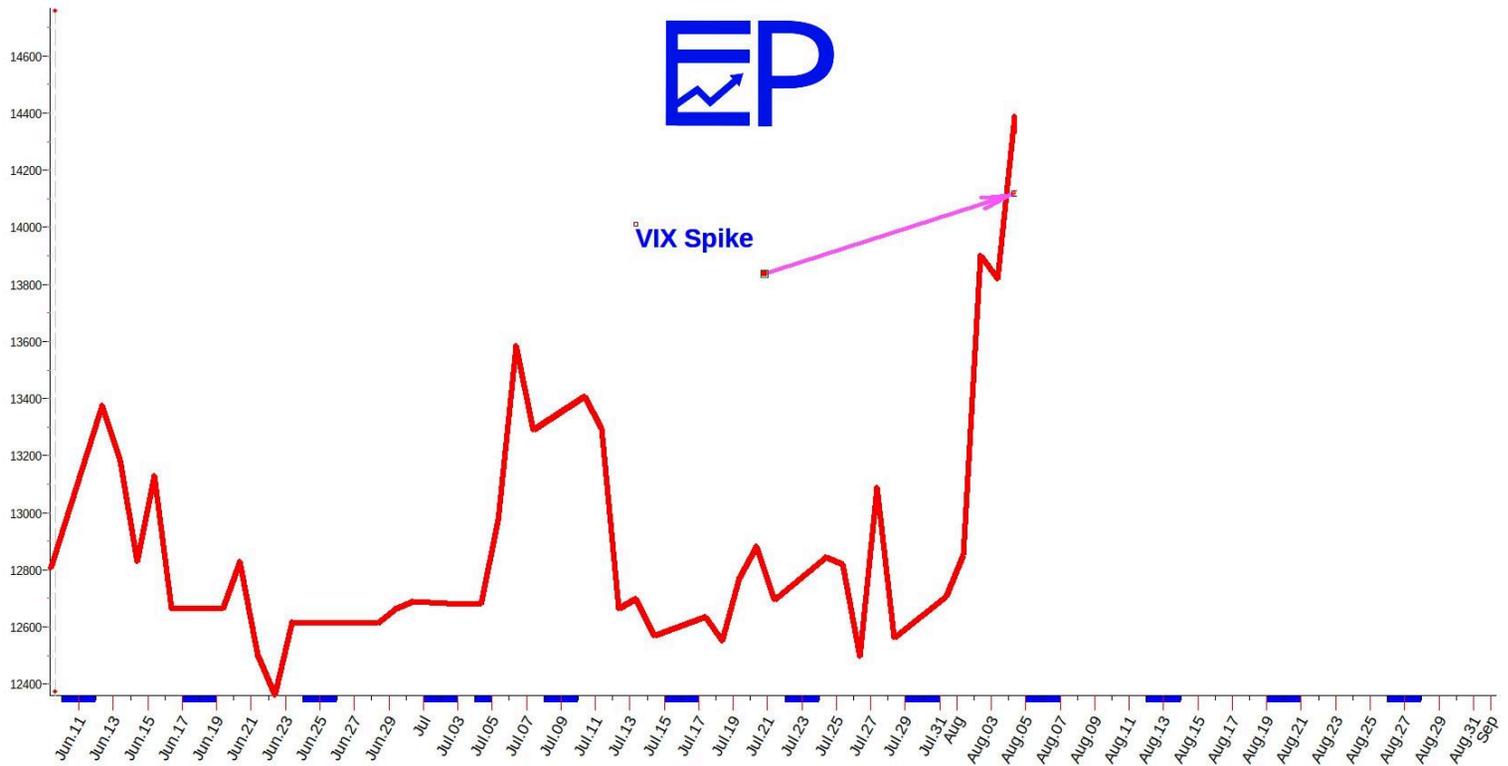
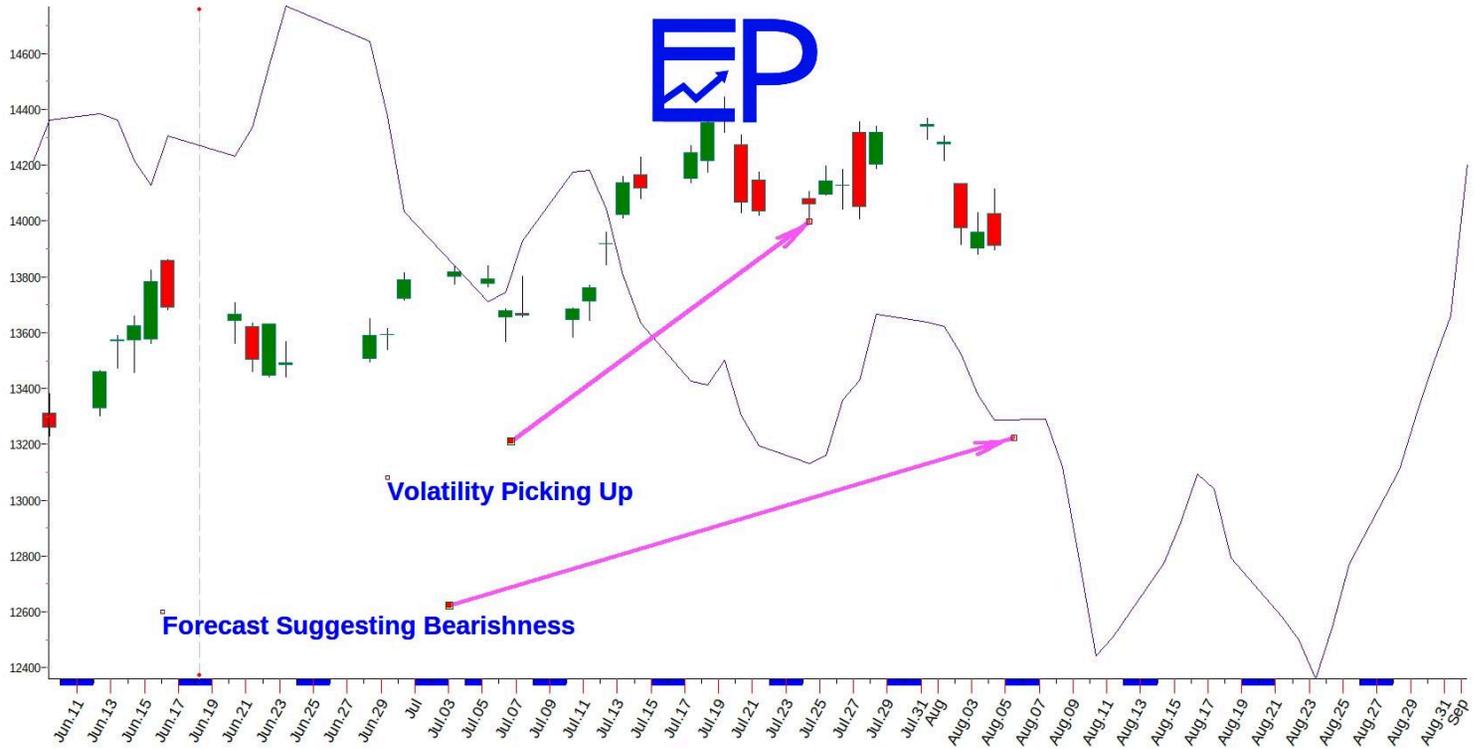
Examples of context shifts:

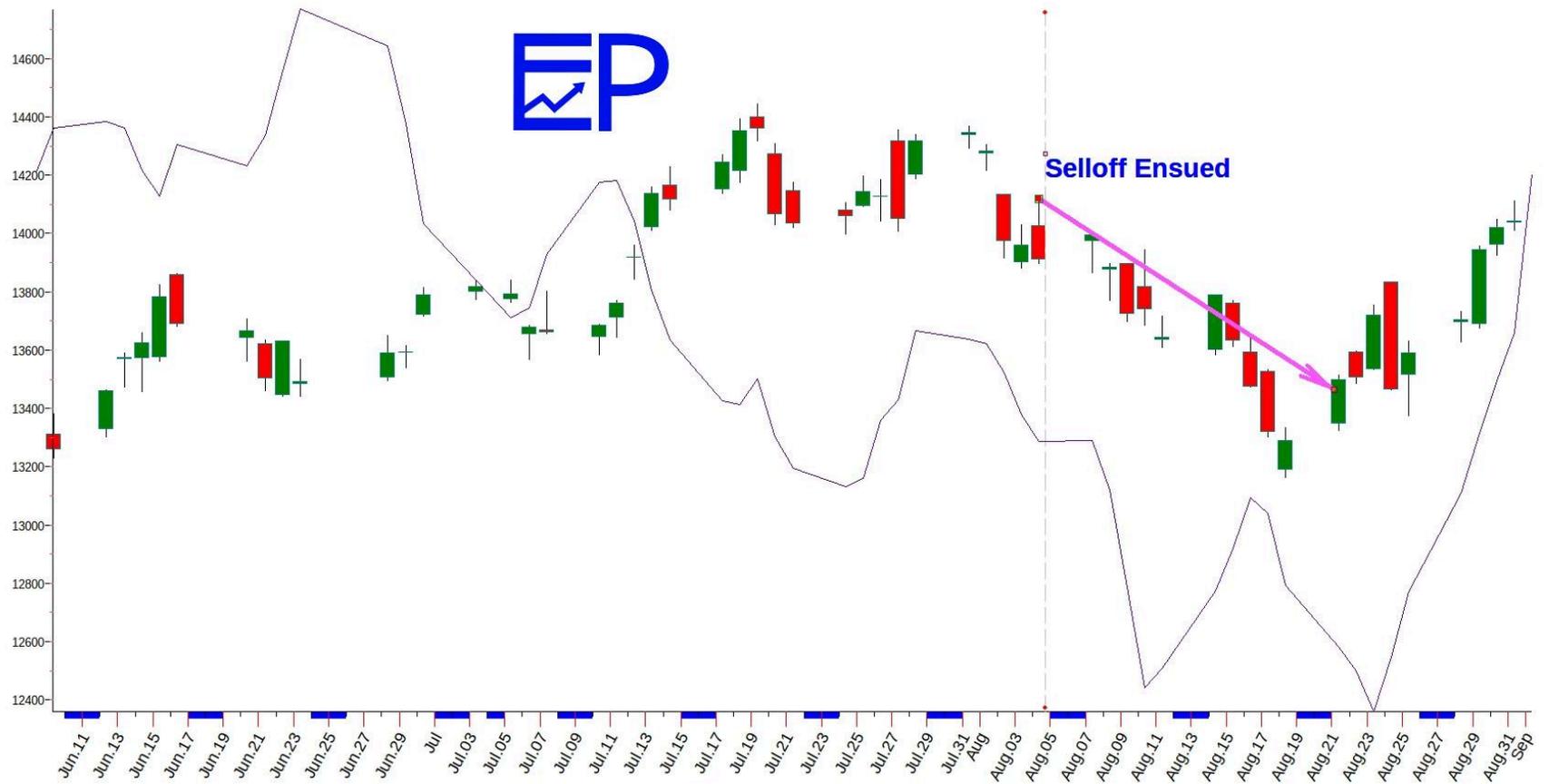
- VIX quietly rising while QQQ stalls → often precedes downward pressure
- Mega-caps breaking out while QQQ is flat → often precedes upward follow-through
- Yields topping out → tech tends to strengthen

You don’t need to master macro.

You just need to recognize *when the wind changes direction*.

This is where cycle timing becomes powerful — but we’ll get to that shortly.





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SIGNAL THREE: TIMING WINDOWS (INTRO TO CYCLE TURNING POINTS)

This is the heart of EquiPredict's edge.

Market cycles are not perfect, but they **repeat with enough regularity** to identify windows where QQQ has a heightened probability of:

- making a high
- making a low
- reversing direction
- transitioning trends

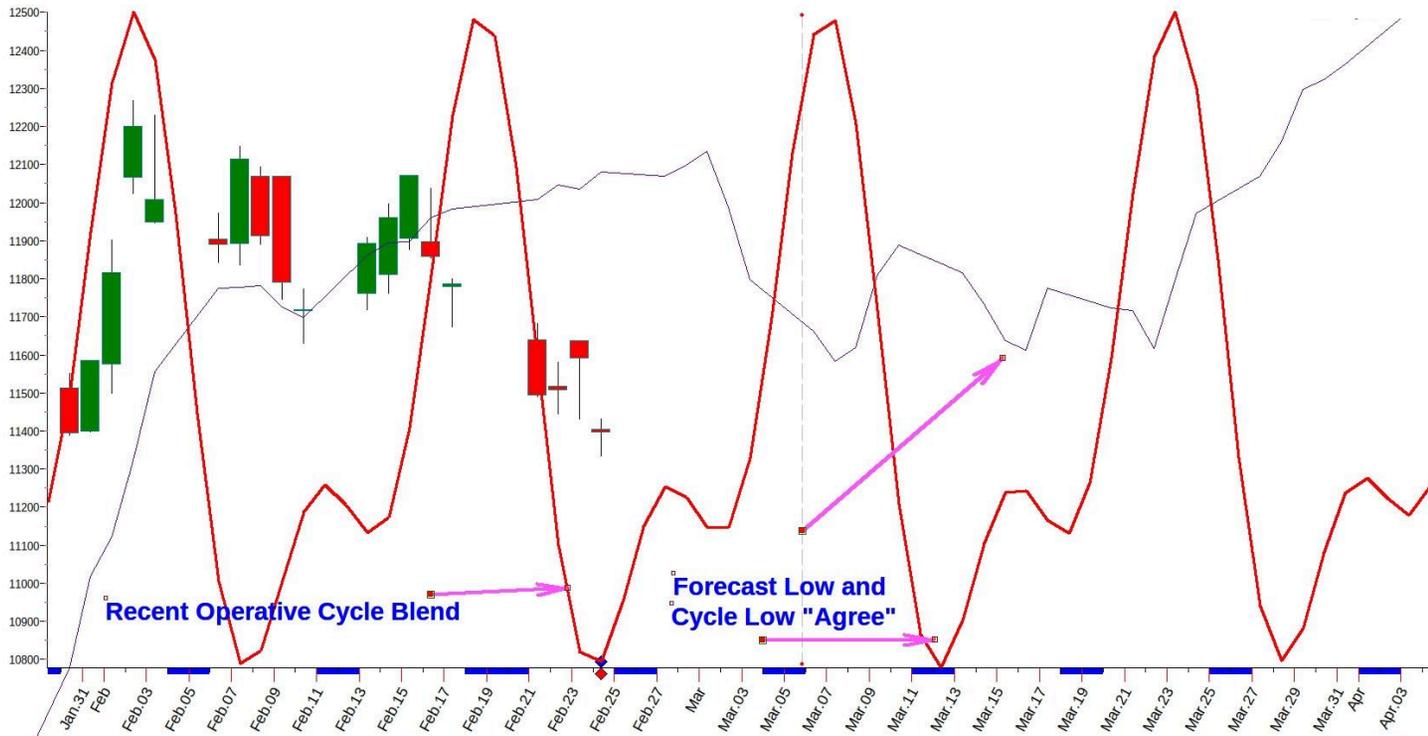
You do not need to forecast exact tops or bottoms.
You only need to know when not to fight the market.

What turning points help you anticipate:

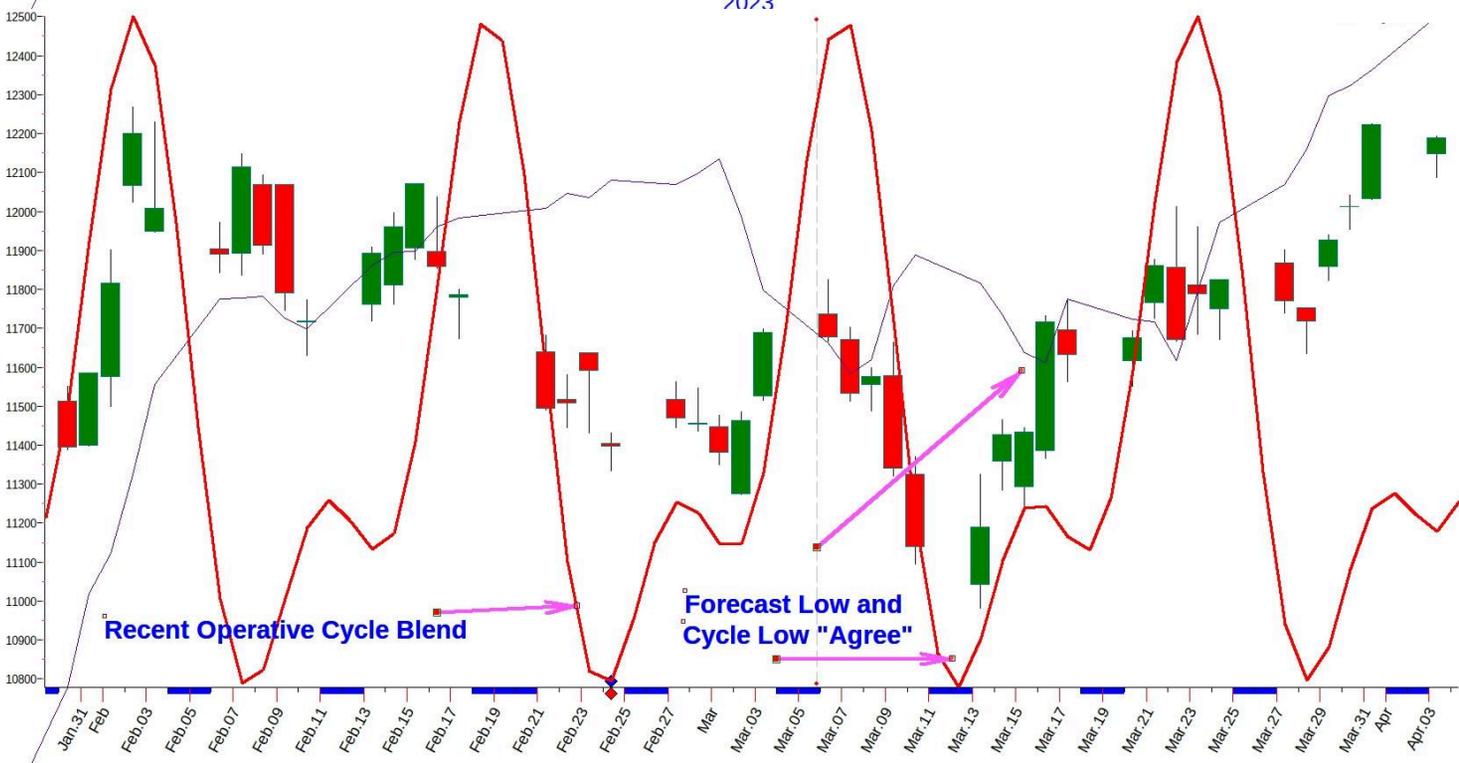
- When momentum exhaustion is likely
- When a choppy period is probable
- When to tighten stops or reduce size
- When to avoid entering large new positions
- When a fresh directional move may begin

Cycles give you the *when*, not the *what*. Most traders only look at *price*. Professionals also read *time*.

This is where your trading begins to feel calmer, clearer, and more strategic.



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BROUGHT TOGETHER: HOW TRADERS USE THESE SIGNALS

If all you do is combine:

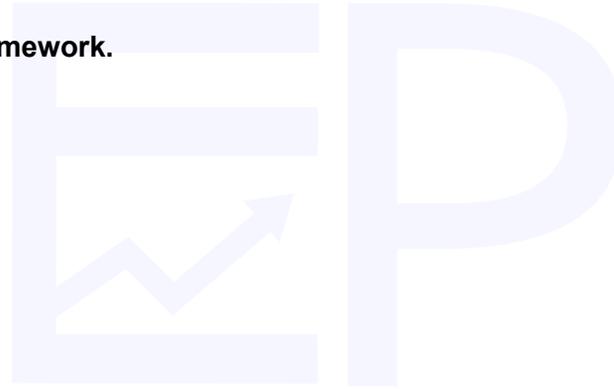
1. **Momentum compression (a move is coming)**
2. **Context shifts (bias is forming)**
3. **Cycle timing windows (high-probability reversal zones)**

...you suddenly gain what most traders desperately lack:

A structured, repeatable timing framework.

This gives you:

- Better entries
- Better exits
- Fewer false starts
- More confidence
- Less emotional trading
- A clear monthly roadmap



This is the blueprint behind the EquiPredict Monthly QQQ Outlook.

WHAT NOT TO DO (CRITICAL FOR RETAIL TRADERS)

✗ Do NOT assume QQQ trends forever!

Every strong move eventually enters a cycle window where it weakens.

✗ Do NOT guess direction during consolidation.

Wait for it. A breakout always comes.

✗ Do NOT oversize positions before timing windows.

Volatility increases at turning points - protect capital.

✗ Do NOT rely on a single indicator!!

Trading is about confluence, not magic tools. Pick 2 indicators, master them, and stick to them.

✗ Do NOT trade QQQ without a monthly framework

Lack of structure = lack of confidence = lack of consistency.

WHERE TO GO FROM HERE

You now understand **how to recognize when QQQ is preparing to move.**

The natural next question is:

“Where is QQQ most likely headed *next month*?”

“When is the next turning point window?”

That’s what I publish each month inside the **EquiPredict QQQ Monthly Outlook.**

If you want structure, clarity, and a consistent timing roadmap each month...

If you want the *actual direction + timing windows* for QQQ...

If you want someone to interpret cycles for you...

Then the EquiPredict Monthly QQQ Outlook is the next step.

Simple. Focused. Actionable. Delivered once per month.

Visit: [The EquiPredict Analytics Monthly QQQ Outlook Subscription Information Page](#)