OptionProfessor.com Quick Alert

July 30th, 2026

Can Stocks Turn?
4 Sectors-
2026 Best IDEAS

BY THE OPTION PROFESSOR

Important: This document is intended for informational and entertainment purposes only, please read the full disclaimer on the last page of this document.

Now please check out the bonus info below then read on for the new QUICK ALERT from The Option Professor...

NEW! 2025 REPORT from The Option Professor (get it here)

Master Options Trading Now!

Unlock your potential with the OPTIONS MASTER CLASS and OPTIONS ALERT Service, brought to you by Jim, The Option Professor, and Daniel Sinnig.

What You'll Learn:
- Basics & Long Options: Understand weekly options like NVDA, ARM, and more.
- Two-Sided Strategies: Master timing, strike selection, and trade adjustments with real-time examples.
- Trade Adjustments: Learn to manage winning and losing trades and protect your positions.

Who Benefits:
- Traders seeking limited risk and diversification.
- Investors wanting portfolio protection and cash flow.
- Beginners needing a clear understanding of options.
- Experienced traders looking for advanced strategies.

Special Offer:
Receive the OPTIONS MASTER CLASS ($397 value) with our OPTIONS ALERT Service. Increase your trading skills and learn what strategies we like right now!

Sign up now and transform your trading!

Keep scrolling for today's alert.

The following testimonials have been received for the one-hour coaching session with The Option Professor, CALL 725-254-6423 to get started.

"In a world of countless analysts, Option Professor stands out. His sense of perspective on all markets and sectors elucidates the big picture, as well as the shorter term. His observations have been remarkably prescient. He is a true, selfless teacher, being highly accessible and incredibly generous with his time. I regret that I did not find this class-act earlier."

-Dr. George Fee

I think the 1 hour meeting was great, it was informative and I think it would help those that are interested in a system

that is relative easy to follow and enable one to make money on small swings in the market using options.

Thank You,
Randy B.

Get to know option professor on one of online webinar as a speaker, and was impressed by his concise way explaining of market movement. During educational hour with him got clear understanding how to use different MA and RSI, as a main tools to catch a movement in right direction. Definitely recommend to receive education from him

Oleg B.

OptionProfessor NEW Alert:
07/30/26 - Can Stocks Turn? 4 Sectors- 2026 Best IDEAS

Hi Everybody! The Key Word in the last month globally has been Deleveraging. It's not permanent. Watch Out for a Turn

This week we got the Fed No-Decision and Earnings from MSFT and META-Thursday AAPL AMZN
The markets loved MSFT (cloud UP 42%) and META (revenue OK/Cap Ex a bit high). Risks AAPL-smart phones/AMZN Energy $$

Stock Indexes/Technicals sold off to, in my view, very important levels. The VIX is right around 20 and while it can spike briefly above
but the Bulls need it to back off 20. The Percent of Stocks Above the 200-Day Average has held the 55-50 level. Breaks may spell
acceleration to the downside. The S&P 500 (SPX) tested 7300 area (about -300 pts in 6 weeks). The QQQ tested the 660 level.
On the Ledge? Absolutely. Overnight the Kospi Index (Korea), The S&P 500 and the Nasdaq were turning up. Dead Cat Bounce?

As the adage goes, it's a market of stocks, not a stock market. Here's 4 sectors that seem to have been outperforming.

1. Enterprise Software Stocks examples ADBE CRM WDAY CRM MSFT
2. Energy Stocks examples XOM COP FANG LNG OXY
3. Health Care examples BIIB TEVA NVO CAH ABT
4. Consumer Staples examples TGT KO MDLZ DG DLTR

BIG PROBLEM-No end in sight to spending BUT negative free cash flow means BORROW and the 10-yr Treasury rate RISING

Here's my view:

KEY METRIC- To me, the Percent of Stocks Above the 200-Day Average and the VIX. Why? Because it hit 60 (resistance)
and closed at about 55. A CLOSE above 60-65 or under 50 may accelerate-SPX 7600 or 7000. For Bulls VIX under 20 needed

RISKS Continue-Oil spiking/War escalating-Deleveraging-Inflation Fears (PCE)-Consumer-AI-Fatigue-Cap Ex Appetite/ Costs at Risk

Sunday Night's Options ALERTS will go into more IDEAS. Also, You're Invited to Email me at optionprofessor@gmail.com

NOW-If you're NOT getting the Weekly ALERTS....You Should Do It..... You'll get Education, Ideas and Coaching-1 Stop Shop

The EARNINGS Season has been Volatile. What will this mean to you? Q3 and Q4 promise to be Volatile-Both Ways. Sign Up!

2-Day July SPECIAL $100 OFF Options ALERTS -
Immediately upon ordering-You'll be Emailed to you a Receipt and the LINK & Pass Code to the Online Options Master Class
Start LEARNING Today!
Sunday Nights, you get the Full Options ALERTS Report including IDEAS and Coaching (U get my cell #/text and schedule talks)

Over 30 years of helping options traders understand options. Have you gone elsewhere? It's Time to Come to Us.

Do you have any questions? Ask Me? Are you getting OTHER services and need help? Just want to try to improve your trading?

NOW is the time to get The Options ALERTS Service. Get your $100 Discount too!
It helps you LEARN (Options Online Class $395 value Free!) also get IDEAS (Alerts sent Sunday) and COACHING (annual $1600 Free!)

As you can see, there's something for Beginners and Experienced traders. I have said to expect 2026 to be Volatile BOTH ways

Let's talk. Use the LINK. IMMEDIATELY you get your Receipt and Options Course in your Inbox. Get My Cell # to set up Coaching.

Always, you can Email me at optionprofessor@gmail.com so take advantage of it

Helping Options Traders for Over 30 Years!,
Jim
The Option Professor

Not sure how various options strategies works? Let's talk. Email me contact info at optionprofessor@gmail.com No Cost No Obligation

Helping Option Traders Understand Options for Over 30 Years!

It's time to give the Options ALERTS Service a shot. It's still early in the year. Our Education and Market Views are a Breed Apart.

USE the LINK- Once you hit COMPLETE PURCHASE, You Get a Receipt/Options Course Emailed IMMEDIATELY. ALERTS Every Sunday

Thanks & Welcome Aboard!

I've been helping investors understand the uses and risk of options trading for over 30 years!

Best, Jim, The Option Professor

REMEMBER All investing and option trading involve substantial risk of loss and is not right for everyone. CONSULT YOUR BROKERAGE FIRM to determine your own suitability and risk tolerance. Past performance is not indicative of futures results. Information, ideas, and opinions are provided for informational purposes only It is NOT advice

Here's some of the BEST IDEAS from the Options Alerts so far this year

On Alert	Expiration	Stock	Strikes	Cost	Price Hit	Max In The Money
5/17	June 18	IBM Inc (IBM)	240C180P	$296	$332	$9,200
5/10	June 18	Snowflake (SNOW)	210C 90P	$294	$280	$7,000
4/19	June 18	Fortinet (FTNT)	95C 60P	$273	$150	$6,000
5/03	June 18	CVS Co. (CVS)	90C 75P	$237	$102	$1,200
4/19	June 18	Akamai (AKAM)	120C 55P	$249	$165	$4,500
5/10	June 18	NetApp (NTAP)	135C 95P	$286	$190	$5,500
5/10	June 18	Okta Inc (OKTA)	100C 55P	$282	$142	$4,200
5/10	June 18	Service Now (NOW)	104C 65P	$277	$140	$3,600
5/31	June 18	Service Titan (TTAN)	60C 40P	$290	$84	$2,400
5/17	June 18	Service Now (NOW)	110C 72P	$286	$140	$3,000

- The Option Professor

- *Questions or comments? Email optionprofessor@gmail.com*
- *Weekly FREE Market Updates at https://www.optionprofessor.com/blog/*

REMEMBER There is a risk of loss in all trading and it is not right for everyone. Consult your brokerage firm/broker/advisor to determine your own suitability. Past performance is not indicative of future results. Information and opinions provide are for informational purposes only. It is NOT advice.
Full OptionProfessor.com Terms/Disclaimers/Policies here:
https://www.optionprofessor.com/policies/

Be sure to read the other recent Option Professor Alert PDFs HERE:

- NEW! 07/02/26 – META Spikes–3 NEW Ideas? 2026 Best IDEAS
- 06/25/26 – Stocks–MU Spikes–What Now? 2026 Best IDEAS
- 06/18/26 – Fed Hawks=Stocks Hit–What Now? 2026 Best IDEAS
- 06/11/26 – Stocks Drop–What Now? — 2026 Best Options IDEAS
- 06/04/26 – June=Stocks REVERT? Best 25 Ideas
- 05/28/26 – Warning Signal? 2026 Best Options IDEAS
- 05/20/26 – NVDA? 2026 Best Options IDEAS
- 05/15/26 – Stocks Drop-What Now?–Best Ideas

REMEMBER There is a risk of loss in all trading and it is not right for everyone. Consult your brokerage firm/broker/advisor to determine your own suitability. Past performance is not indicative of future results. Information and opinions provide are for informational purposes only. It is NOT advice.

Full OptionProfessor.com Terms/Disclaimers/Policies here:
https://www.optionprofessor.com/policies/

OptionProfessor owners, guests, affiliates, and associates are real traders and investors and may hold the equities discussed in this report directly or indirectly through ETFs or other funds.

This report is for information and entertainment purposes only; trading and investing is extremely risky. We've made every reasonable attempt to ensure that the above information is accurate at the time of publication, but please do your own research. The reader bears sole responsibility for their trading and investing decisions. Please consult a qualified financial advisor for help with financial decisions.

TimingResearch may generate revenue from any link on the webiste, emails, reports, or any other content.

Statement Of Disclaimer: U.S. Government Required Disclaimer - Commodity Futures Trading Commission. Futures, option, forex and stock trading have large potential rewards, but also large potential risk. You must be aware of the risks and be willing to accept them in order to invest in the futures and options markets. Don't trade with money you can't afford to lose. This website/email is neither a solicitation nor an offer to Buy/Sell futures, options, forex or stocks. No representation is being made that any account will or is likely to achieve profits or losses similar to those discussed on this website. The past performance of any trading system or methodology is not necessarily indicative of future results.

CFTC RULE 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.