Learn to Trade Commodities and Futures Using COT Report with InsiderWeek

Summary of COT report from 04/16/2024

Week to 04/19/2024	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	-3.15%	⇔	1 406 577	-72 329	1 592 920	72 090	348 567	62 877	274 453	-74 151	286 323	3 210	174 094	-4 181	2 100 522	0%	-186 343	-144 419	344%	161 838	-186 343	0%
NASDAQ	-5.47%	⇔	141 080	-6 030	158 974	-2 639	66 139	197	57 610	-789	42 958	263	33 593	-2 142	255 698	-2%	-17 894	-3 391	23%	-1 087	-47 893	64%
RUSSELL	-2.79%	⇔	374 758	11 148	340 680	-5 926	72 012	4 150	110 462	14 985	27 578	-4 165	23 206	2 074	481 262	3%	34 078	17 074	100%	72 636	-31 976	63%
DOW E-MINI	-0.06%	⇔	52 698	5 406	69 157	3 467	23 705	-5 154	10 026	-1 872	14 410	176	11 630	-1 167	93 614	1%	-16 459	1 939	-11%	42 559	-26 351	14%
Bonds																						
30-YR T-BONDS	-1.08%	⇔	1 077 192	-15 026	1 101 786	54 383	257 665	29 008	273 429	-30 418	195 936	6 194	155 578	-3 789	1 546 276	1%	-24 594	-69 409	-155%	101 237	-36 743	9%
10-YR T-BONDS	-0.62%	⇔	3 365 808	3 076	3 015 802	152 431	533 604	38 694	895 643	-106 152	410 016	2 362	397 983	-2 147	4 435 697	2%	350 006	-149 355	-30%	822 775	350 006	0%
Currencies																						
DOLLAR INDEX	0.13%	⇔	8 040	-1 154	9 349	-275	29 911	3 178	30 840	2 965	4 596	979	2 358	313	44 069	9%	-1 309	-879	204%	-305	-20 732	95%
EURO FX	0.12%	⇔	395 979	12 865	424 633	-10 513	178 912	3 493	166 688	23 992	73 794	-1 255	57 364	1 624	658 865	2%	-28 654	23 378	-45%	-28 654	-188 929	100%
SWISS FRANC	0.36%	⇔	69 412	4 747	16 456	-126	14 650	-1 976	50 862	2 472	9 349	-186	26 093	239	93 411	3%	52 956	4 873	10%	52 956	273	100%
BRITISH POUND	-0.64%	⇔	129 957	33 761	126 985	3 734	71 800	-8 200	63 181	11 433	21 721	-6 093	33 312	4 301	229 420	9%	2 972	30 027	-111%	35 439	-78 920	72%
JAPANESE YEN	-0.99%	⇔	230 642	11 386	62 900	586	49 463	2 188	215 082	5 656	45 373	-5 568	47 496	1 764	331 110	2%	167 742	10 800	7%	167 742	52 659	100%
CANADIAN DOLLAR	0.15%	⇔	166 834	38 890	75 262	5 658	37 067	2 326	119 882	31 756	27 645	455	36 402	4 257	237 526	23%	91 572	33 232	57%	91 572	-4 200	100%
AUSTRALIAN DOLLAR	-0.70%	⇔	169 334	17 913	52 990	3 179	42 365	11 809	143 448	20 551	18 142	-3 425	33 403	2 567	234 919	12%	116 344	14 734	15%	117 540	21 070	99%
NEW ZEALAND	-0.83%	⇔	41 195	1 680	26 625	3 349	18 019	4 293	29 745	2 472	3 272	410	6 116	562	62 857	12%	14 570	-1 669	-10%	20 208	-12 425	83%
MEXICAN PESO	-2.57%	⇔	105 028	-6 130	237 147	-18 464	172 573	-17 307	44 842	-5 347	7 388	-448	3 000	-74	286 335	-8%	-132 119	12 334	-9%	-33 883	-144 453	11%
Energy																						
CRUDE OIL	-3.91%	⇔	601 207	6 265	930 291	-2 398	411 987	8 190	121 525	14 865	84 909	-9 043	46 287	-7 055	1 799 606	2%	-329 084	8 663	-3%	-175 326	-340 958	7%
GASOLINE	-4.05%	⇔	188 084	-2 260	278 880	-7 384	121 169	-1 384	43 959	4 753	28 781	-68	15 195	-1 081	415 929	-2%	-90 796	5 124	-5%	-40 932	-96 490	10%
HEATING OIL	-4.75%	⇔	158 604	13 766	183 822	7 049	46 825	-4 233	42 401	1 380	51 066	1 053	30 272	2 157	339 288	4%	-25 218	6 717	-21%	-25 218	-58 291	100%

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NATURAL GAS	-0.73%	⇔	594 830	19 387	489 062	16 873	321 728	1 548	453 603	5 526	68 725	429	42 618	-1 035	1 582 452	2%	105 768	2 514	2%	115 544	39 539	87%
Metals																						
GOLD	1.97%	⇔	132 684	4 590	355 442	2 766	278 777	-1 022	76 854	-526	50 245	-1 314	29 410	14	517 193	2%	-222 758	1 824	-1%	-152 980	-235 478	15%
SILVER	2.77%	⇔	46 442	2 080	120 470	4 833	82 415	-2 411	29 056	-2 558	32 658	336	11 989	-2 270	175 784	1%	-74 028	-2 753	4%	-29 688	-74 028	0%
PLATINUM	-4.70%	⇔	15 494	582	39 108	-120	52 430	1 100	34 189	1 866	8 927	37	3 554	-27	81 834	1%	-23 614	702	-3%	-2 365	-32 850	30%
PALLADIUM	-2.13%	⇔	11 759	273	2 735	238	5 414	-342	14 448	-74	1 599	70	1 589	-163	20 839	1%	9 024	35	0%	13 042	8 198	17%
COPPER	4.10%	⇔	69 560	-5 617	125 646	963	144 590	18	97 021	-4 857	23 259	1 660	14 742	-45	299 220	-1%	-56 086	-6 580	13%	30 426	-56 086	0%
Grains																						
SOYBEANS	-1.83%	⇔	503 032	18 180	323 314	4 114	94 418	3 453	266 311	16 869	56 980	96	64 805	746	867 734	4%	179 718	14 066	8%	207 278	-69 495	90%
SOYBEAN MEAL	-0.23%	⇔	223 843	511	226 195	5 809	102 248	11 268	115 080	2 038	46 819	-3 483	31 635	449	468 272	-1%	-2 352	-5 298	-180%	56 238	-155 771	72%
SOYBEAN OIL	-1.79%	⇔	300 903	23 615	267 576	-818	116 442	4 196	150 988	28 110	29 257	-109	28 038	410	598 865	3%	33 327	24 433	275%	49 262	-33 462	81%
CORN	-0.29%	⇔	688 963	10 967	474 793	-7 321	278 571	-346	483 428	14 320	157 042	-5 656	166 355	-2 034	1 520 896	-2%	214 170	18 288	9%	282 468	83 034	66%
WHEAT	2.21%	⇔	141 027	3 978	79 441	-4 484	118 774	-559	181 671	9 941	31 794	-25	30 483	-2 063	391 304	-2%	61 586	8 462	16%	98 645	33 760	43%
ROUGH RICE	10.11%	⇔	3 893	7	5 366	614	2 428	-611	1 556	-1 104	1 802	-114	1 201	-228	8 361	-7%	-1 473	-607	70%	-866	-7 448	91%
Softs																						
COTTON	-4.34%	⇔	77 269	-14 316	133 212	-37 526	83 151	-23 049	30 822	-2 702	14 522	-935	10 908	1 928	203 577	-17%	-55 943	23 210	-29%	-3 342	-112 881	52%
COFFEE	6.98%	⇔	86 582	2 134	165 417	4 012	98 292	2 356	22 221	-152	8 934	-1 397	6 170	-767	242 871	-1%	-78 835	-1 878	2%	-18 113	-78 835	0%
COCOA	12.55%	⇔	53 725	-2 982	94 219	-3 506	55 310	-2 802	21 475	-1 729	13 258	-907	6 599	-1 456	159 325	-4%	-40 494	524	-1%	-39 902	-79 960	99%
SUGAR	-4.35%	⇔	448 732	9 079	499 011	-52 844	186 059	-11 781	123 495	31 349	70 228	-3 556	82 513	15 237	811 191	-3%	-50 279	61 923	-55%	-50 279	-283 940	100%
ORANGE JUICE	-2.53%	⇔	1 867	8	4 414	547	4 197	292	2 640	3	2 263	193	1 273	-57	8 693	7%	-2 547	-539	27%	-388	-3 484	30%
Meats																						
LIVE CATTLE	2.40%	⇔	102 062	-1 090	138 037	-7 594	95 527	-4 908	52 516	1 052	26 945	-1 283	33 981	-739	273 036	-3%	-35 975	6 504	-15%	-22 619	-66 632	70%

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FEEDER CATTLE	3.31%	↔	15 614	328	9 828	-573	13 756	106	15 176	1 297	10 497	-163	14 863	-453	51 891	1%	5 786	901	18%	5 786	979	100%
LEAN HOGS	2.87%	↔	97 818	-6 879	147 070	-1 582	120 485	-7 909	63 994	-12 185	24 451	351	31 690	-670	298 712	-6%	-49 252	-5 297	12%	34 468	-49 252	0%
Other																						
BITCOIN	-4.89%	↑	1 513	-31	1 826	-556	22 339	-1 233	22 702	-1 023	1 532	-167	856	148	29 526	2%	-313	525	-63%	1 387	-1 008	29%
VIX FUTURES	4.39%	↑	164 265	6 123	138 152	17 560	95 276	17 257	117 750	8 409	25 933	276	29 572	-2 313	389 392	6%	26 113	-11 437	-30%	60 403	18 713	18%

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