

Trade of the Week

Thursday May 21, 2026



128.30
SELL

7.64

135.94
BUY

Trade of the Week – XES

Trade of the Week — Energy Resilience Rebuild

Underlying: XES (SPDR S&P Oil & Gas Equipment & Services ETF)

Theme: Position for the longer-term rebuilding of energy infrastructure and production resilience following the Strait of Hormuz shock, rather than trying to trade the next crude oil headline.

Structure:

Buy Dec 18, 2026 \$135 Call on XES

XES Spot Price: ~\$132.15

Option Premium: ~\$14.25

Option Delta: ~0.53

Time to Expiration: ~211 Days

Payoff Profile:

Maximum Risk: ~\$14.25 premium paid

Upside: Open above the \$135 strike

Breakeven at Expiration: ~\$149.25

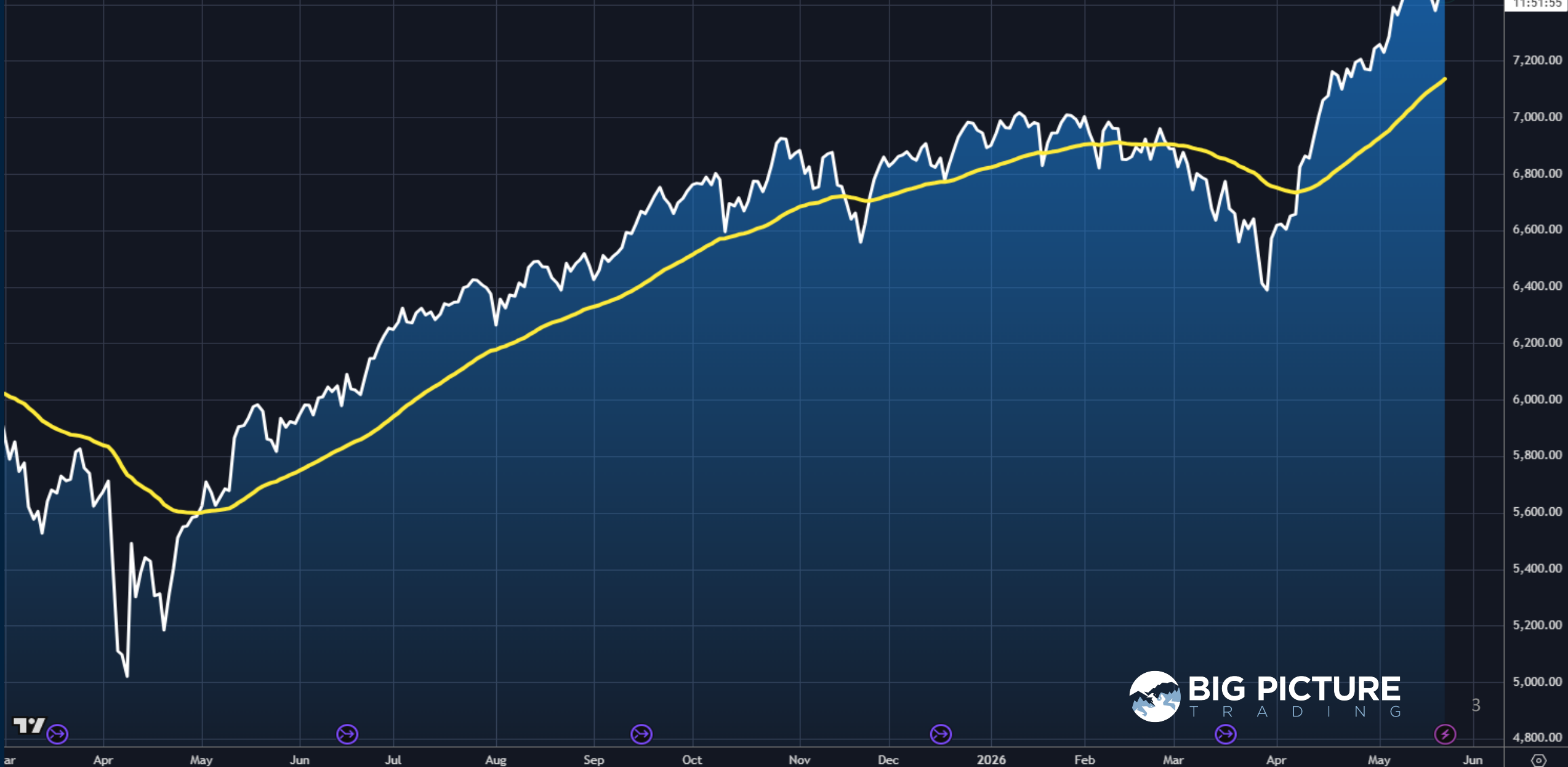
Required Move to Breakeven: ~13% from current XES price



7,453.25 SELL 0.25 7,453.50 BUY

EMA 50 close 7,136.13

S&P500 Futures



7,453.50 11:51:55

7,600.00

7,200.00

7,000.00

6,800.00

6,600.00

6,400.00

6,200.00

6,000.00

5,800.00

5,600.00

5,400.00

5,200.00

5,000.00

4,800.00



3



564.37 SELL 0.86 565.23 BUY

EMA 50 close 483.16

Semiconductor ETF (SMH)



99.156 SELL 0.000 99.156 BUY

EMA 50 close 98.703

US Dollar Index



98.00 SELL 0.04 98.04 BUY

EMA 50 close ↻ 94.60

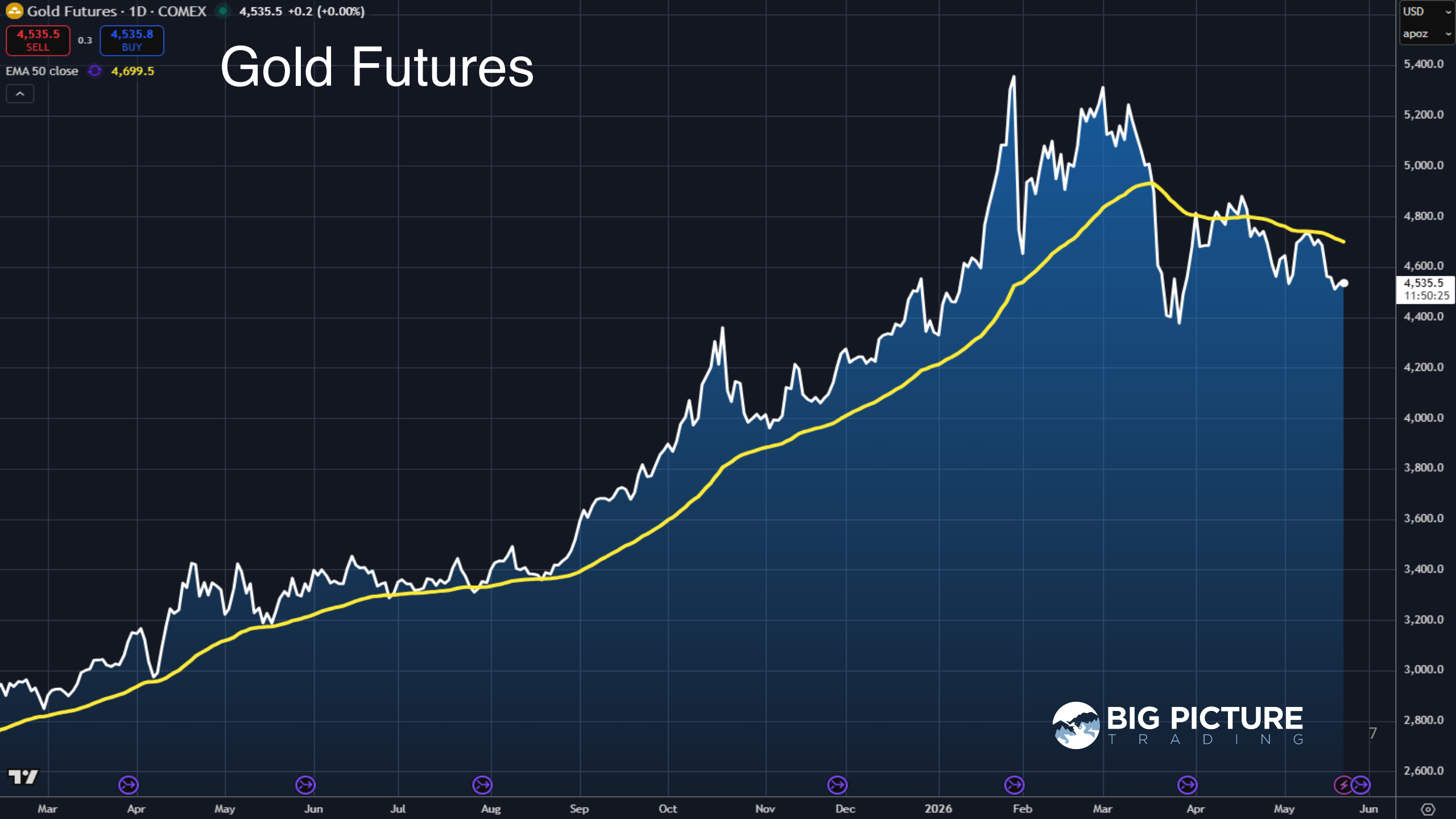
Crude Oil Futures (Continuous)



4,535.5 SELL 0.3 4,535.8 BUY

EMA 50 close 4,699.5

Gold Futures



USD apoz

5,400.0
5,200.0
5,000.0
4,800.0
4,600.0
4,535.5
4,400.0
4,200.0
4,000.0
3,800.0
3,600.0
3,400.0
3,200.0
3,000.0
2,800.0
2,600.0



7



Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

2026

Feb

Mar

Apr

May

Jun



81.30 SELL 7.10 88.40 BUY

EMA 50 close 85.76

Uranium U3O8 Futures



USD lb

102.00
100.00
98.00
96.00
94.00
92.00
90.00
88.00
86.00
84.00
82.00
80.00
78.00
76.00
74.00
72.00
70.00
68.00
66.00
64.00
62.00
60.00



4.647 SELL -0.002 4.645 BUY

EMA 50 close 4.388%

10-year US Gov Treasury Yield



%
 4.700%
 4.650%
 4.600%
 4.578%
 12:19:20
 4.550%
 4.500%
 4.450%
 4.400%
 4.350%
 4.300%
 4.250%
 4.200%
 4.150%
 4.100%
 4.050%
 4.000%
 3.950%
 3.900%



A man with short brown hair, wearing a blue suit jacket over a white shirt, is sitting at a desk. His hands are clasped in front of him. He is looking directly at the camera with a serious expression. The background is a dark blue wall with glowing, curved lines and faint, white financial data points like percentages and numbers.

Trade along with Patrick

Become a Member Today

SIGN UP NOW!

Monthly Membership Includes:

- Daily “Macro Outlook” video
- Watch Patrick analyze and demonstrate trades LIVE during “Where’s the Trade”
- Daily LIVE Q&A
- Weekly position summary
- Hours of FREE educational videos and bootcamps
- Access to members only LIVE webinars

SIGN UP NOW!

