# TACTICAL INCOME

# Zero to Trading in 21 Days

# Day 4: Support and Resistance

**Learn:**
Test your knowledge and understanding of the concepts presented in the video.

**Review:**
Summarize the main points and concepts from the video.

**Apply:**
Demonstrate how you will apply the concepts from the video into your own trading.

- What is a support level?

- **What is a resistance level?**

- Based on the video, how would you describe why/how support levels are formed?

- Based on the video, how would you describe why/how resistance levels are formed?

- Why do you think confirmation is necessary before labeling an area "support" or "resistance?"

- In charts for SPY, QQQ, and IWM, identify three separate instances of support.

- In charts for SPY, QQQ, and IWM, identify three separate instances of resistance.

- In charts for SPY, QQQ, and IWM, identify three separate instances of resistance becoming support and support becoming resistance.