



# Zero to Trading in 21 Days

## Day 14: Technical Indicators



### 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 technical indicator?**

- **What are the two basic categories of technical indicators?**



- **What does it mean when we say technical indicators are “lagging?”**
- **Why is it important to understand the strengths and weaknesses of each indicator?**
- **What is the difference between a trending and non-trending technical indicator?**



- **On the trading platform, add the 20 and 50 simple moving averages to your chart. Read the explanation of the simple moving average and be able to summarize it.**
- **On the trading platform, add the MACD and RSI (relative strength index) to your chart. Read the explanation of both indicators and be able to summarize the platform explanation's main points and ideas for both indicators.**
- **On your chart, practice adjusting the settings of your indicators, first making them more sensitive and then making them less sensitive (shortening and lengthening the period settings). Note the difference in frequency and reliability of trading signals when your indicators are more or less sensitive.**