

TimeZone Weekly Option Strategy

Short-term, market-neutral income with
Positive Theta + Vega

Developed and Presented by
Amy Meissner

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Today's Agenda

- Introduction to the TimeZone Weekly Option Strategy
- Key Advantages
- Performance results and key metrics
- Trade examples
- TimeZone vs TimeEdge
- Details about the new TimeZone Workshop

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About Amy Meissner

- Began trading stocks and options in 1995, full time since 2006
- Specialize in:
 - High Probability Option Strategies
 - Goal - Consistently Generate income regardless market environment
 - Strategies That Don't Require Sitting in Front of a Computer All Day
- Speaking Engagements and Presentations for numerous trading clubs and educational trading services
- Trade Alert Services, workshops, and Video courses (A14, HV7, AIC22, TimeEdge, Nested IC, and now the updated TimeZone)

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60-90 Day Trades = Waiting...then Losing?

Months in the market, only to see profits erased by one fast move.

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Negative Vega = Crushed on Volatility Spikes

Most premium-selling strategies lose big when VIX jumps.

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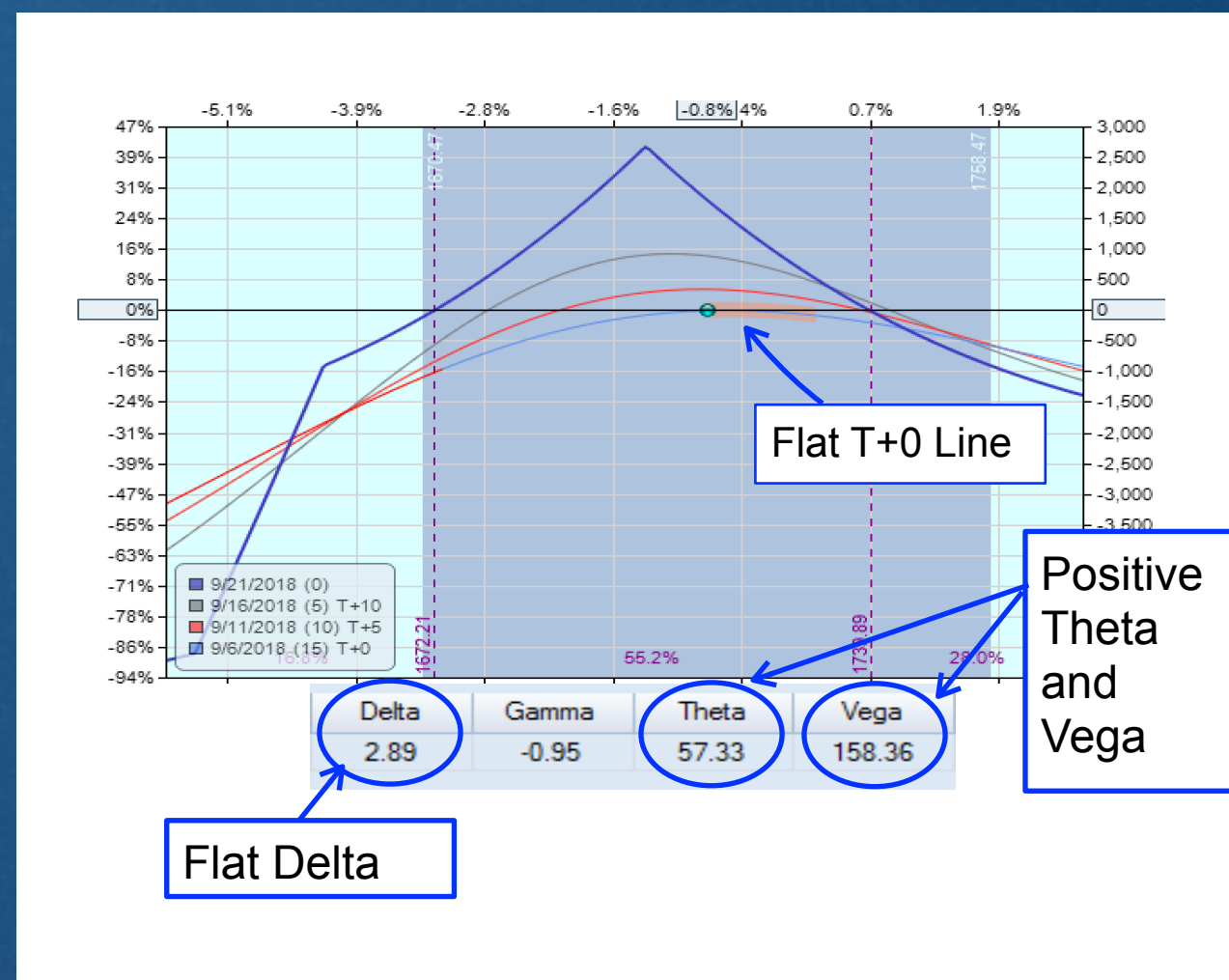
Too Much Screen Time, Stress, Decision Fatigue?

Many trades demand constant monitoring and drain your energy.

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What is the TimeZone?

- Short-term, time-spread based income trade
- Market-neutral → works up, down, or sideways
- Positive Vega + Theta
- Designed for consistent, repeatable returns



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Original Design Concept

Once a month : one week in, three weeks out →
avoid ~75% of market noise



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TimeZone Weekly Trades

You're in control of how often you trade.

- Conservative: 1×/month
- Moderate: 2×/month
- Aggressive: Weekly

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Core Advantages

- Fast cycle (~5 days in trade)
- Smooth equity growth, low drawdowns
- Simple adjustments, easy fills
- Works for small accts (~\$7–10K)
- Scales cleanly to larger sizes

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Trading that Fits Real Life

- No crystal ball or technical analysis required
- Alerts handle intraday triggers
- Contingent orders for more freedom
- No babysitting the screen

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The Time Zone

Planned Capital and Targets

- Planned Capital - \$7,000 - \$10,000 * (2 lot RUT trade)
- Minimum Account Size - \$10,000 (2 lot RUT trade)
- Profit Target - 5% or more
- Losses - max loss around 5%.
- Win / Loss Expectancy – 9 / 3 ($\approx 75\%$), with $\sim 80\%$ average in testing

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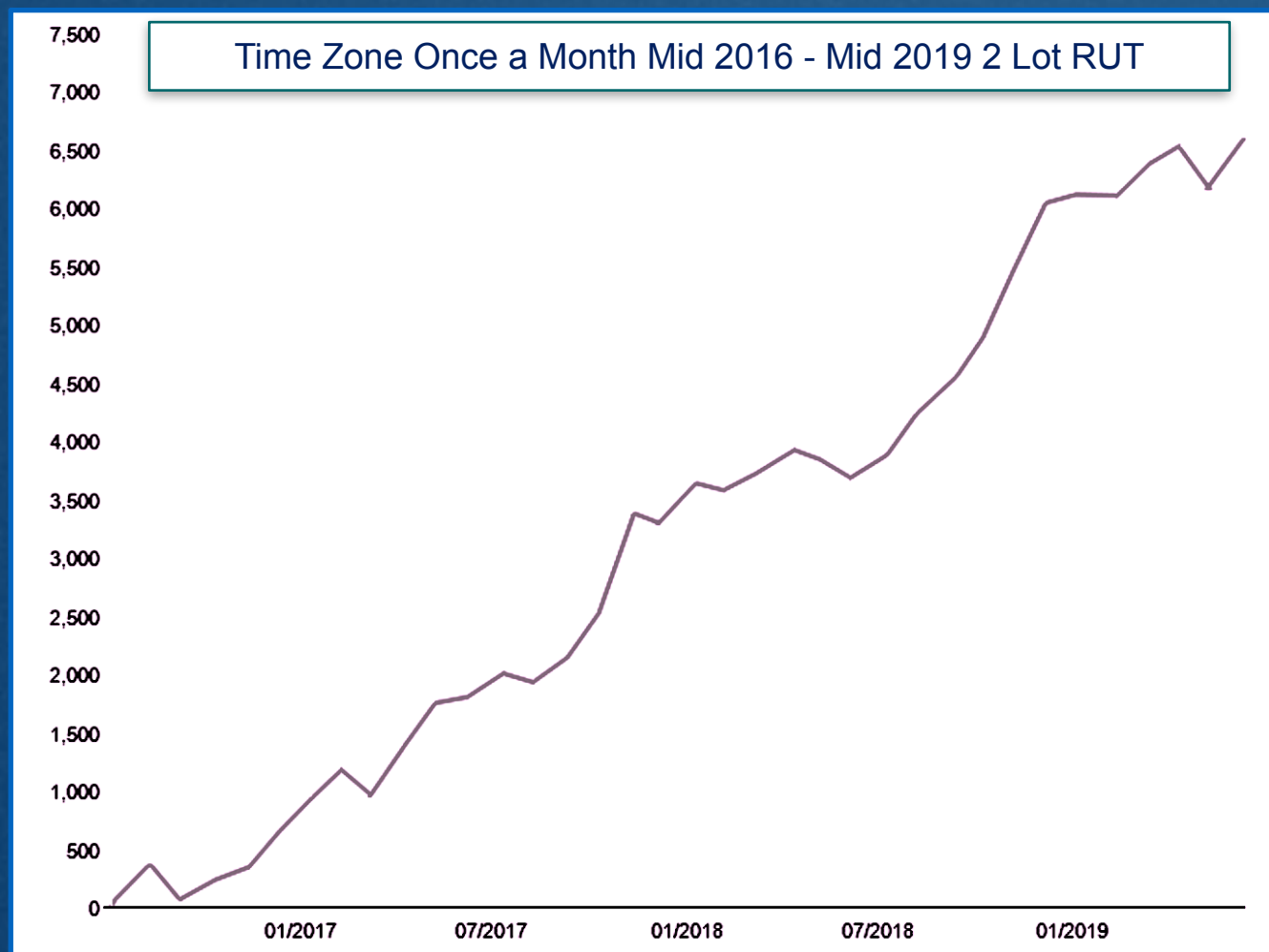
You've seen the advantages...
Now see the results

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Resilient Across Market Eras

2016–2019 test (2-lot RUT trades) • Consistency across bull & volatile markets

1 trade/month: 75% win rate, Profit Factor 5.96



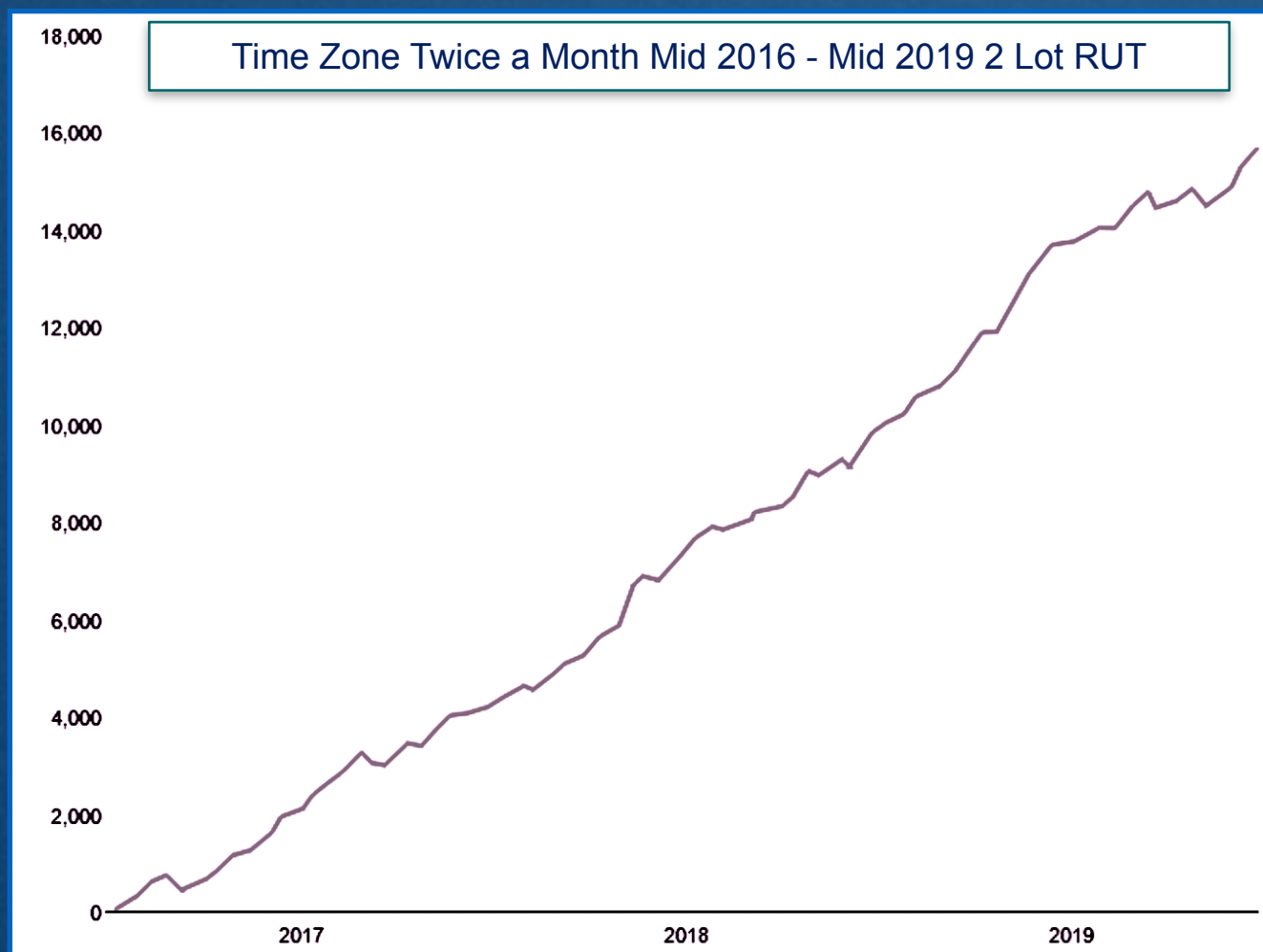
Statistics			
Total Trades	36		
Net Profit/Loss	6,592.50		
Profit Factor	5.96		
Win/Loss Ratio	3 : 1		
Winners			
27	75%	Trade Count	25%
7,922.50	86%	Gross \$	14%
293.43	67%	Avg \$	33%
847.50	71%	Largest \$	29%
5.63	54%	Avg DIT	46%
7	78%	Max Consecutive	22%
Losers			
9			
-1,330.00			
-147.78			
-350.00			
4.78			
2			
Time In Market (days) 195			
Max Drawdown -1,260.00			
Break Even 0			

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Resilient Across Market Eras

2016–2019 test (2-lot RUT trades) • Consistency across bull & volatile markets

2 trades/month: 83% win rate, Profit Factor 9.93



Statistics			
Total Trades	71		
Net Profit/Loss	15,671.00		
Profit Factor	9.93		
Win/Loss Ratio	4.92 : 1		
Winners			
59	83%	Losers	
17,426.00	91%	Trade Count	12
295.36	67%	Gross \$	-1,755.00
847.50	71%	Avg \$	-146.25
6.97	62%	Largest \$	-350.00
14	88%	Avg DIT	4.25
		Max Consecutive	2
Time In Market (days)		462	
Max Drawdown		-1,260.00	
Break Even		0	

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Stress-Tested in Crisis and Recovery

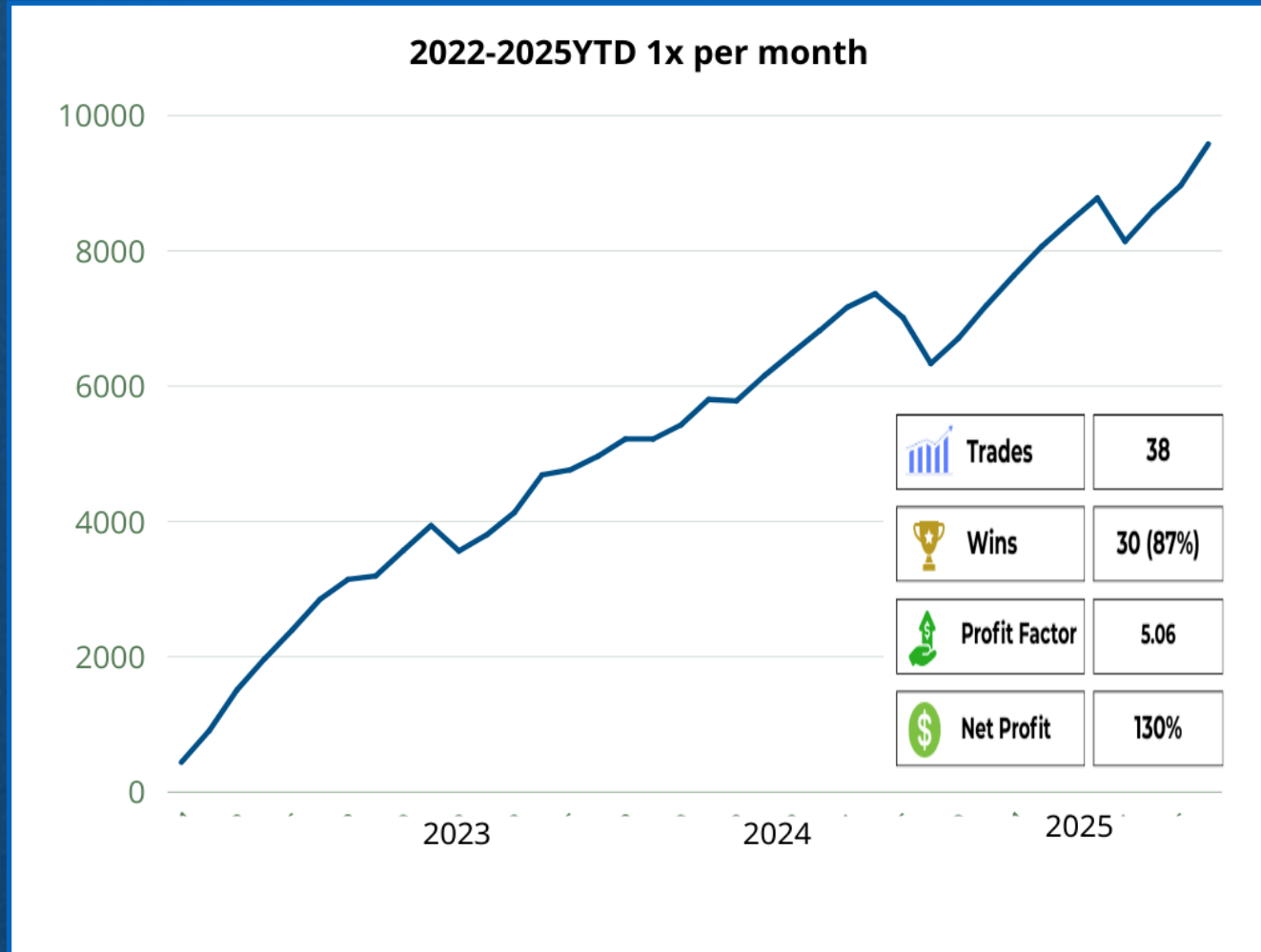
Jan–Aug 2020 test (2-lot RUT trades, 2x month;
March weekly)

- 80% win rate overall
- 2x/month through Jan–Aug, with March traded every week
- Profitable in both the crash and the rebound

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Consistent in Today's Market

2022–2025 test (2-lot RUT trades, 1x month)*



Statistics			
Total Trades	38		
Net Profit/Loss	9,602.10		
Profit Factor	5.0555		
Win/Loss Ratio	6.6000		
	Winners	Losers	
33	<div><div></div></div> 87%	Trade Count	<div><div></div></div> 13% 5
11,969.80	<div><div></div></div> 83%	Gross \$	<div><div></div></div> 17% -2,367.70
362.72	<div><div></div></div> 43%	Avg \$	<div><div></div></div> 57% -473.54
618.80	<div><div></div></div> 48%	Largest \$	<div><div></div></div> 52% -681.20
4.42	<div><div></div></div> 73%	Avg DIT	<div><div></div></div> 27% 1.60
10	<div><div></div></div> 83%	Max Consecutive	<div><div></div></div> 17% 2
Time In Market (days)	154		
Max Drawdown	-1,032.70		
Break Even	0		

*some weeks not traded due to holiday or expiration not available

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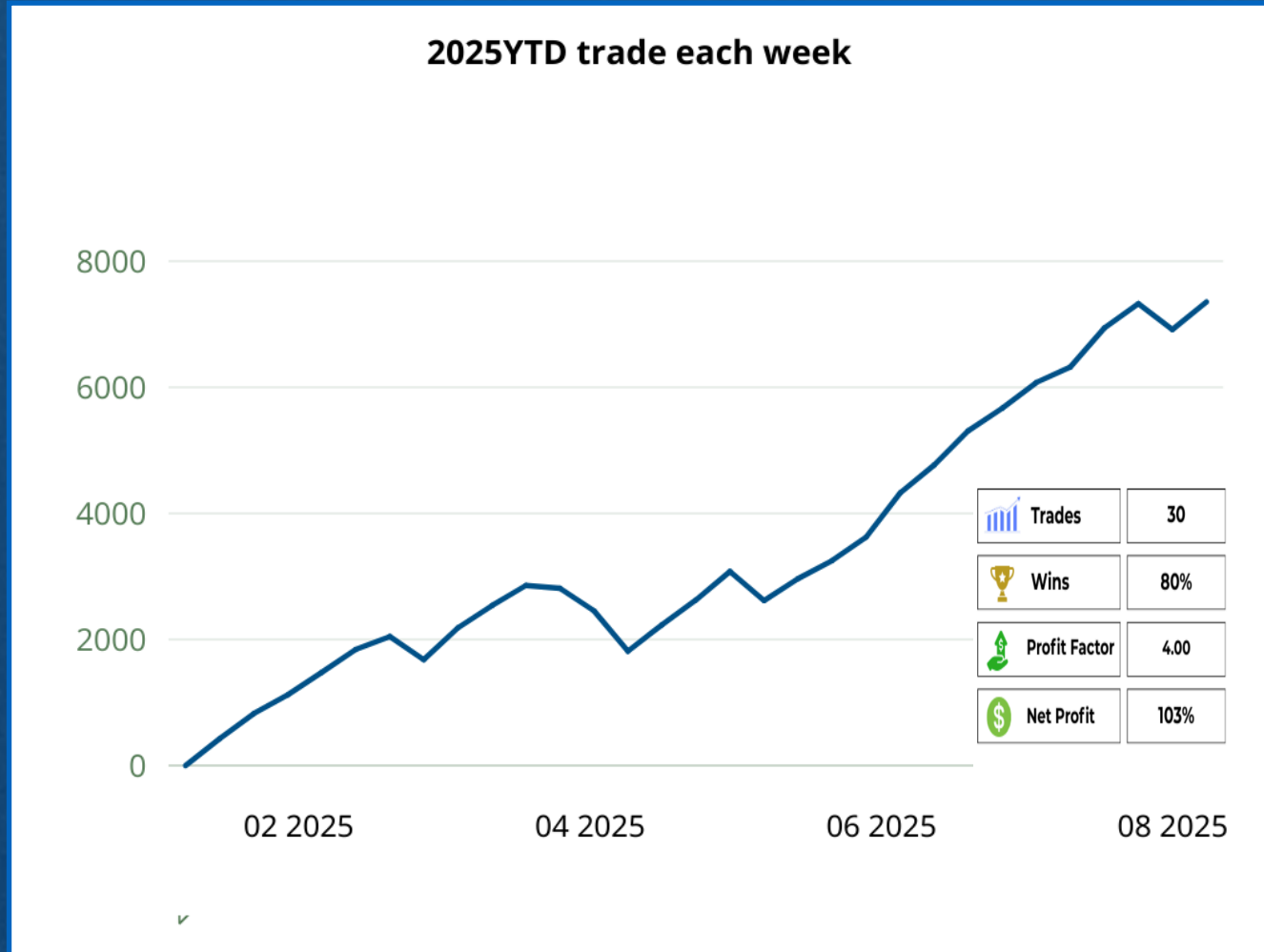
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More Opportunities, Same Consistency

2025 YTD test (2-lot RUT trades, every week)*



Statistics				
Total Trades	30			
Net Profit/Loss	7,363.00			
Profit Factor	4.2257			
Win/Loss Ratio	4.0000			
		Winners	Losers	
24	80%	Trade Count	20%	6
9,645.60	81%	Gross \$	19%	-2,282.60
401.90	51%	Avg \$	49%	-380.43
702.40	52%	Largest \$	48%	-641.20
4.54	63%	Avg DIT	37%	2.67
11	79%	Max Consecutive	21%	3
		Time In Market (days)	125	
		Max Drawdown	-1,042.60	
		Break Even	0	

*some weeks not traded due to holiday or expiration not available

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Consistency + Flexibility = Proven Edge

Backtested across bull, bear, crash, and recovery markets (all 2-lot RUT)

- 2016–2019: Strong across different market eras
- 2020: Profitable in both crash & recovery
- 2022–2025: Consistent results in today's markets
- 2025 YTD: Weekly trading = more opportunities, same consistency

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What Traders Are Saying

“Everything I have worked with you on trading has been profitable.” — Chris D

“An excellent strategy!! The rules are clear, so I was never anxious about my position.” — Tim N

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More Student Feedback

“It is easy to manage and I’ve had a high success rate with it.” — Bill B

“Thank you so much for what you do. You are literally changing my life.” — Mike P

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TimeZone vs TimeEdge - Progression

◆ TimeEdge = foundation

- ▶ Single-calendar entry
- ▶ One maximum adjustment
- ▶ Strict, rules-based simplicity

◆ TimeZone = next step

- ▶ Time-spread core with advanced combo structure
- ▶ Multiple adjustment options
- ▶ Proactive management + deeper concepts

◆ Progression - Together = complete toolkit:

- ▶ Start with TimeEdge for simplicity & a clear framework
- ▶ Advance to TimeZone for flexibility, control, and next-level skills

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Let's take a look at a few examples of TimeZone trades in action

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Market Uptrend – March 2025 Trade Example

Entry and first adjustment



- Neutral entry
- Upside adjustment after 2% move higher

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Market Uptrend – March 2025 Trade Example

Second adjustment and profit target hit

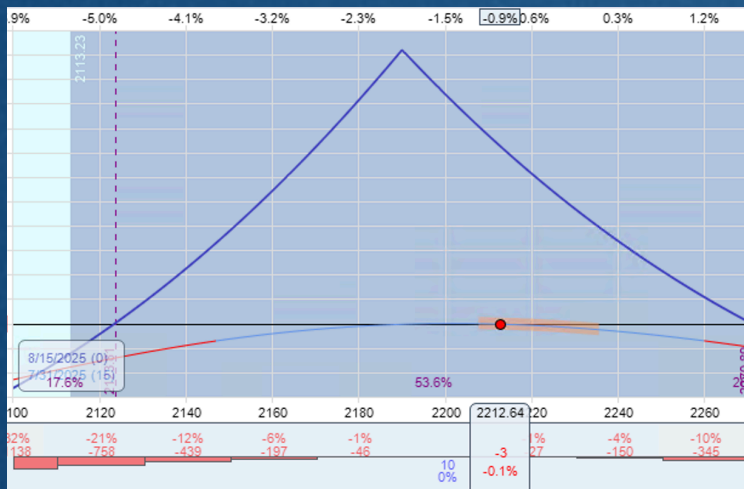


- Second upside adjustment
- Profit target 5% was hit after 4 trading days.

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Down Market Gap – July 2025 Trade Example

Handled a 2.5% gap down, then closed at target profit

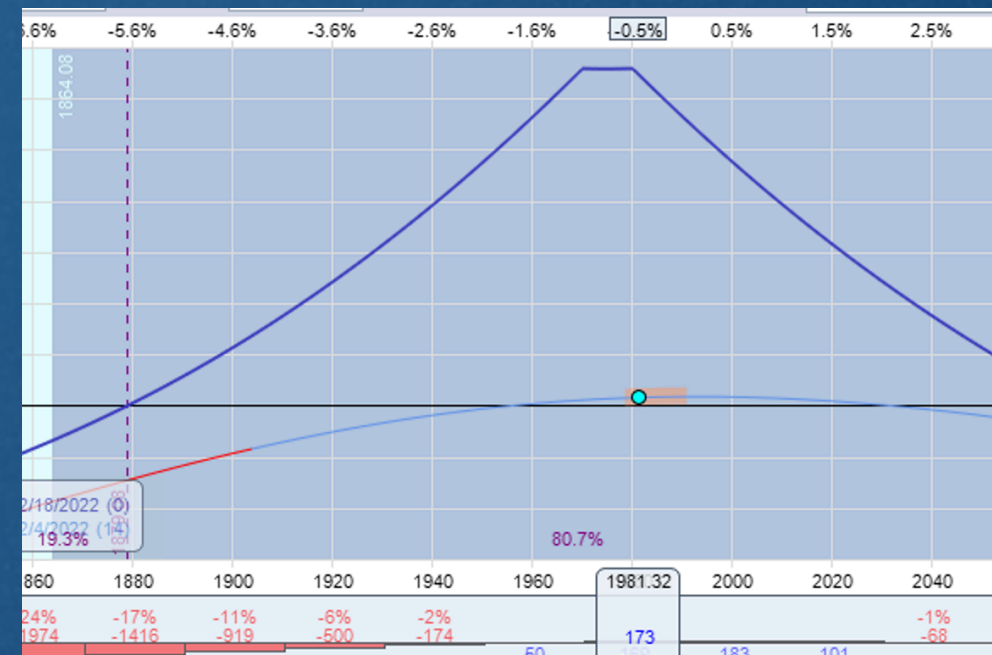
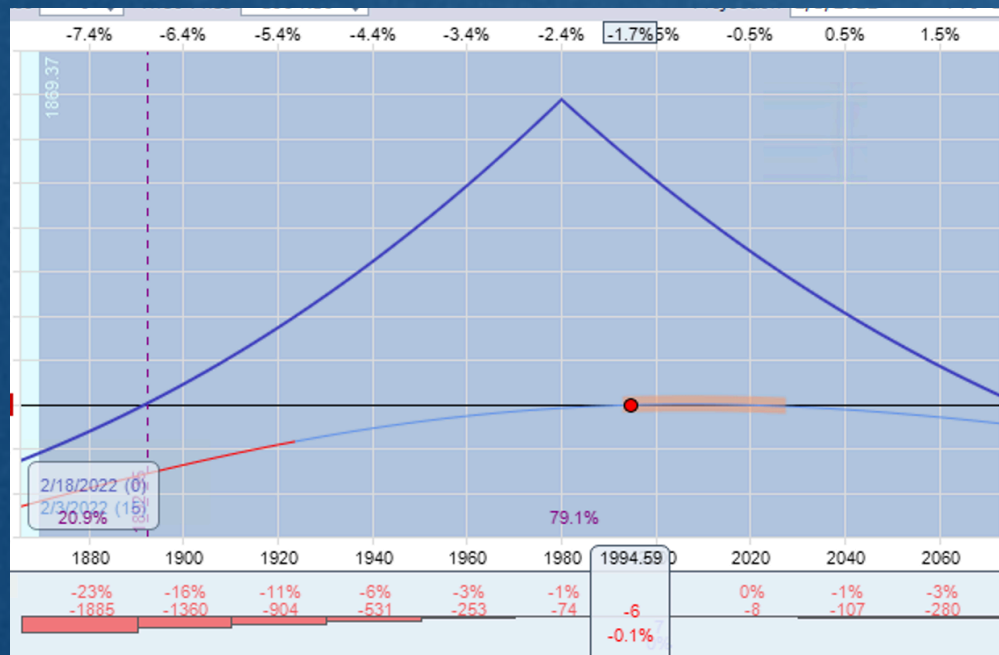


- Neutral Entry
- Adjustment made after a 2 1/2% gap down
- Profit target 5.68% was hit shortly after

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Profit in a Choppy Market – Feb 2022 Trade Example

Entry and downside adjustment

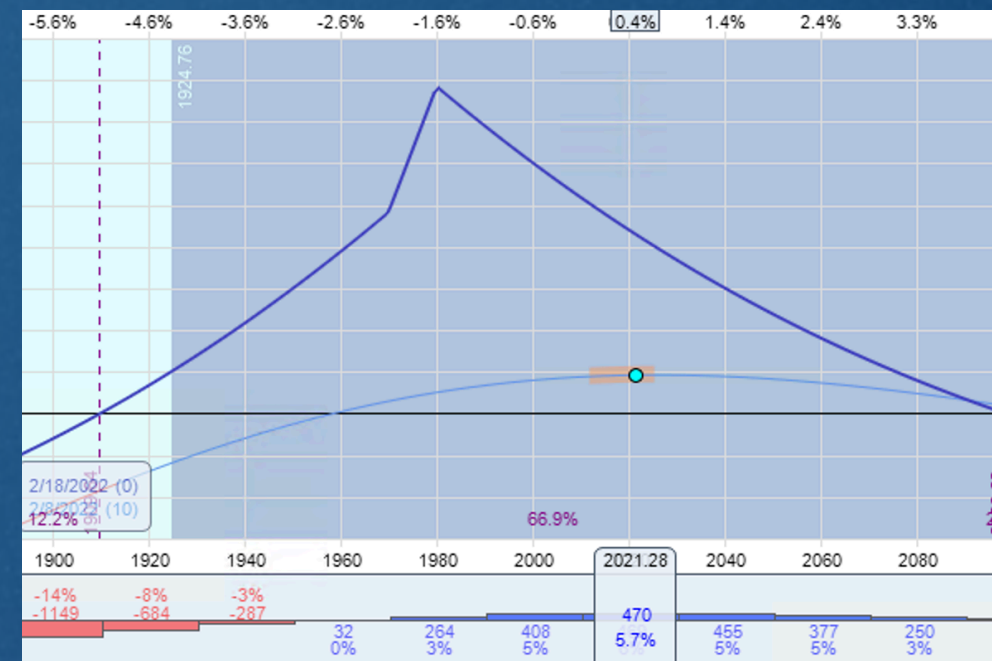
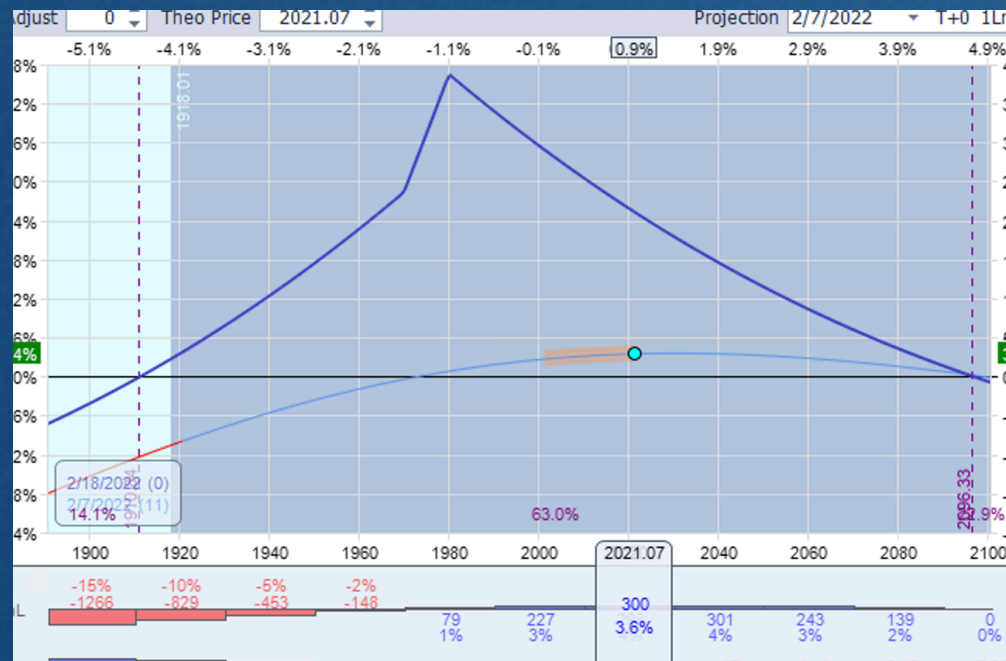


- Again typical neutral setup.
- Downside adjustment

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Profit in a Choppy Market – Feb 2022 Trade Example

Upside adjustment on market reversal and target hit

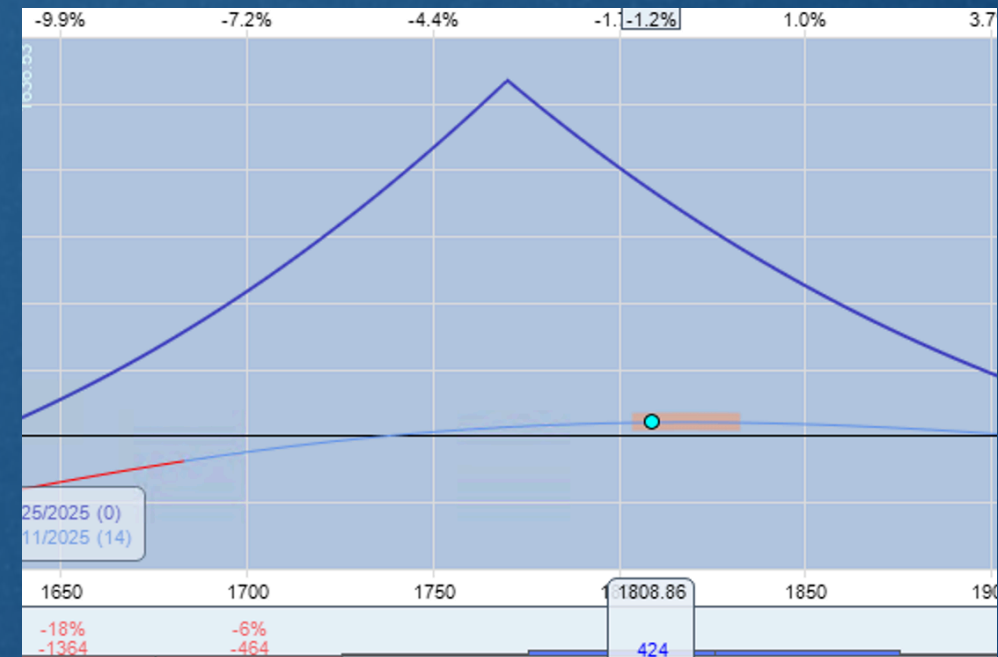
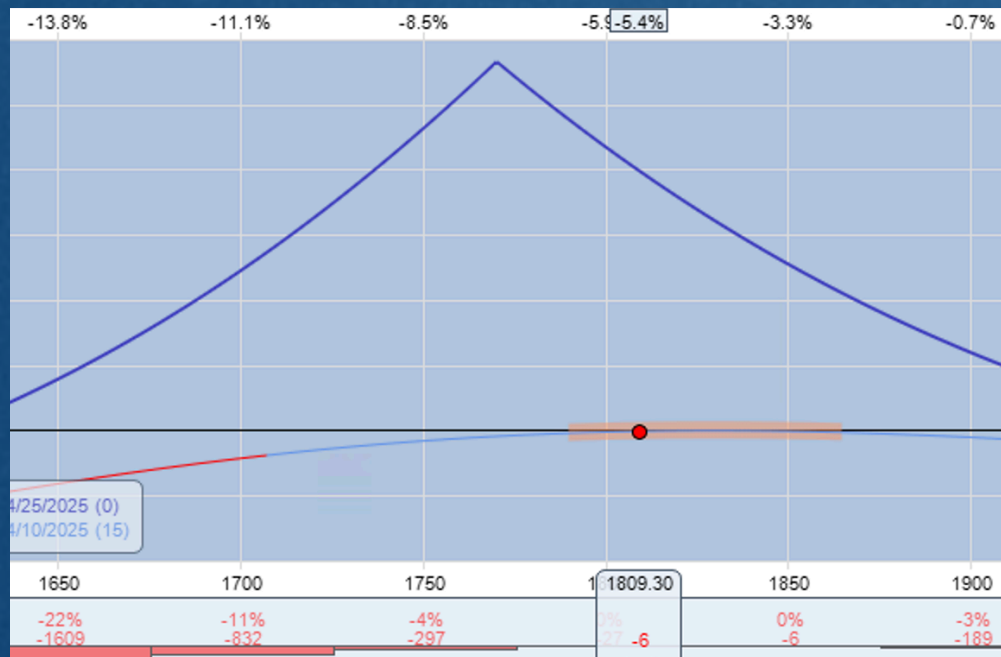


- After a market reversal an upside adjustment was needed
- Theta did it's thing - profit target 5.61% hit

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Profit in Elevated Volatility – April 2025 Trade Example

Reached target in 1 day, no adjustments needed



- Entry after volatility spike
- Profit target 5.62% reached in 1 day
- No adjustments needed

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The TimeZone Workshop - What You'll Get

✓ Strategy Rules & Execution

- ✓ **Core Concepts** — Structure and why it works
- ✓ **Entry Rules** — Clear setups
- ✓ **Adjustment Options** — Learn multiple adjustment techniques
- ✓ **Exit Management** — Profit-taking and risk planning
- ✓ **Step-by-Step Examples** — In bullish, bearish, and choppy markets

🧰 Tools & Support

- ✓ **Private Community** — Connect with fellow traders
- ✓ **Q&A Sessions** — for each Class session
- ✓ **Historical Trade Logs** — All historical trade logs included
- ✓ **Recordings of all Sessions** — Available for Replay Anytime

🎁 Bonuses Included

- ✓ **Bonus Tips and Tricks Session** — Entry, exit & time-saving techniques
- ✓ **Bonus Follow-Up Q&A Session** (30–60 days after the live workshop)

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Join the TimeZone Workshop Today

Special Launch Pricing Available Now

TimeZone Workshop: \$497 (Reg. ~~\$697~~ —Save \$200)

Bundle (TimeEdge + TimeZone): \$997 (Reg. ~~\$1,394~~ —Save \$397)

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First class starts Oct 9, 2025 at 4:30pm ET • All sessions recorded for replay

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