

# Example of Excel file sent weekly with the Inside ALPHA Investment Club

## Model Portfolios

Week 6

Symbol	Side	Price	Shares Conservative	Shares Leveraged	Value Conservative	Value Leveraged	Exposure Conservative	Exposure Leveraged	Mental Stop	Next Target	By When
ADGF	Long	4.28	+ 1'600	+ 3'300	6'848.00	14'124.00	6'848.00	14'124.00	4.00	10.00	31.03.2009
AE	Long	20.75	+ 200	+ 600	4'150.00	12'450.00	4'150.00	12'450.00	19.00	43.00	31.01.2009
CLNE	Short	10.11	- 700	- 1'500	-7'077.00	-15'165.00	7'077.00	15'165.00	21.00	8.00	31.01.2009
CODI	Long	13.69	+ 700	+ 1'500	9'583.00	20'535.00	9'583.00	20'535.00	9.00	20.00	31.03.2009
DDIC	Long	4.35	+ 1'500	+ 3'100	6'525.00	13'485.00	6'525.00	13'485.00	4.00	7.20	31.01.2009
ENER	Short	49.08	- 300	- 800	-14'724.00	-39'264.00	14'724.00	39'264.00	70.00	35.00	30.11.2008
ENOC	Short	7.28	- 800	- 1'700	-5'824.00	-12'376.00	5'824.00	12'376.00	20.00	5.00	31.12.2008
EXX-A	Long	1.60	+ 3'200	+ 7'100	5'120.00	11'360.00	5'120.00	11'360.00	1.00	4.00	31.12.2008
GLT	Long	10.58	+ 600	+ 1'400	6'348.00	14'812.00	6'348.00	14'812.00	10.00	18.00	31.12.2008
IOC	Short	24.21	- 200	- 500	-4'842.00	-12'105.00	4'842.00	12'105.00	45.00	15.00	30.04.2009
ISR.TO	Long	0.84	+ 5'700	+ 13'300	4'802.07	11'204.82	4'802.07	11'204.82	0.80	6.00	30.06.2009
LDK	Short	23.91	- 400	- 700	-9'564.00	-16'737.00	9'564.00	16'737.00			
LVS	Short	20.35	- 200	- 400	-4'070.00	-8'140.00	4'070.00	8'140.00	65.00	15.00	31.12.2008
MDTL	Short	1.18	- 4'300	- 9'300	-5'074.00	-10'974.00	5'074.00	10'974.00	4.00	1.00	31.03.2009
MDVN	Short	20.00	- 700	- 1'600	-14'000.00	-32'000.00	14'000.00	32'000.00	43.00	12.00	30.11.2008
MHGC	Short	8.48	- 600	- 1'300	-5'088.00	-11'024.00	5'088.00	11'024.00	20.00	7.00	31.03.2009
NOG	Short	5.23	- 1'300	- 2'800	-6'799.00	-14'644.00	6'799.00	14'644.00	9.00	3.00	30.09.2008
NTT	Long	22.26	+ 500	+ 1'200	11'130.00	26'712.00	11'130.00	26'712.00	19.00	27.00	31.03.2009
PRKR	Short	6.97	- 900	- 2'100	-6'273.00	-14'637.00	6'273.00	14'637.00	13.50	4.80	30.09.2008
REFR	Short	3.99	- 1'700	- 4'000	-6'783.17	-15'960.40	6'783.17	15'960.40	8.00	1.95	31.12.2008
SCX	Long	18.03	+ 400	+ 1'200	7'212.00	21'636.00	7'212.00	21'636.00	15.00	30.00	31.12.2008
TECUA	Long	17.94	+ 200	+ 500	3'588.00	8'970.00	3'588.00	8'970.00	15.00	45.00	31.12.2008
TNE	Long	15.25	+ 400	+ 900	6'100.00	13'725.00	6'100.00	13'725.00	14.00	32.00	31.10.2009
VII	Long	4.90	+ 1'700	+ 3'800	8'330.00	18'620.00	8'330.00	18'620.00	4.00	8.00	31.10.2008
VMC	Short	58.00	- 100	- 200	-5'800.00	-11'600.00	5'800.00	11'600.00	90.00	45.00	31.10.2008
ZCO.V	Long	2.40	+ 2'700	+ 5'900	6'481.57	14'163.42	6'481.57	14'163.42	2.00	5.00	28.02.2009
Totals					-9'700.54	-12'829.16	182'135.80	416'423.64			
Cash Balance					283'883.01	329'686.41					
Account Balance					274'182.47	316'857.25					
Leverage					0.66 x	1.31 x					
Net Exposure					-3.54%	-4.05%					

