Support & Resistance — Practice Worksheet

Identify levels and spot role reversal on a real chart.

Part 1 — Test the Level

For each level and sequence of 4 prices (in time order), decide: holding as support, holding as resistance, a breakout, a breakdown, or too choppy to call.

1. Level $100 · $98.50 → $101.20 → $99.10 → $102.40

Your read on this level

2. Level $50 · $50.80 → $49.30 → $51.10 → $47.60

Your read on this level

3. Level $25 · $24.60 → $24.80 → $25.90 → $26.50

Your read on this level

Part 2 — Research a Real Chart

Pick a stock or index you're familiar with. Pull up a 1-2 year chart and answer:

1. Ticker / index and the timeframe you looked at:

Your answer

2. Find a price level that's been tested (touched and reversed) at least twice. What's the level?

Your answer

3. Has that level ever been broken? If so, did it flip roles (old resistance becoming support, or vice versa)?

Your answer

4. Is there a round number (like $50 or $100) near any of the levels you found?

Your answer

Part 3 — Reflection

Why might a level tested and held 5 times be more meaningful than one tested only once — and why isn't even that a guarantee?

Your answer