



Nick Hodge's
foundationalprofits

Q1 Call-in
March 25, 2026

S&P Down ~4.5% YTD

nickchodge created with TradingView.com, Mar 24, 2026 22:55 UTC



Volatility Taking Stairs

nickchodge created with TradingView.com, Mar 24, 2026 22:59 UTC



Oil Volatility

nickchodge created with TradingView.com, Mar 24, 2026 23:09 UTC



Oil Price Spikes

nickchodge created with TradingView.com, Mar 24, 2026 23:11 UTC



Sector Performance YTD

Ticker	Sector	Last Price (\$) ⓘ Mar 24 2026	Starting Price (\$) ⓘ Dec 31 2025	Change (\$) ⓘ	Change (%) ⓘ	
XLE	Energy	60.84	44.71	+16.13	+36.08	
XLB	Materials	48.45	45.35	+3.10	+6.84	
XLI	Industrials	164.00	155.12	+8.88	+5.72	
XLU	Utilities	45.09	42.69	+2.40	+5.62	
XLP	Consumer Staples	81.11	77.68	+3.43	+4.42	
XLRE	Real Estate	40.29	40.35	-0.06	-0.15	
XLK	Information Technology	136.15	143.97	-7.82	-5.43	
XLC	Communication Services	111.13	117.72	-6.59	-5.60	
XLV	Health Care	144.79	154.80	-10.01	-6.47	
XLY	Consumer Discretionary	109.68	119.41	-9.73	-8.15	
XLF	Financials	49.28	54.77	-5.49	-10.02	
SPYM	State Street® SPDR® Portfolio S&P 500® ETF	76.87	80.22	-3.35	-4.18	

Foundational Profits Closed Portfolio, YTD 2026

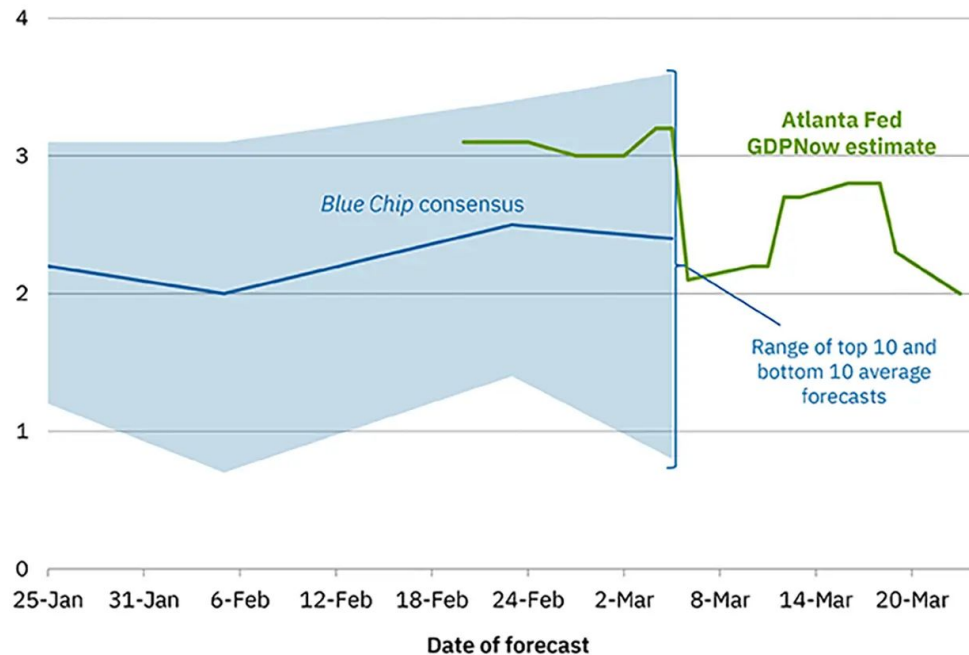
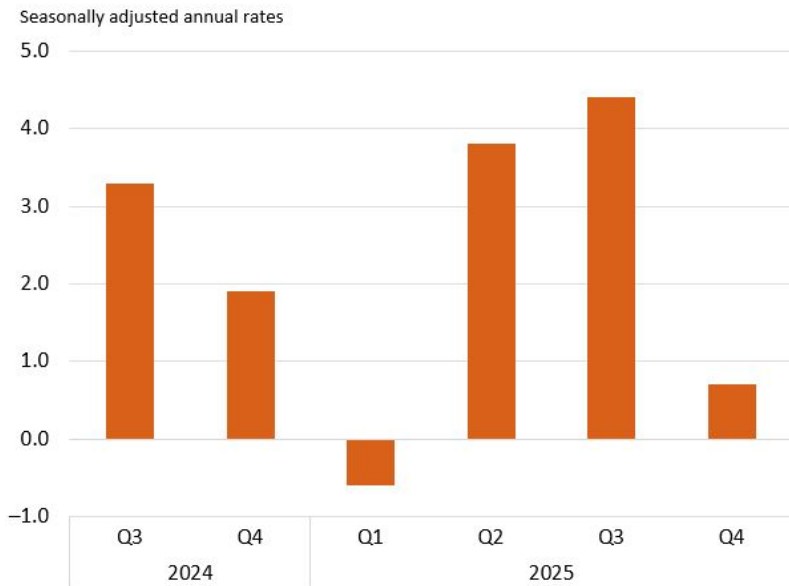
COMPANY	BUY DATE	BUY PRICE	SOLD DATE	SOLD PRICE	GAIN	ALLOCATION
Global X US Electrification	2025-11-17	\$30.05	2026-01-09	\$29.65	-1.03%	2.56% of portfolio
SPDR Technology Sector	2025-10-10	\$138.99	2026-02-13	\$139.56	0.41%	2.64% of portfolio
SPDR Consumer Discretionary	2026-01-02	\$118.00	2026-02-13	\$116.18	-1.54%	2.17% of portfolio
SPDR S&P Capital Markets	2025-01-13	\$129.64	2026-02-13	\$146.22	12.79%	3.3% of portfolio
Eldridge BBB-B CLO	2025-08-08	\$25.59	2026-03-13	\$25.60	0.04%	7.51% of portfolio
Ivanhoe Mines	2025-08-11	\$8.25	2026-03-13	\$9.10	10.30%	3.68% of portfolio
				20265 Gains	3.49%	Adjusted for dividends

Foundational Profits Open Portfolio

STRATEGY	COMPANY	EXCHANGE	SYMBOL	BUY DATE	BUY PRICE	BUY UNDER	CURRENT PRICE	% CHANGE
Funds, Currencies, Commodities	Global X MLP ETF	NYSE	MLPA	2026-03-13	\$53.50	\$53.50	\$55.04	2.9%
Funds, Currencies, Commodities	ALPS CoreCommodity Natural Resources	NASDAQ	CCNR	2026-02-13	\$39.00	\$40.00	\$38.95	-0.1%
Funds, Currencies, Commodities	iShares Ethereum Trust ETF	NASDAQ	ETHA	2026-01-09	\$23.25	\$23.50	\$15.97	-31.3%
Funds, Currencies, Commodities	Tortoise AI Infrastructure ETF	NYSE	TCAI	2026-01-09	\$30.75	\$31.00	\$37.25	21.1%
Funds, Currencies, Commodities	MSCI Global Metals & Mining Producers	NYSE	PICK	2025-10-10	\$44.30	\$57.00	\$54.06	22.0%
Funds, Currencies, Commodities	iShares MSCI Australia ETF	NYSE	EWA	2025-10-10	\$26.45	\$26.50	\$27.56	4.2%
Funds, Currencies, Commodities	Sprott Silver Miners & Physical Silver	NASDAQ	SLVR	2025-04-02	\$23.50	\$23.50	\$55.16	134.7%
Funds, Currencies, Commodities	Sprott Junior Uranium Miners	NASDAQ	URNJ	2024-03-22	\$25.60	\$30.50	\$27.96	9.2%
Funds, Currencies, Commodities	US Treasury 3 Month Bill	NASDAQ	TBIL	2023-01-01	\$50.00	\$50.00	\$50.00	5.25%
Funds, Currencies, Commodities	Advisorshares Pure US Cannabis	NYSE	MSOS	2022-12-08	\$8.25	\$4.00	\$3.80	-53.9%
Funds, Currencies, Commodities	VanEck Junior Gold Miners	NYSE	GDXJ	2022-04-22	\$45.99	\$41.00	\$109.79	138.7%
Funds, Currencies, Commodities	SPDR Gold Trust	NYSE	GLD	2022-02-24	\$177.00	\$300.00	\$404.13	128.3%
Equities	Critical Elements Lithium	TSX-V	CRE	2022-06-13	C\$1.15	C\$0.50	C\$0.38	-67.0%
Equities	Target	NYSE	TGT	2025-01-15	\$131.00	\$131.00	\$115.92	-11.5%
Equities	Royal Gold	NASDAQ	RGLD	2025-07-25	\$154.80	\$260.00	\$227.38	46.9%
Equities	Smithfield Foods	NASDAQ	SFD	2025-08-12	\$24.25	\$24.25	\$24.48	0.9%
Equities	Empress Royalty	OTCMKTS	EMPYF	2025-09-12	\$0.64	\$0.80	\$0.66	3.1%
Equities	United Parcel Service	NYSE	UPS	2025-12-15	\$99.99	\$100.00	\$98.44	-1.6%
Equities	Versamet Royalties	NASDAQ	VMET	2026-02-13	\$9.75	\$10.00	\$10.12	3.8%
							Total	19.6%

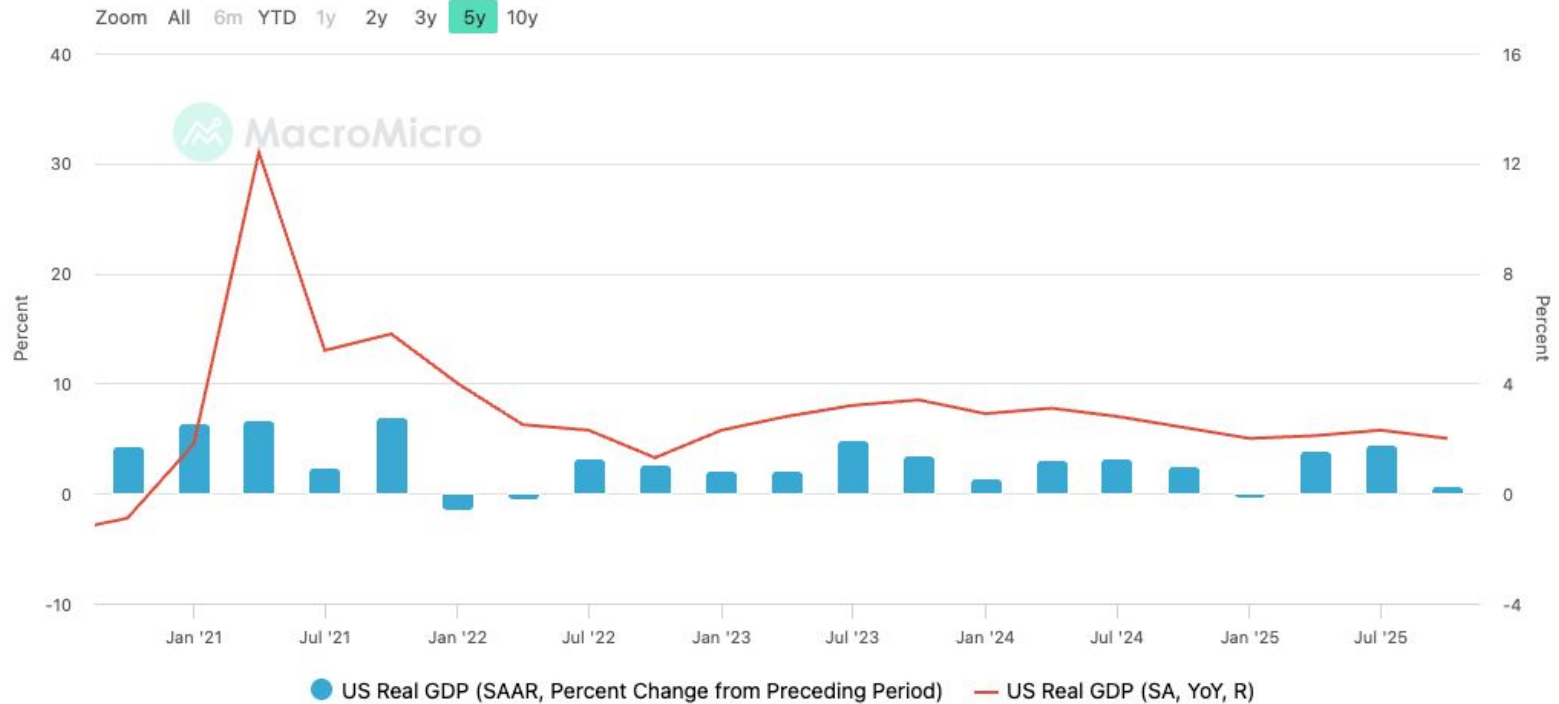
Growth Slows, SAAR

Real GDP, Percent Change From Preceding Quarter



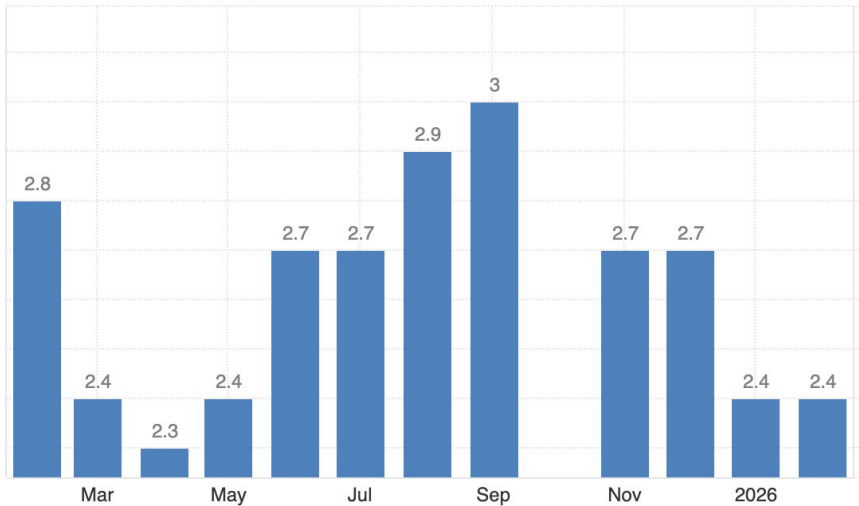
Year-Over-Year, Not as Slow

US - Real GDP
MacroMicro.me | MacroMicro

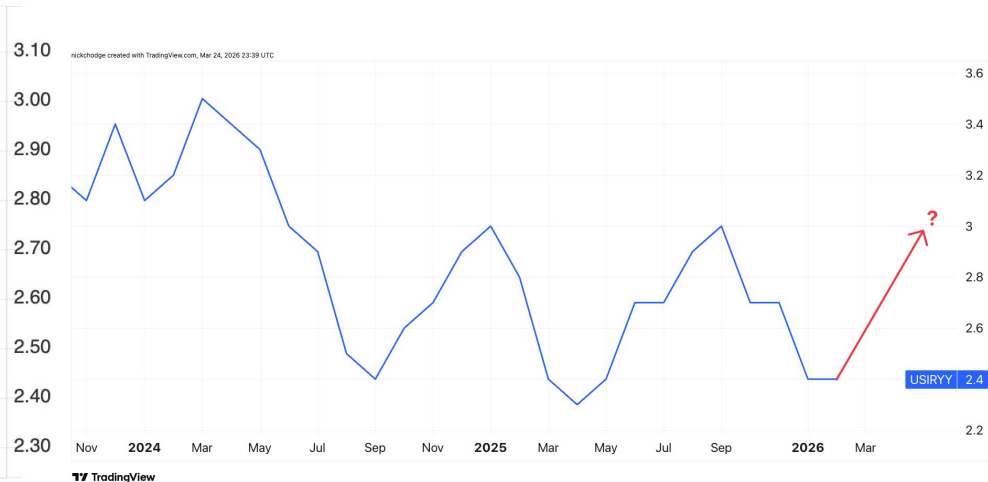


Approaching Re-Inflation (from Disinflation)

United States Inflation Rate (%)



Source: tradingeconomics.com | U.S. Bureau of Labor Statistics



Trump's Dollar

nickchodge created with TradingView.com, Mar 24, 2026 23:57 UTC



US Dollar Correlations

nickchodge created with TradingView.com, Mar 25, 2026 00:13 UTC



Yields Pricing in Inflation

nickchodge created with TradingView.com, Mar 25, 2026 16:51 UTC



Sticking with Gold as It Holds

nickchodge created with TradingView.com, Mar 25, 2026 16:56 UTC



Copper Turns Short-Term Bearish

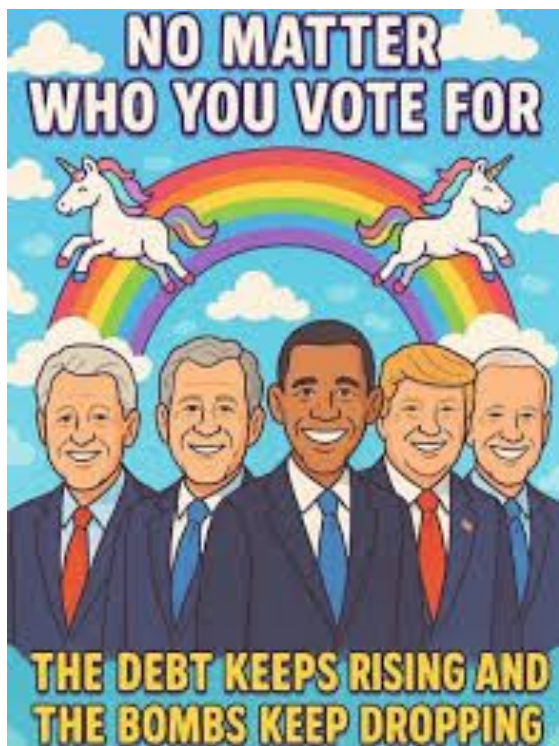
nickchodge created with TradingView.com, Mar 25, 2026 16:59 UTC



Leaving Australia

nickchodge created with TradingView.com, Mar 25, 2026 17:04 UTC





Raising Buy-Under Prices: SLVR, GDXJ, GLD

STRATEGY	COMPANY	EXCHANGE	SYMBOL	BUY DATE	BUY PRICE	BUY UNDER	CURRENT PRICE	% CHANGE
Funds, Currencies, Commodities	Global X MLP ETF	NYSE	MLPA	2026-03-13	\$53.50	\$53.50	\$54.96	2.7%
Funds, Currencies, Commodities	ALPS CoreCommodity Natural Resources	NASDAQ	CCNR	2026-02-13	\$39.00	\$40.00	\$39.51	1.3%
Funds, Currencies, Commodities	iShares Ethereum Trust ETF	NASDAQ	ETHA	2026-01-09	\$23.25	\$23.50	\$16.40	-29.5%
Funds, Currencies, Commodities	Tortoise AI Infrastructure ETF	NYSE	TCAI	2026-01-09	\$30.75	\$31.00	\$37.64	22.4%
Funds, Currencies, Commodities	MSCI Global Metals & Mining Producers	NYSE	PICK	2025-10-10	\$44.30	\$57.00	\$55.45	25.2%
Funds, Currencies, Commodities	iShares MSCI Australia ETF	NYSE	EWA	2025-10-10	\$26.45	\$26.50	\$27.88	5.4%
Funds, Currencies, Commodities	Sprott Silver Miners & Physical Silver	NASDAQ	SLVR	2025-04-02	\$23.50	\$52.00	\$57.59	145.1%
Funds, Currencies, Commodities	Sprott Junior Uranium Miners	NASDAQ	URNJ	2024-03-22	\$25.60	\$30.50	\$29.51	15.3%
Funds, Currencies, Commodities	US Treasury 3 Month Bill	NASDAQ	TBIL	2023-01-01	\$50.00	\$50.00	\$50.00	5.25%
Funds, Currencies, Commodities	Advisorshares Pure US Cannabis	NYSE	MSOS	2022-12-08	\$8.25	\$4.00	\$3.80	-53.9%
Funds, Currencies, Commodities	VanEck Junior Gold Miners	NYSE	GDXJ	2022-04-22	\$45.99	\$110.00	\$113.94	147.7%
Funds, Currencies, Commodities	SPDR Gold Trust	NYSE	GLD	2022-02-24	\$177.00	\$405.00	\$417.86	136.1%
Equities	Critical Elements Lithium	TSX-V	CRE	2022-06-13	C\$1.15	C\$0.50	C\$0.38	-67.0%
Equities	Target	NYSE	TGT	2025-01-15	\$131.00	\$131.00	\$115.80	-11.6%
Equities	Royal Gold	NASDAQ	RGLD	2025-07-25	\$154.80	\$260.00	\$230.68	49.0%
Equities	Smithfield Foods	NASDAQ	SFD	2025-08-12	\$24.25	\$24.25	\$25.61	5.6%
Equities	Empress Royalty	OTCMKTS	EMPYF	2025-09-12	\$0.64	\$0.80	\$0.71	10.9%
Equities	United Parcel Service	NYSE	UPS	2025-12-15	\$99.99	\$100.00	\$98.38	-1.6%
Equities	Versamet Royalties	NASDAQ	VMET	2026-02-13	\$9.75	\$10.00	\$10.16	4.2%
							Total	22.8%

Fund/Stock	Allocation as of 03/12/2026
Critical Elements Lithium	0.93%
Advisorshares Pure US Cannabis ETF	1.82%
iShares Ethereum Trust ETF	1.98%
United Parcel Service	2.17%
ALPS CoreCommodity Natural Resources ETF	2.20%
Tortoise AI Infrastructure ETF	2.27%
Target	2.65%
Empress Royalty	2.70%
Smithfield Foods	2.80%
Versamet Royalties	2.80%
MSCI Global Metals & Mining Producers ETF	3.20%
iShares MSCI Australia ETF	3.28%
SPDR S&P Capital Markets ETF	3.40%
Ivanhoe Mines	3.68%
Royal Gold	4.26%
Sprott Silver Miners & Physical Silver ETF	5.48%
Eldridge BBB-B CLO ETF	7.51%
Cash / Money Market	7.59%
Sprott Junior Uranium Miners ETF	9.86%
SPDR Gold Trust ETF	13.48%
VanEck Junior Gold Miners ETF	15.93%
Total	100.00%

Fund/Stock	Allocation as of 03/25/2026
Critical Elements Lithium	0.90%
Advisorshares Pure US Cannabis ETF	2.00%
United Parcel Service	2.41%
iShares Ethereum Trust ETF	2.51%
ALPS CoreCommodity Natural Resources ETF	2.60%
Empress Royalty	2.72%
Global X MLP ETF	2.77%
Tortoise AI Infrastructure ETF	2.88%
Target	2.94%
Versamet Royalties	3.11%
Smithfield Foods	3.40%
MSCI Global Metals & Mining Producers ETF	3.57%
iShares MSCI Australia ETF	3.73%
Royal Gold	5.09%
Sprott Silver Miners & Physical Silver ETF	5.23%
Sprott Junior Uranium Miners ETF	10.97%
SPDR Gold Trust ETF	13.75%
Cash / Money Market	14.02%
VanEck Junior Gold Miners ETF	15.39%
Total	100.00%

Questions?

customerservice@digestpublishing.com
844-334-4700

Thanks.
Happy Spring!

