PERCENTAGE POSITIVE AND NEGATIVE DAYS ACROSS VARIOUS PERIODS: S&P 500 INDEX

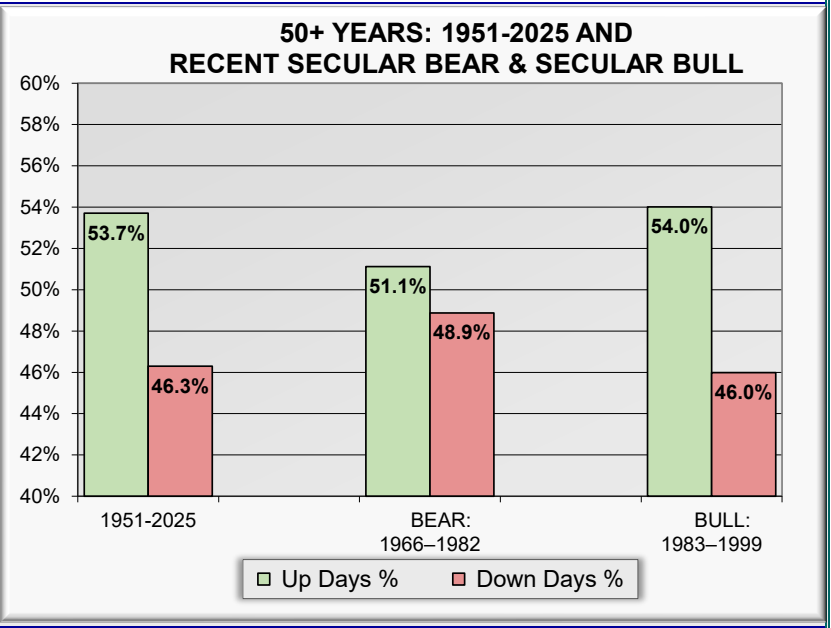
(The Stock Market Tends To Have Relatively Near 50% Up Days & Down Days Across Various Periods)

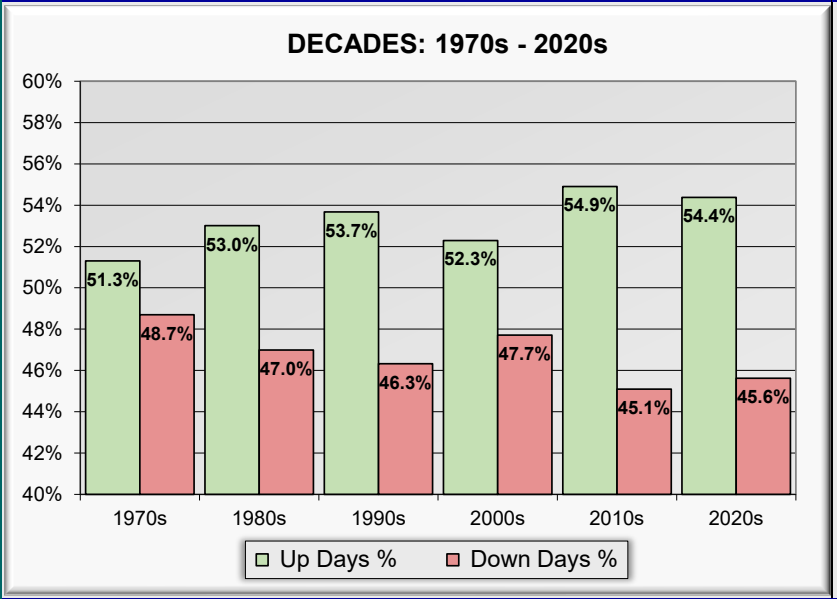
50+ YEARS	1951-2025
Up Days %	53.7%
Down Days %	46.3%

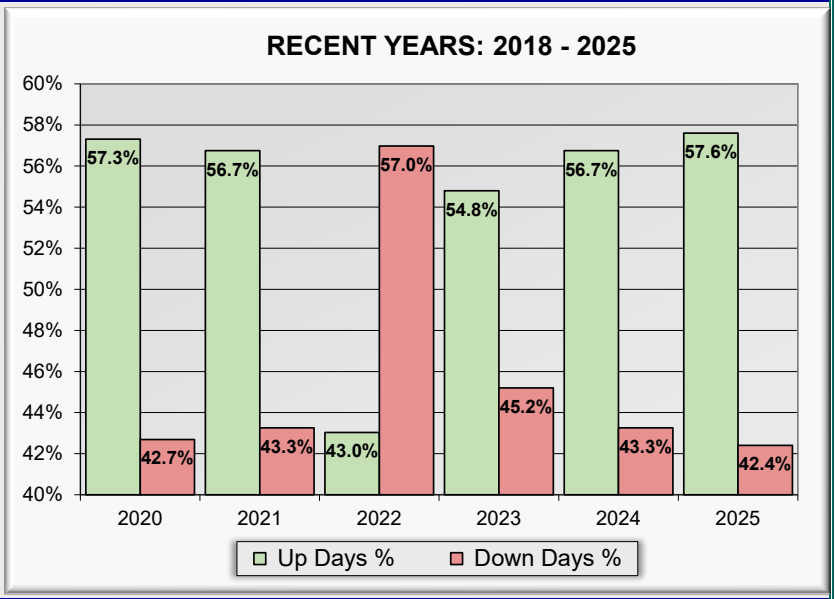
DECADES	1970s	1980s	1990s	2000s	2010s	2020s
Up Days %	51.3%	53.0%	53.7%	52.3%	54.9%	54.4%
Down Days %	48.7%	47.0%	46.3%	47.7%	45.1%	45.6%

SECULAR	BEAR 1966–1982	BULL 1983–1999
Up Days %	51.1%	54.0%
Down Days %	48.9%	46.0%

RECENT	2020	2021	2022	2023	2024	2025
Up Days %	57.3%	56.7%	43.0%	54.8%	56.7%	57.6%
Down Days %	42.7%	43.3%	57.0%	45.2%	43.3%	42.4%







Copyright 2004-2026, Crestmont Research (www.CrestmontResearch.com)