

Track & CAG Workbook

- Create a useful Excel spreadsheet to help you to track your stocks of interest
- Step by step procedure
- Update online at anytime



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Agenda for this Section

- Track stocks

Current Price, Relative Price, Volatility, Ratio: Earnings to Capitalization, High & Low PE

- Watch list

Current Price, Buy Below, % to Go, 5-Yr Avg PE, Sell Above, Relative Value, Study Action

- Compound Annual Growth

Date Acquired, Cost Basis, Price per Share, Number of Shares, Present Worth, Years Held, CAG, Gain (Loss)

Initial Worksheet Setup {i}

The screenshot shows an Excel spreadsheet with the following data:

	A	B	C	D	E	F
1	Ticker					
2	AFL					
3	FAST					
4	GE					
5	HPQ					
6	XOM					
7	KNX					
8	WAG					
9	WLP					
10	C					
11						
12						

Instructions:
Open a new Excel workbook
Save it as Track&CAG.xls File>SaveAs
Enter "Ticker" in cell A1
Starting in cell A2, enter a column of stocks of interest to you
Rename worksheet Sheet1 to Track
Right click on Sheet1>Rename
Save

Initial Worksheet Setup {ii}

	A	B	C	D	E	F
1	Ticker	Current Price				
2	AFL		Instructions: Enter "Current Price" into cell B1 Select row1 Format to Wrap text, Bold text, center text both horizontally and vertically within the cells Save			
3	FAST					
4	GE					
5	HPQ					
6	XOM					
7	KNX					
8	WAG					
9	WLP					
10	C					
11						

Initial Worksheet Setup {iii}

	A	B	C	D	E	F
1	Ticker	Current Price				
2	AFL					
3	C					
4	FAST					
5	GE					
6	HPQ					
7	KNX					
8	WAG					
9	WLP					
10	XOM					
11						

Instructions:
Sort the worksheet by Ticker

Stock Data from MSN

Stock Quotes Provided by MSN Money									
Click here to visit MSN Money									
			Last	Previous Close	High	Low	Volume	Change	% Change
AFLAC Incorporated	Chart	News	47.78	47.74	47.84	47.2	2,390,210	0.04	0.0
Citigroup Inc.	Chart	News	51.6	51.65	51.8	51.35	16,901,443	-0.05	-0.1
Fastenal Company	Chart	News	39.48	38.27	39.58	38.07	2,246,039	1.21	3.1
GENERAL ELECTRIC	Chart	News	35.38	35.18	35.6	35.25	35,643,788	0.2	0.6
Hewlett-Packard Company	Chart	News	41.18	41.12	41.39	40.73	10,482,074	0.06	0.1
Knight Transportation	Chart	News	19.5	19.67	19.6	19.31	1,402,000	-0.17	-0.8
Walgreen Company	Chart	News	45.92	45.93	46.61	45.65	2,810,979	-0.01	-0.0
WellPoint, Inc.	Chart	News	82.24	81.86	83.74	81.09	1,900,795	0.38	0.4
Exxon Mobil Corporation	Chart	News	77.41	77.39	77.67	77.08	19,045,645	0.02	0.0

Symbol Lookup Find stocks, mutual funds, options, indices, and currencies.	MSN Money Home Discover MSN Money's tools, columns, and more!	Microsoft Office Tools on the Web Get the latest from Microsoft Office
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[Data providers](#)

[Canadian investment fund pricing \(c\) 2007 CANNEX Financial Exchanges Limited.](#)

[Analyst Recommendations data provided by Zacks Investment Research.](#)

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P
1	Stock Quotes Provided by MSN Money															
2	Click here to visit MSN Money															
3																
4	AFLAC Incorporated	Chart	News	Last	Previous Close	High	Low	Volume	Change	% Change	52 Wk High	52 Wk Low	Market Cap	EPS	P/E Ratio	# Shares Out
5	Citigroup Inc.	Chart	News	47.78	47.74	47.84	47.2	2,390,210	0.04	0.08%	49.37	41.63	23,453,218,531	2.95	16.2	490,858,500
6	Fastenal Company	Chart	News	51.6	51.65	51.8	51.35	16,901,443	-0.05	-0.10%	57	46.22	255,316,792,450	4.31	12.1	4,948,000,000
7	GENERAL ELECTRIC	Chart	News	39.48	38.27	39.58	38.07	2,246,039	1.21	3.16%	49.32	33.05	5,969,640,447	1.36	29.1	151,206,700
8	Hewlett-Packard Company	Chart	News	35.38	35.18	35.6	35.25	35,643,788	0.2	0.57%	38.49	32.06	363,817,150,384	2.02	17.4	10,283,130,000
9	Knight Transportation	Chart	News	41.18	41.12	41.39	40.73	10,482,074	0.06	0.15%	43.72	29	110,216,088,277	2.3	17.9	2,676,447,000
10	Walgreen Company	Chart	News	19.5	19.67	19.6	19.31	1,402,000	-0.17	-0.86%	21.42	15.6	1,680,238,560	0.84	23.3	86,166,080
11	WellPoint Inc.	Chart	News	45.92	45.93	46.61	45.65	2,810,979	-0.01	-0.02%	51.6	39.55	45,802,318,990	1.94	23.7	997,437,300
12	Exxon Mobil Corporation	Chart	News	82.24	81.86	83.74	81.09	1,900,795	0.38	0.46%	84.15	65.49	50,490,794,368	4.83	17	613,944,500
13				77.41	77.39	77.67	77.08	19,045,645	0.02	0.03%	79	56.64	439,335,753,774	6.63	11.7	5,675,439,000
14	Symbol Lookup			MSN Money Home			Microsoft Office Tools on the Web									
15	Find stocks, mutual funds, options, indices, and currencies.			Discover MSN Money's tools, columns, and more!			Get the latest from Microsoft Office									
16	Terms of Use , © 2002 Microsoft Corporation and/or its suppliers. All rights reserved.															
17																
18																
19																
20	Data providers															
21	Canadian investment fund pricing (c) 2007 CANMEX Financial Exchanges Limited.															
22	Analyst Recommendations data provided by Zacks Investment Research.															
23	Fund data provided by Morningstar, Inc. © 2007. All rights reserved.															
24	Copyright © 2007 Reuters. Click for Restrictions.															
25	Quotes supplied by ComStock, an Interactive Data company.															
26	StockScouter data provided by Gradient Analytics, Inc.															

A Company Name

B Chart

C News

D Price

E Previous Close

F High

G Low

H Volume

I Change

J % Change

K 52 Wk High

L 52 Wk Low

M Market Cap

N EPS

O P/E Ratio

P # Shares Out

Current Price

	A	B	C	D	E	F
1	Ticker	Current Price				
2	AFL	\$ 47.78				
3	C	\$ 51.60				
4	FAST	\$ 39.48				
5	GE	\$ 35.38				
6	HPQ	\$ 41.18				
7	KNX	\$ 19.50				
8	WAG	\$ 45.92				
9	WLP	\$ 82.24				
10	XOM	\$ 77.41				
11						

Instructions:
In cell B2 type =
Click on the Data worksheet tab
Click in cell D4
Press Enter
Select Currency Style
Copy the equation in cell B2
down through cell B10
Save

Relative Price

	A	B	C	D	E	F
1	Ticker	Current Price	Relative Price			
2	AFL	\$ 47.78	79%	Instructions: Type relative Price in cell C1. Type =(in cell C2. Click in cell B2. Click the Data tab. Type -. Click cell L4. Type)/(. Click K4. Type -. Click L4. Type). Press Enter. Copy the equation in C2 down through C10. Select Percent Style. Save.		
3	C	\$ 51.60	50%			
4	FAST	\$ 39.48	40%			
5	GE	\$ 35.38	52%			
6	HPQ	\$ 41.18	83%			
7	KNX	\$ 19.50	67%			
8	WAG	\$ 45.92	53%			
9	WLP	\$ 82.24	90%			
10	XOM	\$ 77.41	93%			
11						

Navigation: Data | Track | Sheet2 | Sheet3

Adjust Column Width

	A	B	C	D	E	F	G
1	Ticker	Current Price	Relative Price	Instructions: Select columns A, B, & C. Adjust width to a minimum.			
2	AFL	\$47.78	79%				
3	C	\$51.60	50%				
4	FAST	\$39.48	40%				
5	GE	\$35.38	52%				
6	HPQ	\$41.18	83%				
7	KNX	\$19.50	67%				
8	WAG	\$45.92	53%				
9	WLP	\$82.24	90%				
10	XOM	\$77.41	93%				
11							

Price Volatility

	A	B	C	D	E	F	G
1	Ticker	Current Price	Relative Price	Volatility (52-Wk Hi Lo)	Column for Price Volatility		
2	AFL	\$47.78	79%	16%	Price Volatility = $1 - (\text{Yearly Low} / \text{Yearly High})$		
3	C	\$51.60	50%	19%	expressed as a		
4	FAST	\$39.48	40%	33%	percentage		
5	GE	\$35.38	52%	17%	Equation in cell D2 is		
6	HPQ	\$41.18	83%	34%	=1-(Data!L4/Data!K4)		
7	KNX	\$19.50	67%	27%			
8	WAG	\$45.92	53%	23%			
9	WLP	\$82.24	90%	22%			
10	XOM	\$77.41	93%	28%			
11							

Earnings per Dollar of Market Capitalization

- There may be some value in this
- Data worksheet:
 - Market Capitalization is in Column M
 - EPS in Column N
 - Number of shares in Column P
- Ratio: $\text{Earnings}/\text{MktCap} = N * P / M$

Ratio: Earnings / Market Cap

	A	B	C	D	E	F	G
1	Ticker	Current Price	Relative Price	Volatility (52-Wk Hi Lo)	Ratio: Earn / Mkt Cap		
2	AFL	\$47.78	79%	16%	6.2%		
3	C	\$51.60	50%	19%	8.4%		
4	FAST	\$39.48	40%	33%	3.4%		
5	GE	\$35.38	52%	17%	5.7%		
6	HPQ	\$41.18	83%	34%	5.6%		
7	KNX	\$19.50	67%	27%	4.3%		
8	WAG	\$45.92	53%	23%	4.2%		
9	WLP	\$82.24	90%	22%	5.9%		
10	XOM	\$77.41	93%	28%	8.6%		
11							

High & Low PE, last 52-Weeks

	A	B	C	D	E	F	G	H
1	Ticker	Current Price	Relative Price	Volatility (52-Wk Hi Lo)	Ratio: Earn / Mkt Cap	High PE	Low PE	
2	AFL	\$47.78	79%	16%	6.2%	16.7	14.1	
3	C	\$51.60	50%	19%	8.4%	13.2	10.7	
4	FAST	\$39.48	40%	33%	3.4%	36.3	24.3	
5	GE	\$35.38	52%	17%	5.7%	19.1	15.9	
6	HPQ	\$41.18	83%	34%	5.6%	19.0	12.6	
7	KNX	\$19.50	67%	27%	4.3%	25.5	18.6	
8	WAG	\$45.92	53%	23%	4.2%	26.6	20.4	
9	WLP	\$82.24	90%	22%	5.9%	17.4	13.6	
10	XOM	\$77.41	93%	28%	8.6%	11.9	8.5	
11								

Building a Watch List

- We will use some of the equities from the BetterInvesting Most Active Stocks
 - FAST
 - GRMN
 - JNJ
 - WFC
 - WAG
 - SBUX

Most Active Stocks

Here's a look at the companies attracting the interest of BetterInvesting members, according to their recent buy and sell decisions, as reported by a small, informal sampling -- 207 transactions -- for the trailing 4-week period ended Monday, April 16, 2007.

Company	Buy/Sell
1. FASTENAL CO (1)	14-0
2. GARMIN LTD (29)	8-0
3. HOME DEPOT INC (4)	2-4
4. JOHNSON & JOHNSON (12)	5-0
5. AMGEN INC (2)	4-1
6. WELLS FARGO & CO (16)	5-0
7. WALGREEN CO (6)	5-0
8. STARBUCKS CORP (19)	5-0
9. PFIZER INC (47)	0-4
10. CERADYNE INC (3)	4-0

[Report your own transactions](#)

Note: Figures in parentheses provide the previous ranking four weeks ago. (*) denotes unranked in previous period. This listing is presented as a source of stock study ideas in the current market. No investment recommendation is intended.

Setting up a Watch List

	A	B	C	D	E	F	G
1	Ticker	Current Price					
2	FAST	\$40.21					
3	GRMN	\$54.07					
4	JNJ	\$62.95					
5	WFC	\$35.45					
6	WAG	\$46.12					
7	SBUX	\$31.03					
8							
9							
10							
11							
12							

Instructions:
Rename worksheet Sheet2 to Watch.
Setup columns A & B as shown.
Enter the 6 stocks from the BI Most Active List.
Setup the Current Prices as we did for the Track worksheet.
Rename the data worksheet to Watch Data.
Reposition and color the worksheet tabs as shown.

Track Watch Data WatchData Sheet3

Watch List

	A	B	C	D	E	F	G	H
1	Ticker	Current Price	Buy Below	% to Go	5-Yr Avg P/E	Sell Above	Relative Value	Study Action
2	FAST	\$40.25	\$39.68	1%	32.8	\$66.20	89%	Hold
3	GRMN	\$54.15						
4	JNJ	\$63.02	\$58.08	9%	19.7	\$93.70	85%	Hold
5	SBUX	\$31.05						
6	WAG	\$46.13	\$39.46	17%	28.3	\$67.70	84%	Hold
7	WFC	\$35.51						
8			Enter from Toolkit	Current Price / Buy Below - 1	Enter from Toolkit	Enter from Toolkit	PE from WatchData / 5-Yr Avg PE	See Below
9	=IF(AND(% to Go<0,(AND(Relative Value>0.8,<1.1))), "Buy",							
10	IF(AND(Current Price>Sell Above,							
11	1.5*5-Yr Avg PE<WatchData!PE), "Sell", "Hold"))							

Compound Annual Growth

Hover your cursor over cells with a red triangle in their upper right corner for comment.

	A	B	C	D	E	F	G	H	I
1	Ticker	Date Acquired	Cost Basis	Price per Share	Number of Shares	Present Worth	Years Held	CAG	Gain (Loss)
2	DHR	28-Apr-05	\$ 1,503.49	72.29	30	\$ 2,168.70	1.97	20.5%	\$ 665.21
3	HD	22-Apr-05	\$ 1,466.19	38.56	40	\$ 1,542.40	1.98	2.6%	\$ 76.21
4	HD	23-Jun-06	\$ 739.59	38.56	20	\$ 771.20	0.81	5.3%	\$ 31.61
5	JNJ	19-Mar-04	\$ 1,030.79	63.02	20	\$ 1,260.40	3.07	6.8%	\$ 229.61
6	KNX	19-Jan-07	\$ 390.99	19.97	20	\$ 399.40	0.24	9.3%	\$ 8.41
7	SYK	18-Nov-04	\$ 892.99	68.96	20	\$ 1,379.20	2.41	19.8%	\$ 486.21
8	SYK	23-Nov-05	\$ 655.95	68.96	15	\$ 1,034.40	1.39	38.7%	\$ 378.45
9	SYK	26-Apr-06	\$ 448.00	68.96	10	\$ 689.60	0.97	55.9%	\$ 241.60
10	TEVA	29-Jan-07	\$ 1,050.99	36.94	30	\$ 1,108.20	0.21	28.6%	\$ 57.21
11			\$ 8,178.98			\$ 10,353.50			\$ 2,174.52
12									

Comments

C	D	E	F
Cost Basis +	Cost Basis = Number of Shares bought * Price per Share + Commission		sen orth
\$1,503.49	7		68.
\$1,466.19	38.56	40	\$ 1,542.
\$ 739.59	38.56	20	\$ 771

G	H	I	J
Years Held +	Years Held = (Current Date - Date Purchased) / 365.25		
1.97	20		
1.98	2.6%	\$ 70.21	
0.82	5.3%	\$ 31.61	

H	I	J
CAG +	CAG = (Present Worth / Cost Basis) ^ (1 / Years Held) {Expressed as a percentage}	
20.5%	\$	
2.6%	\$	70.21
5.3%	\$	31.61

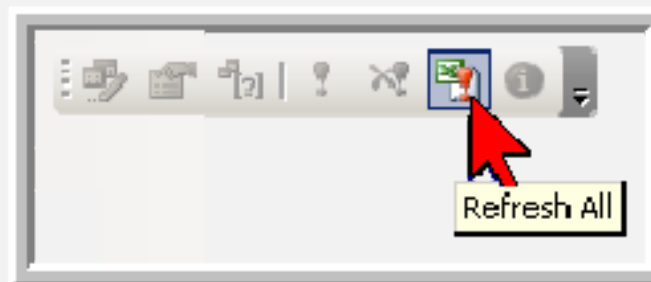
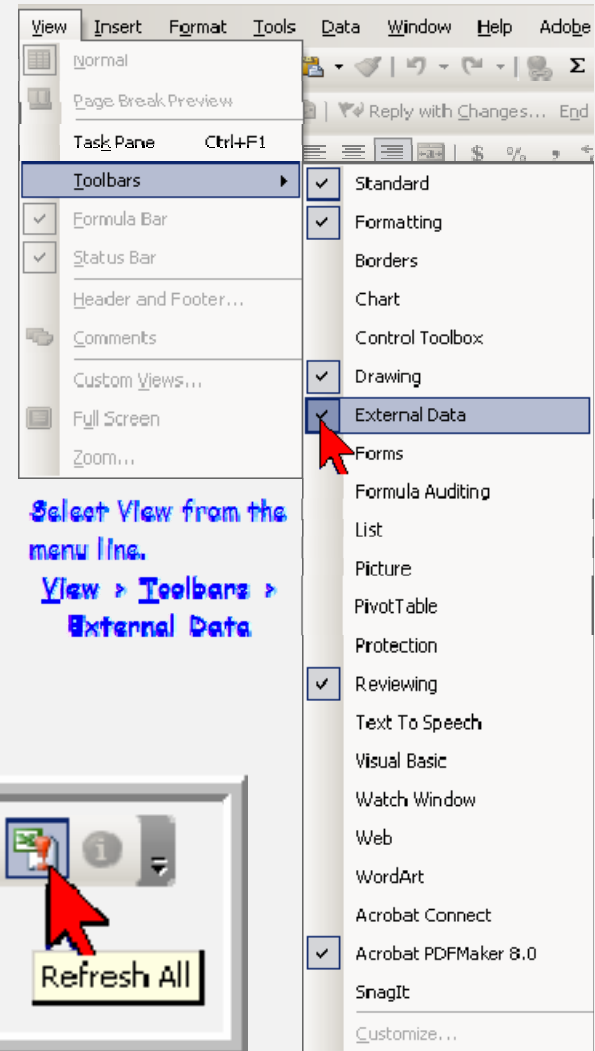
Click on the cell below the title to see the actual equation

In cell H2 the equation is

$$=(F2/C2)^(1/G2)-1$$

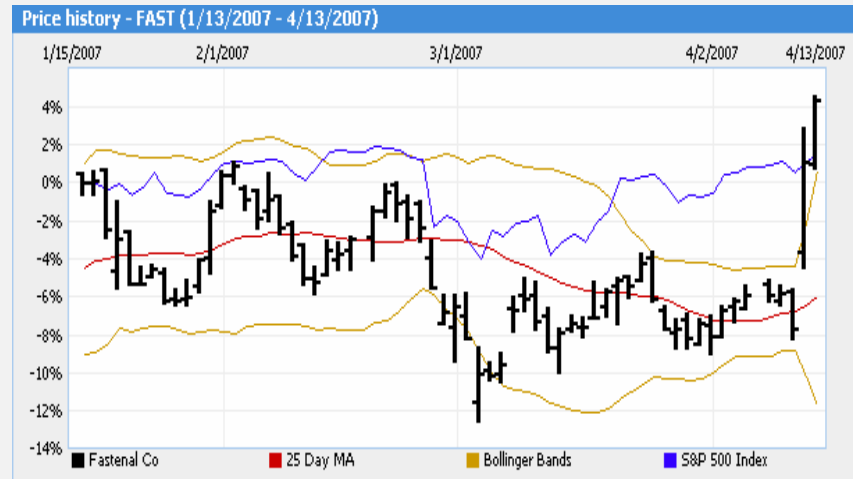
Update All

- Every worksheet that we have created may be updated at any time that you are online
 - Click the Refresh All icon on the External Data Toolbar
 - Should you need to install the External Data Toolbar, click View in the menu, then Toolbars > External Data



Other Information from MSN

	A	B	C	D	P
1	Stock Quotes Provided by MSN Money				
2	Click here to visit MSN Money				
3					Last
4	AFLAC Incorporated	Chart	News		48.43
5	Citigroup Inc.	Chart	News		52.93
6	Fastenal Company	Chart	News		40.25
7	GENERAL ELECTRIC	Chart	News		35.36
8	Hewlett-Packard Company	Chart	News		41.19
9	Knight Transportation	Chart	News		19.97



Click on Chart or News
Setup chart per your
requirements and time line.

Fastenal Company: All Recent News

[All recent news](#) | [Earnings news](#)

At Reuters: UPDATE 2-Fastenal profit beats market views, shares... 04/12/07
... Reuters

Midday Leaders and Laggards: Nasdaq 100 04/12/07
NEW YORK (AP) - Shares of the Nasdaq 100 saw a boost Thursday after drug maker MedImmune Inc. said it will consider selling itself. AP

Fastenal Fiscal 1Q Profit Rises 04/12/07
WINONA, Minn. (AP) - Fastenal Co., which operates stores that sell industrial and construction supplies, said Thursday its fiscal first-quarter profit rose 13 percent on an equal increase in revenue. AP

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