

S&P 500 1/3/2000 through 3/31/2023

- Some seek to validate Long Term Buy and Hold by pointing out the "cost" of missing the xx best days in the market.
- This makes the faulty assumption that it is possible to benefit from the best days while missing the worst days.
- Spoiler alert: it is not.
- See next page.
- Green highlights are in the best 50 positive days.
- Red highlights are in the worst 50 negative days.

2008-9

Date	% Chg	Date	% Chg
9/12/2008	0.2%	1/20/2009	-5.3%
9/15/2008	-4.7%	1/21/2009	4.3%
9/16/2008	1.8%	1/22/2009	-1.5%
9/17/2008	-4.7%	1/23/2009	0.5%
9/18/2008	4.3%	1/26/2009	0.6%
9/19/2008	4.0%		
9/22/2008	-3.8%	1/27/2009	1.1%
9/23/2008	-1.6%	1/28/2009	3.4%
9/24/2008	-0.2%	1/29/2009	-3.3%
9/25/2008	2.0%	1/30/2009	-2.3%
9/26/2008	0.3%	2/2/2009	-0.1%
9/29/2008	-8.8%	2/3/2009	1.6%
9/30/2008	5.4%	2/4/2009	-0.7%
10/1/2008	-0.5%	2/5/2009	1.6%
	-4.0%	2/6/2009	2.7%
10/2/2008 10/3/2008		2/9/2009	0.1%
	-1.4%	2/10/2009	-4.9%
10/6/2008	-3.9%	2/11/2009	0.8%
10/7/2008	-5.7%	2/12/2009	0.2%
10/8/2008	-1.1%		
10/9/2008	-7.6%	2/13/2009	-1.0%
10/10/2008	-1.2%	2/17/2009	-4.6%
10/13/2008	11.6%	2/18/2009	-0.1%
10/14/2008	-0.5%	2/19/2009	-1.2%
10/15/2008	-9.0%	2/20/2009	-1.1%
10/16/2008	4.3%	2/23/2009	-3.5%
10/17/2008	-0.6%	2/24/2009	4.0%
10/20/2008	4.8%	2/25/2009	-1.1%
10/21/2008	-3.1%	2/26/2009	-1.6%
10/22/2008	-6.1%	2/27/2009	-2.4%
10/23/2008	1.3%	3/2/2009	-4.7%
10/24/2008	-3.5%	3/3/2009	-0.6%
10/27/2008	-3.2%	3/4/2009	2.4%
10/28/2008	10.8%	3/5/2009	-4.3%
10/29/2008	-1.1%	3/6/2009	0.1%
10/30/2008	2.6%		
10/31/2008	1.5%	3/9/2009	-1.0%
11/3/2008	-0.3%	3/10/2009	6.4%
11/4/2008	4.1%	3/11/2009	0.2%
11/5/2008	-5.3%	3/12/2009	4.1%
11/6/2008	-5.0%	3/13/2009	0.8%
11/7/2008	2.9%	3/16/2009	-0.4%
11/10/2008	-1.3%	3/17/2009	3.2%
11/11/2008	-2.2%	3/18/2009	2.1%
11/12/2008	-5.2%	3/19/2009	-1.3%
11/13/2008	6.9%	3/20/2009	-2.0%
11/14/2008	-4.2%	3/23/2009	7.1%
11/17/2008	-2.6%	3/24/2009	-2.0%
11/18/2008	1.0%	3/25/2009	0.9%
11/19/2008	-6.1%	3/26/2009	2.3%
11/20/2008	-6.7%	3/27/2009	-2.0%
11/21/2008	6.3%	3/30/2009	-2.0%
11/24/2008	6.5%		
11/25/2008	0.7%	3/31/2009	1.3%
11/26/2008	3.5%	4/1/2009	1.7%
11/28/2008	1.0%	4/2/2009	2.9%
12/1/2008	-8.9%	4/3/2009	1.0%
		4/6/2009	-0.8%
12/2/2008 12/3/2008	4.0%	4/7/2009	-2.4%
	2.6%	4/8/2009	1.2%
12/4/2008	-2.9%	4/9/2009	3.8%
12/5/2008	3.6%	4/13/2009	0.3%
12/8/2008	3.8%	4/14/2009	-2.0%
12/9/2008	-2.3%	4/15/2009	1.3%
12/10/2008	1.2%	4/16/2009	1.6%
12/11/2008	-2.9%	4/17/2009	0.5%
12/12/2008	0.7%	4/20/2009	-4.3%
12/15/2008	-1.3%	+/20/2009	-4.370
12/16/2008	5.1%		

2011

Date

7/14/2011

7/15/2011

7/18/2011

7/19/2011

7/20/2011

7/21/2011

7/22/2011

7/25/2011

7/26/2011

7/27/2011 7/28/2011

7/29/2011

8/1/2011

8/2/2011

8/3/2011

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8/5/2011

8/8/2011

8/9/2011

8/10/2011

8/11/2011

8/12/2011

8/15/2011

8/16/2011

8/17/2011

8/18/2011

8/19/2011

8/22/2011

2015

% Chg -0.7% 0.6%

-0.8%

1.6%

-0.1%

1.4%

0.1%

-0.6%

-0.4% -2.0%

-0.3%

-0.6%

-0.4%

-2.6%

0.5%

-4.8%

-0.1%

-6.7%

4.7%

-4.4%

4.6%

0.5%

2.2%

-1.0%

0.1%

-4.5%

-1.5%

0.0%

Date	% Chg
2/21/2020	-1.1%
2/24/2020	-3.4%
2/25/2020	-3.0%
2/26/2020	-0.4%
2/27/2020	-4.4%
2/28/2020	-0.8%
3/2/2020	4.6%
3/3/2020	-2.8%
3/4/2020	4.2%
3/5/2020	-3.4%
3/6/2020	-1.7%
3/9/2020	-7.6%
3/10/2020	4.9%
3/11/2020	-4.9%
3/12/2020	-9.5%
3/13/2020	9.3%
3/16/2020	-12.0%
3/17/2020	6.0%
3/18/2020	-5.2%
3/19/2020	0.5%
3/20/2020	-4.3%
3/23/2020	-2.9%
3/24/2020	9.4%
3/25/2020	1.2%
3/26/2020	6.2%
3/27/2020	-3.4%
3/30/2020	3.4%
3/31/2020	-1.6%
4/1/2020	-4.4%
4/2/2020	2.3%
4/3/2020	-1.5%
4/6/2020	7.0%
4/7/2020	-0.2%
4/8/2020	3.4%
4/9/2020	1.4%

2020

Date	% Chg	
7/24/2015	-1.1%	
7/27/2015	-0.6%	
7/28/2015	1.2%	
7/29/2015	0.7%	
7/30/2015	0.0%	
7/31/2015	-0.2%	
8/3/2015	-0.3%	
8/4/2015	-0.2%	
8/5/2015	0.3%	
8/6/2015	-0.8%	
8/7/2015	-0.3%	
8/10/2015	1.3%	
8/11/2015	-1.0%	
8/12/2015	0.1%	
8/13/2015	-0.1%	
8/14/2015	0.4%	
8/17/2015	0.5%	
8/18/2015	-0.3%	
8/19/2015	-0.8%	
8/20/2015	-2.1%	
8/21/2015	-3.2%	
8/24/2015	-3.9%	Clu
8/25/2015	-1.4%	eve
8/26/2015	3.9%	oth
8/27/2015	2.4%	
8/28/2015	0.1%	
8/31/2015	-0.8%	
9/1/2015	-3.0%	
9/2/2015	1.8%	
9/3/2015	0.1%	

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