Chart of the Day

Here's your trade on MetLife $MET

September 15, 2026

Scott McGregor analyzes MetLife (ticker MET), highlighting the insurance equity's notable relative strength during a period when the S&P 500 (SPY) remains beneath its 50-day moving average. Speaker Scott McGregor emphasizes that MetLife is holding firmly above its 8-day, 21-day, and 50-day moving average ribbons, pointing to a high-volume bounce off the 21-day exponential moving average as confirmation of buyer absorption. Scott McGregor details a tightening consolidation pattern bounded by an ascending support line and a descending resistance trendline, outlining an actionable breakout setup above $98.60 with risk anchored to the rising 21-day EMA ahead of tomorrow's volatile FOMC interest rate decision.

Next Steps:

1. Set Technical Resistance Alert: Place a breakout price alert on MetLife ($MET) at $98.60.
2. Require Breakout Volume Confirmation: Stalk a decisive move through and daily close above $98.60 accompanied by above-average volume before executing long entries.
3. Establish Initial Risk Boundaries: Anchor initial protective stop-loss limits near the rising 21-day exponential period moving average.
4. Exercise Caution During Macro Events: Maintain strict risk parameters across all open trades ahead of potential market volatility surrounding tomorrow's FOMC meeting.
5. Access Additional Watchlists: Visit stockmarketmentor.com and follow Scott McGregor on X (@scottcottrades) for full watchlist access and market updates.

Transcript:

[0:00] Hey everyone, good evening. It's Scott

[0:02] at scottrades on x with

[0:04] stockmarketmentor.com

[0:06] and my chart of the day. Want to look at

[0:09] Metife. This is ticker ME. Metife is

[0:12] showing a good amount of relative

[0:14] strength with SPY under the 50-day

[0:17] moving average. Met is certainly holding

[0:20] up well. We are above the 8day, 21day,

[0:22] and 50-day. Yesterday, we had a bounce

[0:25] just above that 21-day EMA. Did it on

[0:28] higher than average volume. and today

[0:29] just held in nicely above all the key

[0:32] moving averages. And so I certainly see

[0:34] a nice tightening pattern here on MET

[0:36] where we have a pretty clear downward

[0:38] sloping trend line of resistance and

[0:41] pretty clear upward sloping trend line

[0:44] of support. So we're pinching a bit here

[0:46] in consolidation and I'm looking for MET

[0:49] to break out above that downward sloping

[0:52] trend line and ideally close above and

[0:54] do it on volume. And if that happens, we

[0:57] could get a nice buy here on MET with a

[1:00] stop down around the 21-day exponential

[1:02] period moving average to start. And so I

[1:05] would have an alert on ME at around 9860

[1:10] and look for a move through and a close

[1:12] above that level coming on volume.

[1:15] That's just one of many stocks we're

[1:16] looking at tonight over at

[1:18] stockmarketmentor.com.

[1:20] Now, tomorrow is the FOMC meeting.

[1:22] There's bound to be a ton of volatility

[1:24] in the market. No matter what you're

[1:26] trading, please do it safely. My name is

[1:29] Scott McGregor at Scott Trades on X.

[1:31] I'll see you next time.