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NQ FUTURES · 2026 YEAR TO DATE

The Daily Range

From January 2 to July 10, 2026, the Nasdaq-100 E-mini futures (NQ) gained 3,958 points. In the same 131 sessions, the market traveled 67,480 points from each day's low to its high. The net move is what the index ends up doing. The daily range is where most of the movement happens, and it is what MAZing forecasts focus on.

515	30	5.9%	17×
Average daily high-low range, in points	Average net gain per day, close to close	Net gain as a share of the total daily range	Total daily range compared with the net gain

The idea in one line. The index's net gain over a period is a small slice of the ground it covers inside each session.

DATA

NQ front-month daily open, high, low and close from Barchart.com, January 2 to July 10, 2026 (131 sessions).

INSIDE

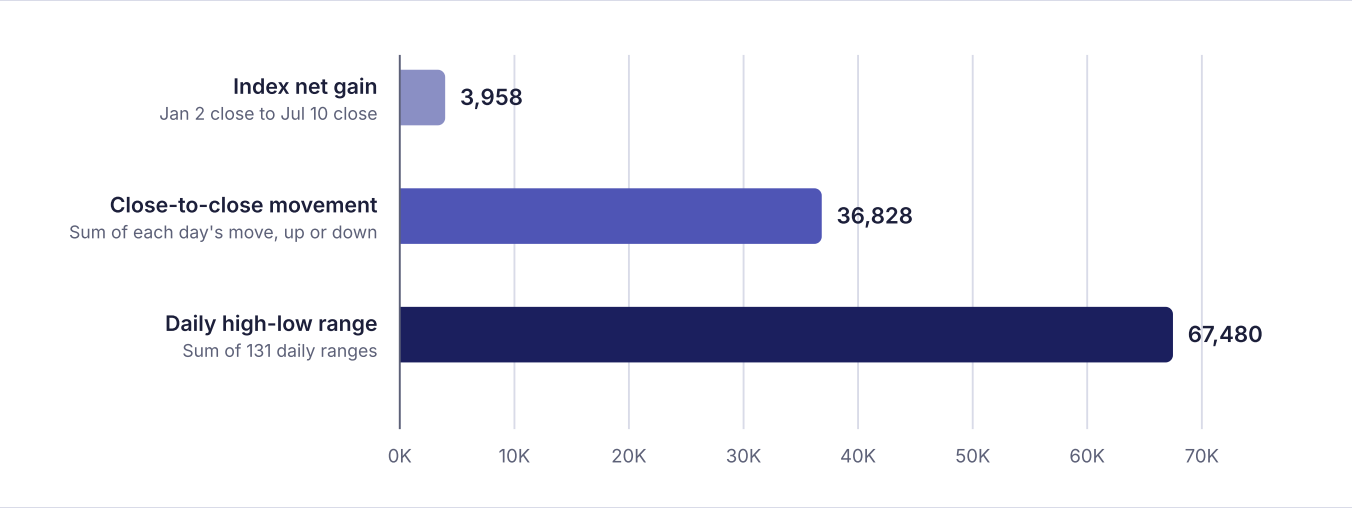
Net move vs. range, the range by month, the range across a 240-session year, and how the MAZing daily forecast is published.

For education only. Not investment advice.

JAN 2 TO JUL 10, 2026

01 The net move is a small part of the range

NQ closed at 25,817 on January 2 and 29,775 on July 10: a gain of 3,958 points, or 15.3%. Over the same 131 sessions, the daily high-low ranges added up to 67,480 points, about 17 times the net gain.



All figures in NQ index points.

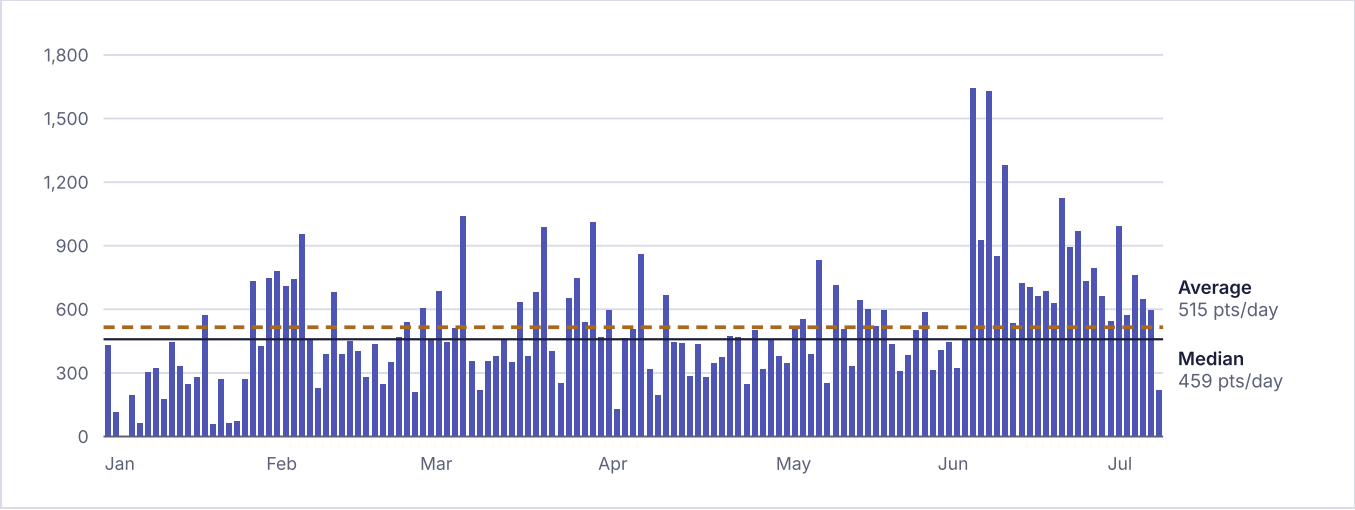
Three ways to measure the same six months

Measure	Points	Per session	What it means
Net gain	3,958	30	What the index gained from start to finish
Close-to-close movement	36,828	281	Every daily move counted, up (73 days) or down (57 days)
Daily high-low range	67,480	515	The full ground covered inside each session

SESSION BY SESSION

02 The range shows up every day

Up days or down days, the market moves inside each session. The range averaged 515 points, with a median of 459. Of 131 sessions, 121 had a range of 200 points or more.



Daily high-low range — Average — Median

By month

Month	Sessions	Avg daily range	Range total	Net change
Jan	20	269	5,390	+310
Feb	19	499	9,476	−678
Mar	22	553	12,164	−1,324
Apr	22	422	9,288	+3,721
May	20	487	9,735	+2,849
Jun	21	814	17,086	−172
Jul (to Jul 10)	7	620	4,340	−748

Net change for January is measured from the January 2 close. Several January sessions in the source file look incomplete (open, high or close identical, ranges under 120 points), so January's average is likely understated.

240 TRADING SESSIONS

03 Over a full year

A year has about 240 trading sessions. At this year's pace, the daily ranges add up to far more ground than the index has netted in any recent year.

Per year, 240 sessions	Points per day	Points per year
Index net gain, 2020–2025 average	11	2,700
Index net gain, 2026 pace to July 10	30	7,251
Average daily high-low range, 2026	515	123,627

The 2020–2025 average is the author's figure. Annual figures simply multiply by 240 and are not forecasts.

HOW IT WORKS

04 The MAZing daily forecast

1

Posted before the open

Each forecast goes up on TradingView about three hours before the regular session opens.

2

Range and key levels

The expected open range, intraday key levels, and long and short scenarios, on a chart with levels and a timestamp.

3

A locked record

TradingView allows edits for only 15 minutes after posting, so every forecast since January 2021 stands as first published.

The approach focuses on the daily range rather than calling the market's direction. Forecasts are free to view at tradingview.com/u/MAZing.

Terms

L/H range — The distance from a session's low to its high, in points.

Net gain — The change in the index from one close to a later close.

NQ point value — $20 per point on one E-mini Nasdaq-100 contract ($2 on the Micro, MNQ).

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About the author

Michael A. Zingale, the "MAZ" in MAZing, was licensed in life insurance in 1988 and built the early part of his career around cash value life insurance used to pay estate taxes. As the federal estate tax exemption rose, from $600,000 per person in the 1990s to about $15 million today, he kept his life insurance practice and added investment services in the early 2000s. About twenty years later he added short-timeframe index forecasting and trading. Since January 2021 he has published a daily NQ futures forecast on TradingView before each U.S. open.