

Futures and ETF Equivalents

	Symbol	Description	Futures Notional	ETF Equivalent	Share Equivalent
Equities	/ES	E-mini S&P 500 Futures	\$276,612	SPY	500
	/NQ	E-mini NASDAQ-100 Futures	\$400,825	QQQ	800
	/RTY	E-mini Russell 2000 Index Futures	\$102,460	IWM	500
	/YM	E-mini Dow (\$5) Futures	\$197,455	DIA	500
	/MES	Micro E-mini S&P 500	\$27,661	SPY	50
	/MNQ	Micro E-mini Nasdaq-100	\$40,082	QQQ	80
	/M2K	Micro E-mini Russell 2000	\$10,244	IWM	50
	/MYM	Micro E-mini Dow	\$19,746	DIA	50
Volatility	/VX	CBOE Volatility Index (VIX) Futures	\$13,400		
	/VXM	Mini CBOE Volatility Index (VIX) Futures	\$1,339		
Crypto	/BTC	Bitcoin Futures	\$316,425	BITO	14,000
	/MBT	Micro Bitcoin Futures	\$6,332	BITO	285
Currencies	/6E	Euro FX Futures	\$134,700	FXE	1,400
	/6J	Japanese Yen Futures	\$78,319	FXJ	1,400
	/6A	Australian Dollar Futures	\$66,700	FXA	1,000
	/6B	British Pound Futures	\$79,094	FXB	650
	/6C	Canadian Dollar Futures	\$72,925	FXC	1,025
	/M6E	E-micro EUR/USD Futures	\$13,470	FXE	140
	/M6A	E-micro AUD/USD Futures	\$6,669	FXA	100
	/M6B	E-micro GBP/USD Futures	\$7,908	FXB	65
	/MCD	E-micro CAD/USD Futures	\$7,293	FXC	100
Metals	/GC	Gold Futures	\$234,140	GLD	1,100
	/MGC	E-micro Gold Futures	\$23,414	GLD	110
	/SI	Silver Futures	\$148,625	SLV	5,500
	/SIL	Micro Silver (1000 oz) Futures	\$29,725	SLV	1,100
	/HG	Copper Futures	\$110,212		
Liquids	/CL	Light Sweet Crude Oil Futures	\$83,390	USO	1,000
	/QM	E-mini Crude Oil Futures	\$41,688	USO	500
	/MCL	Micro Crude Oil Futures	\$8,340	USO	100
	/NG	Henry Hub Natural Gas Futures	\$24,790	UNG	1,500
	/QG	E-mini Natural Gas Futures	\$6,200	UNG	375
	/RB	RBOB Gasoline Futures	\$108,011		
Treasuries	/UB	Ultra T-Bond Futures	\$122,719	TLT	1,400
	/ZB	30-Year U.S. Treasury Bond	\$116,344	TLT	1,300
	/ZN	10-Year U.S. Treasury Note Futures	\$109,234	IEF	1,200
	/ZF	5-Year U.S. Treasury Note Futures	\$106,164	IEI	925
	/ZT	2-Year U.S. Treasury Note	\$204,039	SHY	2,500
Softs	/ZC	Corn Futures	\$21,075	CORN	1,150
	/ZS	Soybean Futures	\$55,562	SOYB	2,300
	/ZW	Wheat Futures	\$29,462	WEAT	5,400
	/XC	Mini-sized Corn Futures	\$4,214	CORN	230
	/XK	Mini-sized Soybean	\$11,114	SOYB	465
	/XW	Mini-sized Wheat	\$5,895	WEAT	1,100
	/HE	Lean Hogs Futures	\$35,710		

For example:
1 /ES futures is roughly equivalent to 500 shares of SPY

Trading 1 /NQ is equivalent to trading \$400,825 worth of Nasdaq stocks.

Silver futures (/SI) are large. 1 contract is roughly equivalent to 5,500 shares of SLV.



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