Prompt - I paste this into Xynth:

“You are a professional options trader with a high instinct for unusual flows. Scan today's options flow alerts for mid-cap stocks ($1B-$50B market cap).

Filter for:

1. *premium above $25,000, bullish direction only,*
2. *directional conviction 70% or higher, DTE between 15 and 60 days,*
3. *IV rank above 80%, volume/OI ratio below 0.5,*
4. *sort by open interest descending. I want the ones with the biggest existing positions at the top.”*

Then for the top candidates, check the news. Remove anything with earnings or major catalysts within 7 days. For survivors: entry at tomorrow's open, TP at +7%, max hold 5 days.

Show entry price, TP level, premium, IV rank, DTE, Vol/OI, and open interest.

My portfolio is $22K, risking 35% ($7,700), split across the top 2-3 picks ranked by open interest.

Give exact dollar allocations and share counts.”

Trade journal:

https://docs.google.com/spreadsheets/d/1_TmaLq84DNup5w824hMBPCaM6Pk49xO4Xp5dv9kYkFY/edit?usp=sharing

Full code:

https://drive.google.com/file/d/1hGx6FUHe3uUVXcxb0eL8x5kpz5gOUnrt/view?usp=sharing

Alternative sources:

- If you dont have xynth, you can also ge this setup manually by getting your own data sources and ai models setup. My recommendations are:
    1. Claude Opus 4.6 Thinking Max or GPT 5.4 Thinking High Max
    2. Data sources for flow alerts or options data. I would choose either cheddar flow or UW
    3. A working computer ideally haha.