

Retail Trader Sentiment Brief

ES · NQ · SPX | FOMC + Mega-Cap Earnings Watch

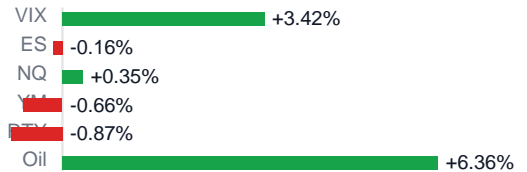
As of April 29, 2026 12:30 EDT

52/100

NEUTRAL



Intraday context



Event-risk focused

Cautious tape

NQ resilient

Oil shock risk

Classification

Neutral. Mixed trader positioning with event-risk dominance.

Main driver

FOMC/Powell at 14:00–14:30 ET, then mega-cap earnings after close.

Contrarian edge

Cautious retail tone + NQ resilience creates squeeze risk if Fed/earnings land positively.

Executive Summary

- **Retail traders are cautious ahead of FOMC and mega-cap earnings;** most high-signal posts expect the real move after Powell and earnings, not before.
- **Bearish technical posts are getting attention** around SPX exhaustion/pullback risk, but bulls are still defending key SPX/ES support zones.
- **Market context confirms the chop:** ES slightly negative, NQ positive, YM/RTY weaker, VIX/yields/dollar/oil higher.

Representative Real Post Summaries

@TriggerTrades

SPX may be completing a 5th-wave structure and vulnerable to a shallow pullback toward lower weekly imbalance zones.

@EliteOptions2

FOMC + mega-cap earnings are the main volatility event; SPX 7100 is a key downside line, with 7200 possible on a positive reaction.

@QuantData

SPX exposures are mixed intraday with no clear directional bias ahead of FOMC.

Market Snapshot

Instrument	Latest	Move
VIX	18.44	+3.42%

ES	7,159.50	-0.16%
NQ	27,264.25	+0.35%
YM	48,973	-0.66%
RTY	2,743.40	-0.87%
DXY	98.79	+0.15%
10Y Yield	4.398%	+4.4 bps
WTI Crude	106.29	+6.36%
Gold	4,574.80	-0.73%

Event Risk & Tactical Read

- **14:00 ET:** FOMC rate decision. **14:30 ET:** Powell press conference risk window.
- **After close:** Alphabet, Microsoft, Amazon, Meta, Qualcomm, KLA, Equinix.
- **Bull trigger:** dovish Fed tone + MSFT/GOOGL/AMZN/META strength.
- **Bear trigger:** hawkish Powell + persistent oil spike + SPX 7100 failure.
- **Execution note:** avoid oversized directional trades before the 14:00–14:30 ET risk window.

Contrarian Insight

Contrarian bullish signal. Visible retail tone is cautious-to-bearish into FOMC while NQ is holding green and mega-cap earnings are still ahead. A less-hawkish Fed plus strong big-tech reaction could trigger a squeeze. Bearish edge improves only if SPX loses 7100 / ES loses nearby support after Powell.

Source note: Latest available X/Twitter-style API search results focused on ES, NQ, SPX, futures, trading hashtags, market-direction language, and high-engagement posts, plus Yahoo Finance market snapshot data and Nasdaq earnings-calendar context. Real-time social data may be incomplete.

All information is based on the latest available data as of April 29, 2026 12:30 EDT. Markets can change rapidly—verify with primary sources before trading.