MH Markets

DAILY DAY-TRADING MARKET OUTLOOK

JUNE 16, 2026

EXECUTIVE SUMMARY

Instrument	Bias	Key Resistance	Key Support
Gold (XAUUSD)	Neutral	4338.5 (***)	4292/4286 (***)
EURUSD	Neutral	1.1617/22 (***)	1.1555/45 (***)
GBPUSD	Neutral	1.3433/36 (***)	1.3379/70 (***)
USDJPY	Neutral	160.41/48 (***)	159.83/73 (***)
US500	Neutral	7563/66 (***)	7531/27 (***)
USNDX	Neutral	30,565/590 (***)	30,333/300 (***)
US Oil	Neutral	8075/8105 (***)	7815 (***)

*Strong. ***Very Strong

GOLD (XAUUSD)

Market Bias: Neutral

Immediate Resistance 4329/32 (*)
Major Resistance 4338.5 (***)
Immediate Support 4299 (*)
Major Support 4292/4286 (***)

Bullish Scenario

A sustained move above 4329/32 would expose the major resistance at 4338.5. A clear break of this very strong resistance level would signal potential bullish continuation.

Bearish Scenario

A move below 4299 would increase downside pressure toward the major support zone at 4292/4286. A break beneath this very strong support area would strengthen bearish momentum.

Intraday Outlook

Gold remains range-bound between major institutional support and resistance levels. Directional confirmation requires a break of the nearest starred levels.

Key Trading Levels

Resistance	Strength	Support	Strength
4338.5	Very Strong	4292/4286	Very Strong

EURUSD

Market Bias: Neutral

Immediate Resistance 1.1605/09 (*)
Major Resistance 1.1617/22 (***)
Immediate Support 1.1575/66 (*)
Major Support 1.1555/45 (***)

Bullish Scenario

A break above 1.1605/09 would target the major resistance zone at 1.1617/22. A decisive breakout may support further upside extension.

Bearish Scenario

A move below 1.1575/66 would expose the major support at 1.1555/45. A break below this zone would strengthen bearish continuation risks.

Intraday Outlook

EURUSD remains balanced within clearly defined support and resistance boundaries.

Key Trading Levels

Resistance	Strength	Support	Strength
1.1617/22	Very Strong	1.1555/45	Very Strong

GBPUSD

Market Bias: Neutral

Immediate Resistance 1.3416/22 (*)
Major Resistance 1.3433/36 (***)
Immediate Support 1.3388 (*)
Major Support 1.3379/70 (***)

Bullish Scenario

A break above 1.3416/22 may open the path toward 1.3433/36. A clear breakout of the very strong resistance zone would favor bullish continuation.

Bearish Scenario

A move below 1.3388 would shift focus toward the major support area at 1.3379/70.

Intraday Outlook

Price action remains confined within a well-defined technical range pending a breakout.

Key Trading Levels

Resistance	Strength	Support	Strength
1.3433/36	Very Strong	1.3379/70	Very Strong

USDJPY

Market Bias: Neutral

Immediate Resistance 160.33 (*)
Major Resistance 160.41/48 (***)
Immediate Support 159.94/91 (*)
Major Support 159.83/73 (***)

Bullish Scenario

A break above 160.33 would expose the major resistance at 160.41/48.

Bearish Scenario

A decline below 159.90 would expose the major support zone at 159.80/70. A decisive break would indicate bearish continuation.

Intraday Outlook

USDJPY remains inside a defined intraday range awaiting directional confirmation.

Key Trading Levels

Resistance	Strength	Support	Strength
160.41/48	Very Strong	159.83/73	Very Strong

US500

Market Bias: Neutral

Immediate Resistance 7558 (*)
Major Resistance 7563/66 (***)
Immediate Support 7538/35 (*)
Major Support 7531/27 (***)

Bullish Scenario

A break above 7558 may trigger a move toward the major resistance zone at 7563/66.

Bearish Scenario

A move below 7538/35 would expose the major support at 7531/27.

Intraday Outlook

The index remains positioned between significant institutional levels. A breakout from the starred levels should provide directional guidance.

Key Trading Levels

Resistance	Strength	Support	Strength
7563/66	Very Strong	7531/27	Very Strong

USNDX

Market Bias: Neutral

Immediate Resistance 30,526/538 (*)
Major Resistance 30,565/590 (***)
Immediate Support 30,395/375 (*)
Major Support 30,333/300 (***)

Bullish Scenario

A break above 30,526/538 could lead to a test of the major resistance zone at 30,565/590.

Bearish Scenario

A move below 30,395/375 would expose the major support at 30,333/300.

Intraday Outlook

USNDX remains balanced between strong technical barriers. A decisive break is required to establish directional momentum.

Key Trading Levels

Resistance	Strength	Support	Strength
30,565/590	Very Strong	30,333/300	Very Strong

US OIL

Market Bias: Neutral

Immediate Resistance 8028 (*)
Major Resistance 8075/8105 (**)
Immediate Support 7878/7855 (*)
Major Support 7815 (***)

Bullish Scenario

A break above 8028 may encourage a move toward the major resistance band at 8075/8105.

Bearish Scenario

A move below 7878/7855 would expose the major support level at 7815.

Intraday Outlook

Oil remains technically balanced while trading between major support and resistance zones.

Key Trading Levels

Resistance	Strength	Support	Strength
8075/8105	Very Strong	7815	Very Strong

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