MARKET REPORT

GOLD

Gold (XAU/USD) · precious metal

Session: Monday, 19 October 2026

Data to the close of 16 October 2026

VALUE MIGRATION
Balance

Session profile: D

Key numbers

CLOSE	VALUE AREA	POC
4,165	**4,161 – 4,186**	**4,175**

ATR 5 DAYS	± ATR RANGE	NEAREST NPOC
69 pts	**4,096 – 4,234**	**4,145 (15 Oct)**

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Analytical material for information and education only. It contains no entry signals and no investment recommendations. Trading financial instruments involves the risk of losing capital.

Market report GOLD | 19 Oct 2026

Data to the close of 16 Oct 2026 | market description, no entry signals

MARKET STATE: price inside the 16 Oct value | value migration: Balance

Summary

- **Price:** close of 16 Oct ≈ **4,165**, inside VA (4,161–4,186), POC 4,175. Session profile: D.
- **Value over 5 sessions:** value jumping both ways; net value lower by 20 pts – 1× higher, 2× lower, 2× overlapping (of 5 sessions).
- **Daily volatility:** low (range 16 Oct: 52 pts; average of 19 earlier sessions: 77 pts (×0.68)). **ATR 5 days: 69 pts** (ATR 20 days: 77; last day 52) – volatility stable.
- **Volatility for the next hours:** normal phase (VA240/VA24 = 0.33, 45th percentile). Historically in this phase the median range of the next 4 h ≈ **30.3** pts (all hours: 28.3).
- **Order flow:** session delta −4.6k; hours with volume ≥ 1.5× normal: 22:00 CEST (delta −0.6k).
- **Unmitigated POCs:** 4,145 from 15 Oct (below price, 20 pts), 4,093 from 14 Oct (below price, 72 pts), 4,292 from 25 Sep (above price, 127 pts).
- **Unfinished auctions:** low 4,147.

Session profile decision table – value migration

Profile	POC in range	Close vs VA	Close vs POC	Delta	Points	Value migration
D	middle	inside VA	below POC	falling	**−2**	**Balance**

no clear migration – the signals offset each other, value likely stays near the current area. Historically (101 sessions, 7 markets): after “Up” the next session's POC was higher in 85% of cases, after “Down” lower in 78%; the table does not predict the direction of the closing price (about 50%). Scoring: VA ±2, POC ±1, delta ±1, profile shape ±1; ≥ +3 up, ≤ −3 down.

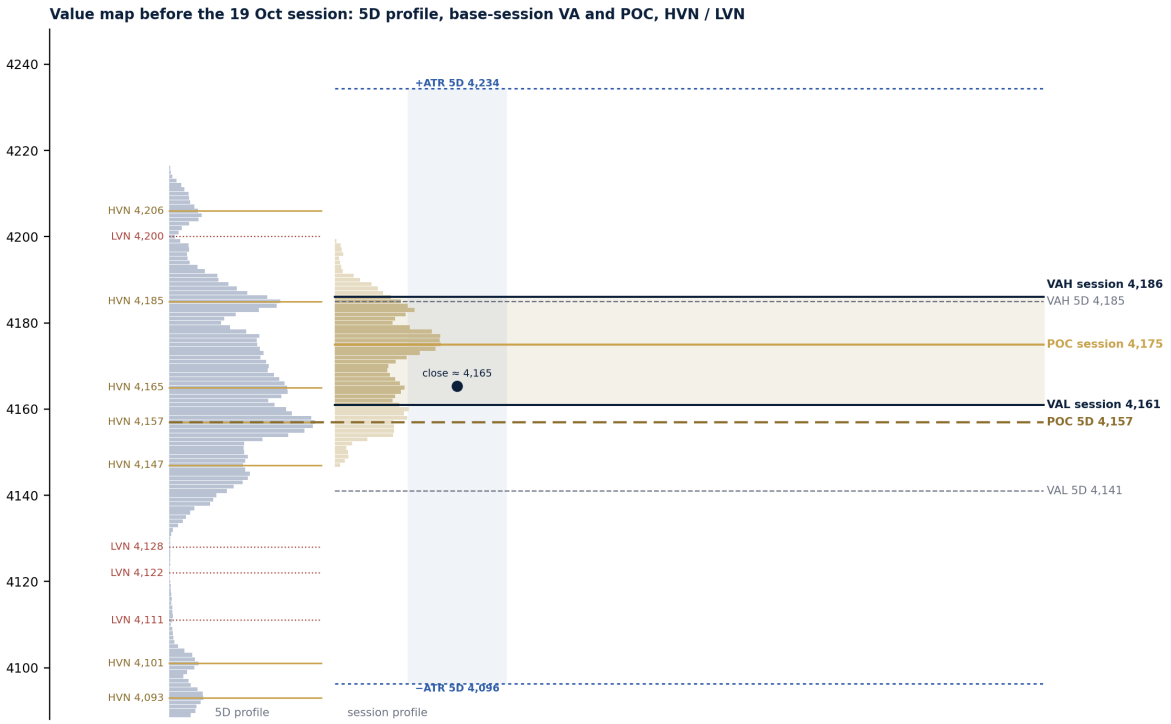
Reference levels

Level	Value	Meaning
VAH 16 Oct	4,186	upper edge of accepted value
POC 16 Oct	4,175	price of the highest volume – centre of gravity
VAL 16 Oct	4,161	lower edge of accepted value
High / low 16 Oct	4,199 / 4,147 (unfinished auction: low)	base session range
VA 5D (12 Oct–16 Oct)	4,141 – 4,185, POC 4,157	wider-context value
HVN 5D zones above price	4,204–4,207	volume clusters – where price slows and rotates
HVN 5D zones below price	4,141–4,189, 4,101, 4,085–4,095	volume clusters – where price slows and rotates
LVN 5D zones	4,104–4,135, 4,196–4,202	volume gaps – prices passed through quickly
High / low 5 sessions	4,217 / 4,073	limits of the 5-session range
± ATR 5D range (69 pts)	4,096 – 4,234	typical daily move from the close (not a direction forecast)
Unmitigated POCs (nPOC, 20 sessions)	4,145 (15 Oct), 4,093 (14 Oct), 4,292 (25 Sep)	session POCs price has not returned to – often tested later

Value migration – 5 sessions

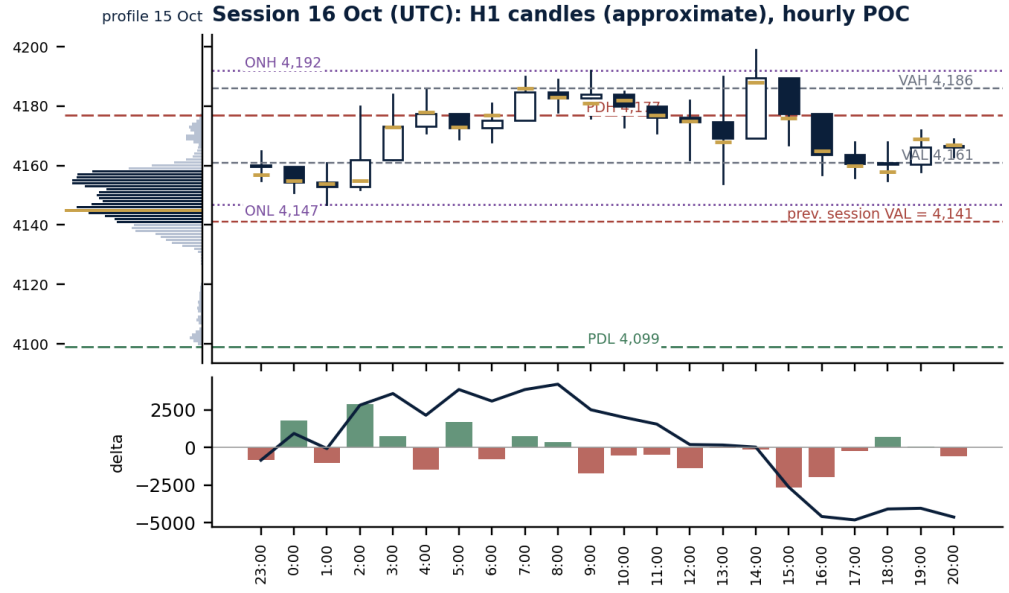
Session	POC	POC change	VA (VAL–VAH)	Value migration	Session delta	Delta %
12 Oct	4,170	–	4,161–4,194	–	−2.6k	−0.9%
13 Oct	4,185	+15	4,163–4,193	overlapping	−6.2k	−2.0%
14 Oct	4,093	−92	4,073–4,148	lower	+3.1k	+0.9%
15 Oct	4,145	+52	4,141–4,158	overlapping	+7.4k	+2.1%
16 Oct	4,175	+30	4,161–4,186	higher	−4.6k	−1.3%

Value map



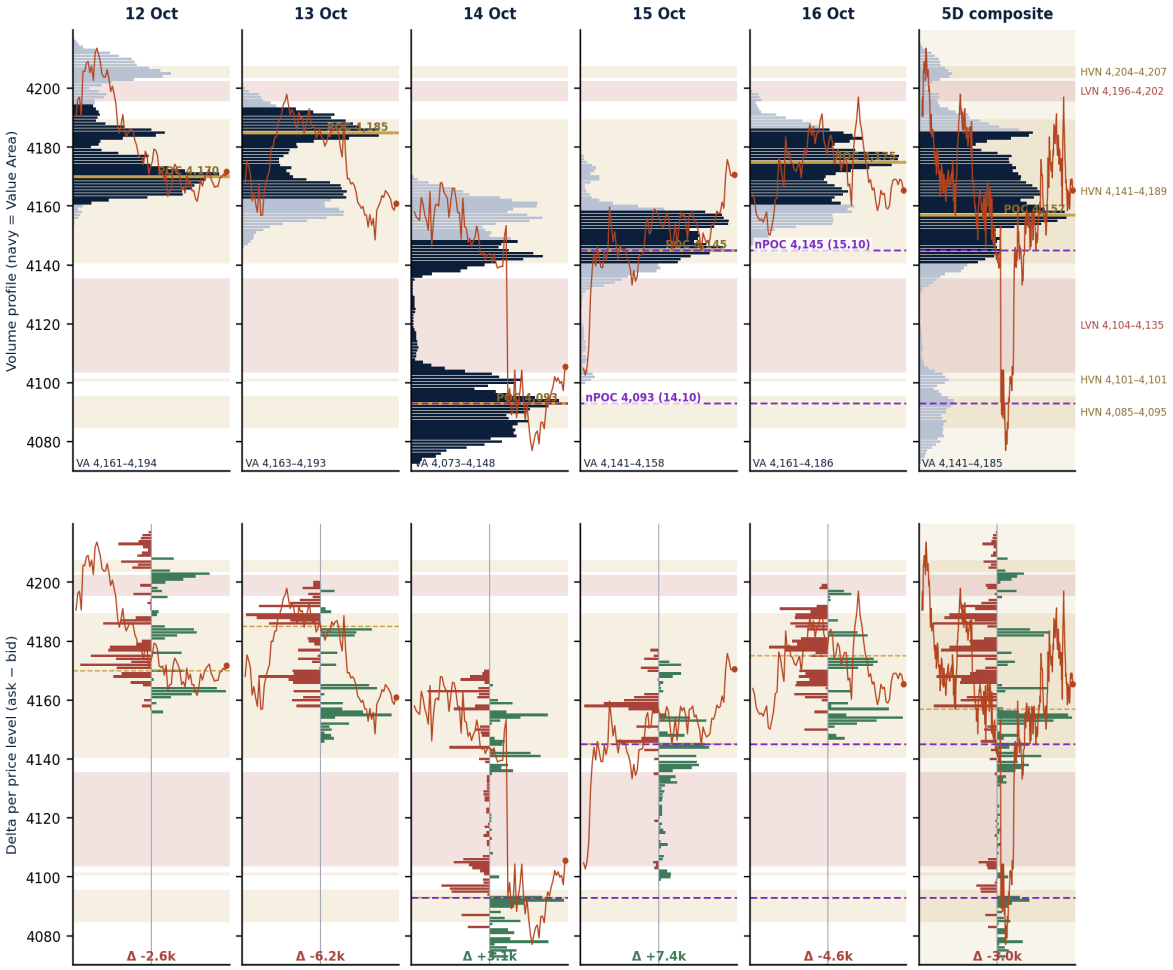
5D profile with HVN (gold) and LVN (red), base-session VA (beige), 5D POC (dashed); dot = closing price; blue dashed lines = ± 5-day ATR range from the close.

The 16 Oct session



Session range 4,147–4,199, session delta −4.6k, cumulative delta min. −4.8k, end −4.6k.

5-session profiles and delta by price



Top row: session volume profile (navy = VA, gold line = POC) and the 5D composite; red line = price path during the session (left to right, dot = close); purple dashed = a POC price has not returned to in later sessions (nPOC); gold bands = HVN zones, red bands = LVN zones from the 5D composite. Bottom row: delta by price (green = buyers, red = sellers).

Volatility and order flow

Measure	Reading	What it says
VA 4 h / VA 24 h	0.33 (45th percentile)	normal phase
ATR 5 days / ATR 20 days	69 / 77 pts	average daily true range; last day 52 pts
Median range of the next 4 h in this phase	30.3 pts	vs 28.3 pts for all hours (15 M1 sessions)

Hour	RVOL	Delta	Hour	RVOL	Delta	Hour	RVOL	Delta	Hour	RVOL	Delta
01	0.9	−0.8k	07	1.1	+1.7k	13	0.9	−0.5k	19	1.2	−0.2k
02	0.9	+1.8k	08	1.1	−0.8k	14	0.9	−1.4k	20	1.2	+0.7k
03	1.0	−1.0k	09	1.0	+0.8k	15	1.0	−0.0k	21	1.2	+0.0k
04	1.1	+2.9k	10	0.9	+0.4k	16	1.2	−0.1k	22	**1.8**	−0.6k
05	1.4	+0.8k	11	1.0	−1.7k	17	1.2	−2.7k			
06	1.4	−1.4k	12	1.0	−0.5k	18	1.4	−2.0k			

Session hours (CEST, UTC+2). RVOL = hourly volume / average volume of the same hour over the previous 10 sessions; bold ≥ 1.5.

Reference price: close of 16 Oct from M1 data (20:57 UTC) = 4,165. Volatility: the 4 h VA / 24 h VA ratio describes the expected size of the move, not its direction. Information and education only, not an investment recommendation.