DELTA - YOUR SPEEDOMETER

Vajgrt Labs - Education - Lesson 39 of 72 - 4 min read - Updated Oct 21, 2026

TL;DR

- Delta ~ how much of SPY’s move your option feels: 0.60 delta ~ 60c per $1 move.
- It doubles as rough odds: 0.60 delta ~ 60% chance of expiring in-the-money.
- The 50-65 zone is the sweet spot - real punch, real odds, sane price.

THE TAKEAWAYS

- 0.60 delta ~ 60 cents per $1 SPY move - and ~ 60% odds of expiring in-the-money.
- 50-65 is the sweet spot: real punch, real odds, sane price.
- Below 0.50 you’re buying hope. Above 0.70 you’re overpaying for leverage.

RULE: If delta isn’t 50-65, I need a written reason why.

COMMON MISTAKES

- Buying sub-0.50 delta "cheap" options - you’re mostly buying hope.
- Paying 0.70+ delta when your plan didn’t need it - overpaying for leverage.
- Ignoring delta when sizing: two contracts at 0.60 delta is not the same trade as two at 0.30.
- Treating delta as a guarantee instead of an estimate that itself moves.

DO IT ON PAPER

Open the free SPY Sheet and find today’s tipping line. Then open the SPY chain in Robinhood and find the first call with delta between 0.50 and 0.65. Write its price in your journal - don’t buy anything.

Education only - not financial advice. Options involve substantial risk of loss. Examples use real SPY chain data from Oct 9, 2026. Vajgrt Labs - Education.