## Stock Selection Guide



Symbol: SFM

## 1 VISUAL ANALYSIS of Sales, Earnings, and Price


(1) Historical Sales Growth
26.5\%
(3) Historical Earnings Per Share Growth
77.6\%
(2) Estimated Future Sales Growth
6.1\%
(4) Estimated Future Earnings Per Share Growth
9.0\%

|  | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | Last 5 Year Avg. |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Pre-tax Profit on Sales | 1.6\% | -4.1\% | 1.9\% | 3.4\% | 5.9\% | 5.7\% | 4.9\% | 4.4\% | 3.8\% | 3.5\% | 4.5\% |
| \% Earned on Equity |  |  |  | 11.3\% | 16.3\% | 15.6\% | 15.6\% | 24.8\% | 23.8\% | 26.2\% | 21.2\% |
| \% Debt To Capital |  | 58.1\% | 58.0\% | 45.6\% | 37.3\% | 26.1\% | 36.4\% | 42.6\% | 49.6\% | 74.9\% | 45.9\% |

PRICE-EARNINGS HISTORY as an indicator of the future
This shows how stock prices have fluctuated with earnings and dividends. It is building block for translating earnings into future stock prices.
CLOSING PRICE 20.11 (12/10/20)
HIGH THIS YEAR 28.00
LOW THIS YEAR 13.00

|  | A | B | C | D | E | F | G | H |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Year | Price |  | Earnings | Price Earnings Ratio |  | Dividend | \% Payout | \% High Yield |
|  | High | Low | Per Share | High A / C | Low B / C | Per Share | F/C * 100 | F/B * 100 |
| 2015 | 38.5 | 16.4 | 0.83 | 46.3 | 19.8 | 0.00 | 0.0 | 0.0 |
| 2016 | 30.0 | 18.7 | 0.83 | 36.1 | 22.5 | 0.00 | 0.0 | 0.0 |
| 2017 | 26.0 | 17.4 | 1.15 | 22.6 | 15.1 | 0.00 | 0.0 | 0.0 |
| 2018 | 29.7 | 20.6 | 1.22 | 24.3 | 16.9 | 0.00 | 0.0 | 0.0 |
| 2019 | 25.3 | 16.7 | 1.25 | 20.3 | 13.3 | 0.00 | 0.0 | 0.0 |
| AVERAGE |  | 18.0 |  | 29.9 | 17.5 |  | 0.0 |  |
| CURRENT/TTM |  |  | 2.13 |  |  | 0.00 | 0.0 |  |
| AVERAGE PRICE EARNINGS RATIO: 23.7 |  |  |  |  | CURRENT PRICE EARNINGS RATIO: 9.4 |  |  |  |

EVALUATING RISK and REWARD over the next 5 years
Assuming one recession and one business boom every 5 years, calculations are made of how high and how low the stock might sell. The upside-downside ratio is the key to evaluating risk and reward.


E PRICE TARGET (Note: This shows the potential market price appreciation over the next five years in simple interest terms.)

| High Price | 38.5 |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Closing Price | 20.11 | $=$ | 1.9132 | X | 100 | $=$ | 191.32 | - | 100 | = | 91.3 | \% Appreciation |

## 5 5-YEAR POTENTIAL

This combines price appreciation with dividend yield to get an estimate of total return. It provides a standard for comparing income and growth stocks.

A $\frac{0.00}{20.11}=0.0000=0.0 \%$ Current Yield
B AVERAGE YIELD - USING FORECAST HIGH P/E
$\frac{\text { Avg. \% Payout }}{\text { Forecast High PE }}=\frac{0.0 \%}{20.00}=0.0 \%$

C COMPOUND ANNUAL RETURN - USING FORECAST HIGH P/E

| Annualized Appreciation | $13.9 \%$ |
| :--- | ---: |
| Average Yield | $0.0 \%$ |
| Annualized Rate of Return | $13.9 \%$ |

AVERAGE YIELD - USING FORECAST AVERAGE P/E
$\frac{\text { Avg. \% Payout }}{\text { Forecast Average PE }}=\frac{0.0 \%}{15.00}=0.0 \%$
COMPOUND ANNUAL RETURN - USING FORECAST AVG P/E

| Annualized Appreciation | $7.5 \%$ |
| :--- | :--- |
| Average Yield | $0.0 \%$ |
| Annualized Rate of Return | $7.5 \%$ |

Annualized Rate of Return 7.5 \%

