

First Trust Variable Insurance Trust
Semi-Annual Report
For the Six Months Ended June 30, 2018

**First Trust Variable Insurance Trust
Semi-Annual Report
June 30, 2018**

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Caution Regarding Forward-Looking Statements

This report contains certain forward-looking statements within the meaning of the Securities Act of 1933, as amended, and the Securities Exchange Act of 1934, as amended. Forward-looking statements include statements regarding the goals, beliefs, plans or current expectations of First Trust Advisors L.P. (“First Trust” or the “Advisor”), Energy Income Partners, LLC (“EIP” or a “Sub-Advisor”), Stonebridge Advisors LLC (“Stonebridge” or a “Sub-Advisor”) and their representatives, taking into account the information currently available to them. Forward-looking statements include all statements that do not relate solely to current or historical fact. For example, forward-looking statements include the use of words such as “anticipate,” “estimate,” “intend,” “expect,” “believe,” “plan,” “may,” “should,” “would” or other words that convey uncertainty of future events or outcomes.

Forward-looking statements involve known and unknown risks, uncertainties and other factors that may cause the actual results, performance or achievements of any series of the First Trust Variable Insurance Trust (the “Trust”) to be materially different from any future results, performance or achievements expressed or implied by the forward-looking statements. When evaluating the information included in this report, you are cautioned not to place undue reliance on these forward-looking statements, which reflect the judgment of the Advisor and/or Sub-Advisors and their representatives only as of the date hereof. We undertake no obligation to publicly revise or update these forward-looking statements to reflect events and circumstances that arise after the date hereof.

Performance and Risk Disclosure

There is no assurance that any series (individually called a “Fund” and collectively the “Funds”) of the Trust will achieve its investment objectives. Each Fund is subject to market risk, which is the possibility that the market values of securities owned by the Fund will decline and that the value of the Fund shares may therefore be less than what you paid for them. Accordingly, you can lose money by investing in a Fund. See “Risk Considerations” in the Additional Information section of this report for a discussion of certain other risks of investing in the Funds.

Performance data quoted represents past performance, which is no guarantee of future results, and current performance may be lower or higher than the figures shown. For the most recent month-end performance figures, please visit www.ftportfolios.com or speak with your financial advisor. Investment returns and net asset value will fluctuate and Fund shares, when sold, may be worth more or less than their original cost.

The Advisor may also periodically provide additional information on Fund performance on each Fund’s webpage at www.ftportfolios.com.

How to Read This Report

This report contains information that may help you evaluate your investment in each Fund. It includes details about each Fund and presents data and analysis that provide insight into each Fund’s performance.

The statistical information that follows may help you understand each Fund’s performance compared to that of relevant market benchmarks.

It is important to keep in mind that the opinions expressed by personnel of First Trust and/or the Sub-Advisors are just that: informed opinions. They should not be considered to be promises or advice. The opinions, like the statistics, cover the period through the date on the cover of this report. The material risks of investing in each Fund are spelled out in the prospectus, the statement of additional information, and other Fund regulatory filings.

**First Trust Variable Insurance Trust
Semi-Annual Letter from the Chairman and CEO
June 30, 2018**

Dear Shareholders:

First Trust is pleased to provide you with the semi-annual report for the First Trust Variable Insurance Trust, which contains detailed information about your investment for the six-month period ended June 30, 2018. We encourage you to read this report carefully and discuss it with your financial advisor.

As 2018 began, there was much enthusiasm for the “Tax Cuts and Jobs Act of 2017” tax reform bill, which President Trump had signed into law on December 22, 2017, and the potential increase in take-home pay for many Americans, as well as the reduction in the federal corporate tax rate from 35% to 21% that the new tax package would bring. Early in the new year, many investors were watching the Federal Reserve (the “Fed”) and its signaled intent to continue raising interest rates at a gradual pace (it had raised rates three times in 2017). Based on strong job growth and the economic outlook in the U.S., the Fed did, in fact, raise interest rates twice this year, on March 21 and June 13. Additionally, they indicated at their June 2018 meeting that two additional rate hikes are expected before year-end.

For the entire first quarter of 2018, increased market volatility was the norm for U.S. markets. The Dow Jones Industrial Average was off to a strong start in January continuing its very strong performance displayed throughout 2017. However, February was a different story. Early in the month, the Dow Jones Industrial Average plunged 567 points and sank into “correction” territory (defined as a drop of 10% from the index’s high) and in just two weeks during February, was down more than 3,200 points. However, as February came to a close, the Dow Jones Industrial Average was back on track and up from the lows experienced earlier in the month.

For the second quarter of 2018, market volatility continued. Increasing trade tensions have had an impact on markets around the world and could continue to do so in the future. The talk from President Trump on tariffs and trade agreements gave many investors pause about the U.S. stock market and its long-standing economic growth and what the future might hold. The Dow Jones Industrial Average closed out both April and May slightly down but ended June slightly up. Despite this volatility, we continue to believe that the combination of low interest rates, low inflation and strong corporate earnings still point to a positive economic environment and further growth, though we understand that past performance can never guarantee future performance.

Globally, markets underperformed moderately in the first half of 2018, but analysts believe European companies are set up for growing earnings and credit upswings, which seems to bode well for stock market performance and for fixed-income securities. We continue to believe that one should invest for the long term and be prepared for market movements, which can happen at any time. You can do this by keeping current on your portfolio and investing goals and by speaking regularly with your investment professional. As we’ve said before, markets go up and they also go down, but savvy investors are prepared for either through careful attention to their portfolios and investment goals.

Thank you for giving First Trust the opportunity to be a part of your financial plan. We value our relationship with you and will report on your investment again in six months.

Sincerely,



James A. Bowen
Chairman of the Board of Trustees
Chief Executive Officer of First Trust Advisors L.P.

**First Trust/Dow Jones Dividend & Income Allocation Portfolio
Semi-Annual Report
June 30, 2018**

Advisor

First Trust Advisors L.P. (“First Trust”) is a registered investment advisor based in Wheaton, IL and is the investment advisor to First Trust/Dow Jones Dividend & Income Allocation Portfolio (the “Fund”). In this capacity, First Trust is responsible for the selection and ongoing monitoring of the securities in the Fund’s portfolio and certain other services necessary for the management of the Fund.

Portfolio Management Team

Daniel J. Lindquist, Chairman of the Investment Committee and Managing Director, First Trust
David G. McGarel, Chief Investment Officer, Chief Operating Officer and Managing Director, First Trust
Jon C. Erickson, Senior Vice President, First Trust
Roger F. Testin, Senior Vice President, First Trust
Todd Larson, Vice President, First Trust
Chris A. Peterson, Senior Vice President, First Trust

**First Trust Multi Income Allocation Portfolio
Semi-Annual Report
June 30, 2018**

Advisor

First Trust is a registered investment advisor based in Wheaton, IL and is the investment advisor to First Trust Multi Income Allocation Portfolio (the “Fund”). First Trust manages the Fund’s fixed income investments, as well as a portion of the Fund’s equity investments.

Sub-Advisors

Stonebridge Advisors LLC (“Stonebridge” or a “Sub-Advisor”) is a sub-advisor to the Fund and is a registered investment advisor based in Wilton, CT. Stonebridge specializes in the management of preferred securities and North American equity income securities.

Energy Income Partners, LLC (“EIP” or a “Sub-Advisor”), is a sub-advisor to the Fund and is a registered investment advisor based in Westport, CT. EIP was founded in 2003 to provide professional asset management services in the area of energy-related master limited partnerships (“MLPs”) and other high-payout securities such as pipeline companies, power utilities, YieldCos, and energy infrastructure real estate investment trusts (“REITs”).

Portfolio Management Teams

First Trust

Daniel J. Lindquist, Chairman of the Investment Committee and Managing Director, First Trust
David G. McGarel, Chief Investment Officer, Chief Operating Officer and Managing Director, First Trust
Jon C. Erickson, Senior Vice President, First Trust
Roger F. Testin, Senior Vice President, First Trust
William Housey, Senior Vice President, First Trust
Chris A. Peterson, Senior Vice President, First Trust
Todd Larson, Vice President, First Trust
James Snyder, Senior Vice President, First Trust
Jeremiah Charles, Senior Vice President, First Trust

Stonebridge

Scott Fleming, Portfolio Manager, President and Chief Investment Officer of Stonebridge
Robert Wolf, Senior Portfolio Manager and Senior Vice President of Stonebridge

EIP

James J. Murchie, Portfolio Manager, Founder, Principal and CEO of EIP
Eva Pao, Co-Portfolio Manager, Principal of EIP
John Tysseland, Co-Portfolio Manager, Principal of EIP

**First Trust Dorsey Wright Tactical Core Portfolio
Semi-Annual Report
June 30, 2018**

Advisor

First Trust is a registered investment advisor based in Wheaton, IL and is the investment advisor to First Trust Dorsey Wright Tactical Core Portfolio (the “Fund”). In this capacity, First Trust is responsible for the selection and ongoing monitoring of the securities in the Fund’s portfolio and certain other services necessary for the management of the Fund.

Portfolio Management Team

Daniel J. Lindquist, Chairman of the Investment Committee and Managing Director, First Trust
David G. McGarel, Chief Investment Officer, Chief Operating Officer and Managing Director, First Trust
Jon C. Erickson, Senior Vice President, First Trust
Roger F. Testin, Senior Vice President, First Trust
Todd Larson, Vice President, First Trust
Chris A. Peterson, Senior Vice President, First Trust

Performance Summary and Portfolio Components

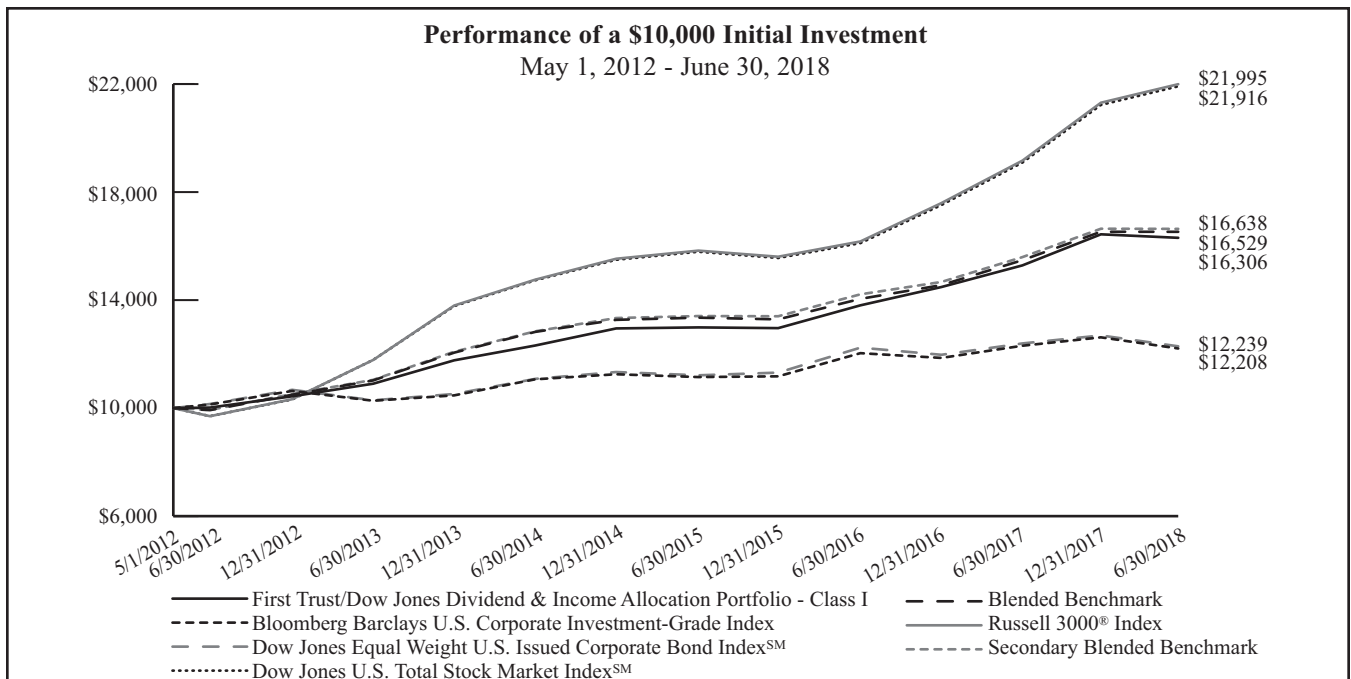
First Trust/Dow Jones Dividend & Income Allocation Portfolio Semi-Annual Report June 30, 2018 (Unaudited)

Return Comparison	Inception Date	Six Month Total Return	Period ended June 30, 2018		
			1 Year Annual Total Return	5 Year Average Annual Total Return	Since Inception Average Annual Total Return
First Trust/Dow Jones Dividend & Income Allocation Portfolio - Class I	5/1/12	-0.79%	6.69%	8.38%	8.25%
Blended Benchmark (a)		-0.01%	6.79%	8.43%	8.49%
Bloomberg Barclays U.S. Corporate Investment-Grade Index (b)		-3.27%	-0.83%	3.51%	3.29%
Russell 3000® Index (c)		3.22%	14.78%	13.29%	13.64%
Secondary Blended Benchmark (d)		-0.03%	6.70%	8.53%	8.60%
Dow Jones Equal Weight U.S. Issued Corporate Bond Index SM (e)		-3.56%	-1.26%	3.53%	3.33%
Dow Jones U.S. Total Stock Market Index SM (f)		3.24%	14.79%	13.21%	13.57%

	Inception Date	Six Month Total Return	1 Year Annual Total Return	Since Inception Average Total Return
First Trust/Dow Jones Dividend & Income Allocation Portfolio - Class II	5/1/14	-0.60%	6.94%	7.84%
Blended Benchmark (a)		-0.01%	6.79%	7.02%
Bloomberg Barclays U.S. Corporate Investment-Grade Index (b)		-3.27%	-0.83%	2.66%
Russell 3000® Index (c)		3.22%	14.78%	11.28%
Secondary Blended Benchmark (d)		-0.03%	6.70%	7.13%
Dow Jones Equal Weight U.S. Issued Corporate Bond Index SM (e)		-3.56%	-1.26%	2.66%
Dow Jones U.S. Total Stock Market Index SM (f)		3.24%	14.79%	11.23%

- (a) The Blended Benchmark returns are a 50/50 split between the Russell 3000® Index and the Bloomberg Barclays U.S. Corporate Investment-Grade Index returns.
- (b) Bloomberg Barclays U.S. Corporate Investment-Grade Index measures the performance of investment grade U.S. corporate bonds. The index includes all publicly issued, dollar-denominated corporate bonds with a minimum of \$250 million par outstanding that are investment grade-rated (Baa3/BBB- or higher). The index excludes bonds having less than one year to final maturity as well as floating rate bonds, non-registered private placements, structured notes, hybrids, and convertible securities. (Bloomberg). (The index reflects no deduction for fees, expenses or taxes).
- (c) The Russell 3000® Index is composed of 3,000 large U.S. companies, as determined by market capitalization. This index represents approximately 98% of the investable U.S. equity market. (Bloomberg). (The index reflects no deduction for fees, expenses or taxes).
- (d) The Secondary Blended Benchmark return is a 50/50 split between the Dow Jones U.S. Total Stock Market IndexSM and the Dow Jones Equal Weight U.S. Issued Corporate Bond IndexSM returns.
- (e) The Dow Jones Equal Weight U.S. Issued Corporate Bond IndexSM measures the return of readily tradable, high-grade U.S. corporate bonds. The index includes an equally weighted basket of 96 recently issued investment-grade corporate bonds with laddered maturities. (The index reflects no deduction for fees, expenses or taxes).
- (f) The Dow Jones U.S. Total Stock Market IndexSM measures all U.S. equity securities that have readily available prices. (The index reflects no deduction for fees, expenses or taxes).

The returns for the Fund do not reflect the deduction of expenses associated with variable products, such as mortality and expense risk charges, separate account charges, and sales charges or the effect of taxes. These expenses would reduce the overall returns shown.



Performance Summary and Portfolio Components (Continued)

First Trust/Dow Jones Dividend & Income Allocation Portfolio Semi-Annual Report June 30, 2018 (Unaudited)

Top Equity Holdings	% of Total Investments
Vail Resorts, Inc.	0.5%
Exponent, Inc.	0.5
Tractor Supply Co.	0.5
NIKE, Inc., Class B	0.4
Tetra Tech, Inc.	0.4
Valero Energy Corp.	0.4
Automatic Data Processing, Inc.	0.4
Intuit, Inc.	0.4
Phillips 66	0.4
TJX (The) Cos., Inc.	0.4
Total	4.3%

Top Fixed-Income Holdings by Issuer	% of Total Investments
Goldman Sachs Group (The), Inc.	2.1%
Bank of America Corp.	2.1
Citigroup, Inc.	2.0
JPMorgan Chase & Co.	1.8
Morgan Stanley	1.5
Wells Fargo & Co.	1.2
Anheuser-Busch Inbev Finance, Inc.	0.8
Apple, Inc.	0.8
UnitedHealth Group, Inc.	0.8
HSBC Holdings PLC	0.8
Total	13.9%

Credit Quality ⁽¹⁾	% of Total Fixed-Income Investments
AAA	3.3%
AA+	1.9
AA	4.5
AA-	8.8
A+	16.6
A	23.0
A-	15.0
BBB+	9.2
BBB	11.4
BBB-	5.8
A-2 (short-term)	0.5
Total	100.0%

Sector Allocation	% of Total Investments
Common Stocks:	
Financials	14.4%
Industrials	13.1
Consumer Discretionary	9.1
Information Technology	6.6
Consumer Staples	4.9
Health Care	3.1
Materials	1.7
Real Estate	1.6
Energy	1.3
Utilities	1.1
Total Common Stocks	56.9
Corporate Bonds & Notes:	
Financials	15.3
Utilities	5.3
Energy	3.7
Information Technology	3.5
Health Care	3.3
Industrials	3.3
Consumer Discretionary	2.4
Consumer Staples	1.6
Telecommunication Services	1.2
Materials	0.8
Real Estate	0.1
Total Corporate Bonds & Notes	40.5
Foreign Corporate Bonds & Notes:	
Financials	1.1
Energy	0.4
Materials	0.2
Telecommunication Services	0.1
Industrials	0.1
Health Care	0.0*
Total Foreign Corporate Bonds & Notes	1.9
U.S. Government Bonds & Notes	0.5
Commercial Paper:	
Utilities	0.2
Total Commercial Paper	0.2
Total	100.0%

* Amount is less than 0.1%.

⁽¹⁾ The credit quality and ratings information presented reflects the ratings assigned by one or more nationally recognized statistical rating organizations (NRSROs), including Standard & Poor's Ratings Group, a division of the McGraw-Hill Companies, Inc., Moody's Investors Service, Inc., Fitch Ratings or a comparably rated NRSRO. For situations in which a security is rated by more than one NRSRO and ratings are not equivalent, the highest rating is used. Sub-investment grade ratings are those rated BB+/Ba1 or lower. Investment grade ratings are those rated BBB-/Baa3 or higher. The credit ratings shown relate to the creditworthiness of the issuers of the underlying securities in the Fund, and not to the Fund or its shares. Credit ratings are subject to change.

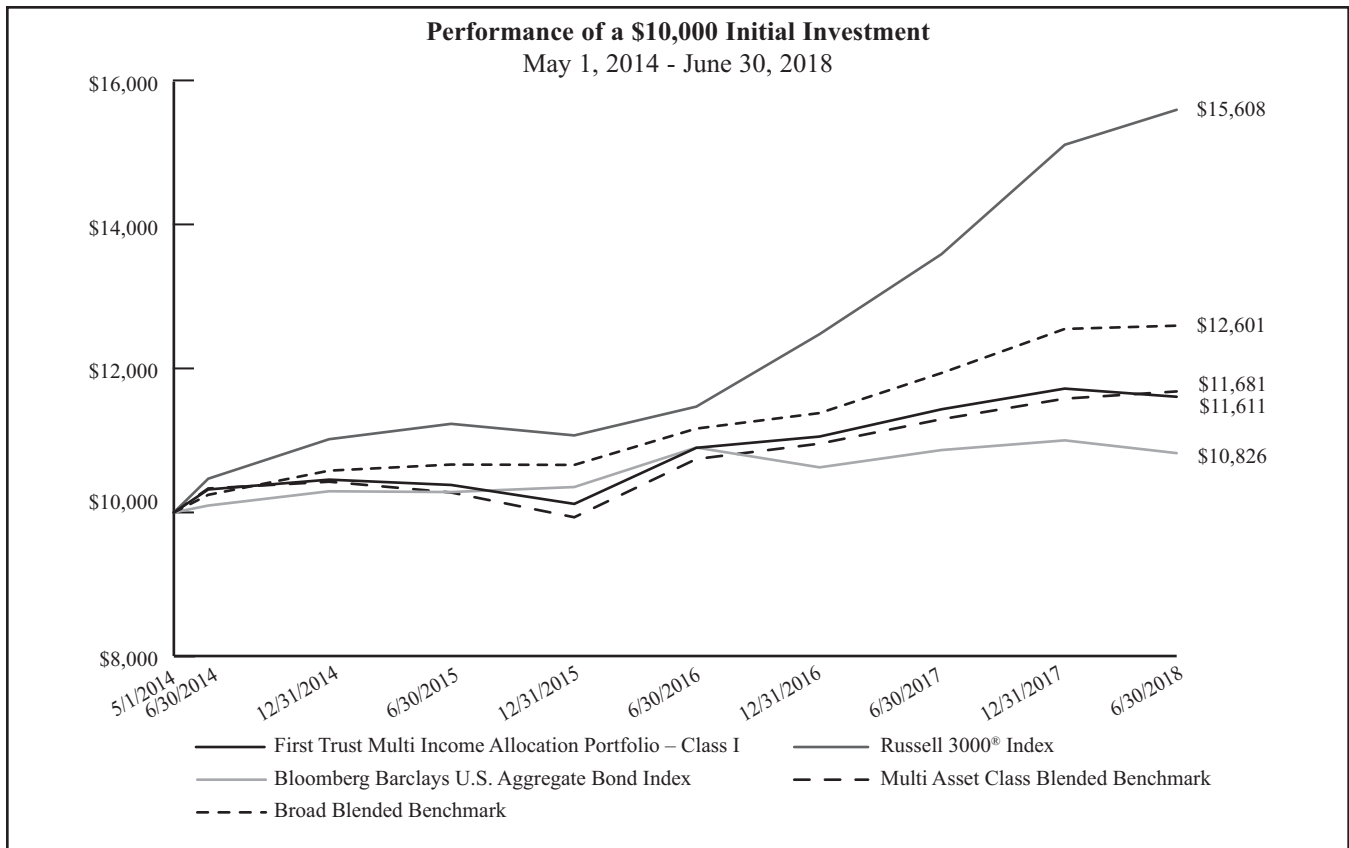
Performance Summary and Portfolio Components (Continued)

**First Trust Multi Income Allocation Portfolio
Semi-Annual Report
June 30, 2018 (Unaudited)**

Return Comparison	Inception Date	Six Month Total Return	1 Year Annual Total Return	Period ended June 30, 2018
				Since Inception Average Annual Total Return
First Trust Multi Income Allocation Portfolio - Class I	5/1/14	-0.97%	1.52%	3.65%
First Trust Multi Income Allocation Portfolio - Class II	5/1/14	-0.76%	1.77%	3.90%
Broad Blended Benchmark (a)		0.36%	5.53%	5.71%
Bloomberg Barclays U.S. Aggregate Bond Index (b)		-1.62%	-0.40%	1.92%
Russell 3000® Index (c)		3.22%	14.78%	11.28%
Multi Asset Class Blended Benchmark (d)		0.83%	3.38%	3.80%

- (a) The Broad Blended Benchmark return is split between the Bloomberg Barclays U.S. Aggregate Bond Index (60%) and the Russell 3000® Index (40%).
- (b) The Bloomberg Barclays U.S. Aggregate Bond Index represents the U.S. investment grade fixed rate bond market, with index components for government and corporate securities, mortgage pass-through securities, and asset-backed securities. Bonds included in the index are U.S. dollar denominated; have a fixed rate coupon; carry an investment-grade rating; have at least one year to final maturity; and meet certain criteria for minimum amount of outstanding par value. (The index reflects no deduction for fees, expenses or taxes).
- (c) The Russell 3000® Index is composed of 3,000 large U.S. companies, as determined by market capitalization. This index represents approximately 98% of the investable U.S. equity market. (Bloomberg). (The index reflects no deduction for fees, expenses or taxes).
- (d) The Multi Asset Class Blended Benchmark is weighted to include nine indexes: Russell 3000® Index (15%), ICE BofAML Fixed Rate Preferred Securities Index (8%), Alerian MLP Index (15%), S&P U.S. REIT Index (15%), ICE BofAML U.S. High Yield Index (8%), S&P/LSTA Leveraged Loan Index (15%), Bloomberg Barclays U.S. Corporate Investment-Grade Index (8%), ICE BofAML U.S. MBS Index (8%), and ICE BofAML U.S. Inflation-Linked Treasury Index (8%).

The returns for the Fund do not reflect the deduction of expenses associated with variable products, such as mortality and expense risk charges, separate account charges, and sales charges or the effect of taxes. These expenses would reduce the overall returns shown.



Performance Summary and Portfolio Components (Continued)

First Trust Multi Income Allocation Portfolio Semi-Annual Report June 30, 2018 (Unaudited)

Top 10 Holdings	% of Total Investments
First Trust Senior Loan Fund	13.6%
First Trust Tactical High Yield ETF	7.7
iShares iBoxx \$ Investment Grade Corporate Bond ETF	7.2
First Trust Preferred Securities and Income ETF	4.4
Enterprise Products Partners, L.P.	1.6
iShares Floating Rate Bond ETF	1.6
First Trust Institutional Preferred Securities and Income ETF	1.4
Magellan Midstream Partners, L.P.	1.0
TC Pipelines, L.P.	0.8
Spectra Energy Partners, L.P.	0.8
Total	<u>40.1%</u>

Sector Allocation	% of Total Investments
Exchange-Traded Funds	37.7%
Common Stocks:	
Energy	3.8
Information Technology	3.8
Utilities	3.1
Health Care	2.8
Financials	2.7
Industrials	2.6
Consumer Discretionary	1.9
Consumer Staples	1.1
Materials	0.8
Telecommunication Services	0.3
Total Common Stocks	22.9
Real Estate Investment Trusts:	
Financials	14.2
Total Real Estate Investment Trusts	14.2
Master Limited Partnerships:	
Energy	9.4
Utilities	1.2
Materials	0.3
Total Master Limited Partnerships	10.9
U.S. Government Bonds & Notes	7.9
U.S. Government Agency Mortgage-Backed Securities	6.2
Mortgage-Backed Securities	0.1
U.S. Treasury Bills	0.1
Asset-Backed Securities	0.0*
Total	<u>100.0%</u>

* Amount is less than 0.1%.

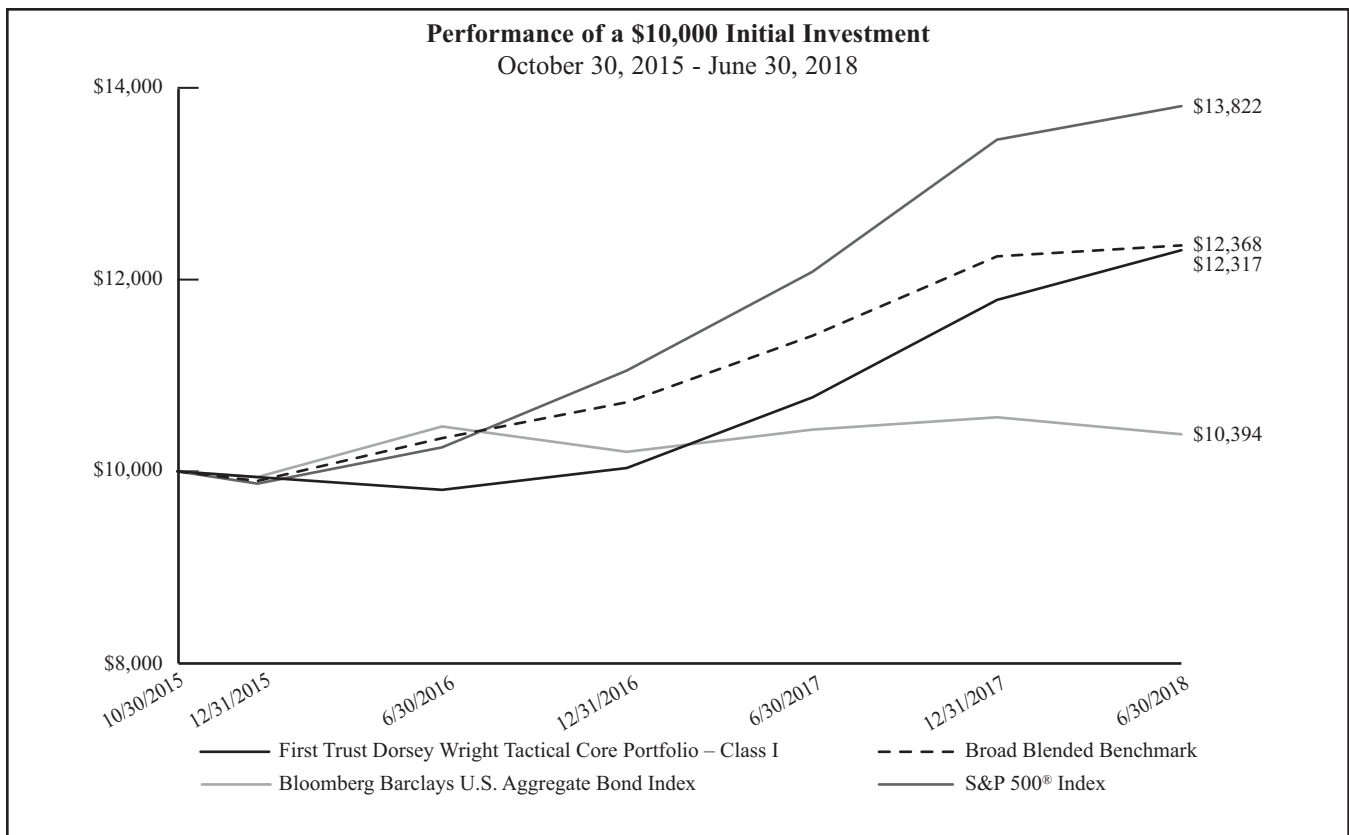
Performance Summary and Portfolio Components (Continued)

**First Trust Dorsey Wright Tactical Core Portfolio
Semi-Annual Report
June 30, 2018 (Unaudited)**

Return Comparison	Inception Date	Six Month Total Return	1 Year Annual Total Return	Period ended June 30, 2018
				Since Inception Average Annual Total Return
First Trust Dorsey Wright Tactical Core Portfolio - Class I	10/30/15	4.46%	14.33%	8.13%
First Trust Dorsey Wright Tactical Core Portfolio - Class II	10/30/15	4.76%	15.04%	8.41%
Broad Blended Benchmark (a)		1.00%	8.34%	8.30%
Bloomberg Barclays U.S. Aggregate Bond Index (b)		-1.62%	-0.40%	1.47%
S&P 500® Index (c)		2.65%	14.37%	12.91%

- (a) The Broad Blended Benchmark return is split between Bloomberg Barclays U.S. Aggregate Bond Index (40%) and the S&P 500® Index (60%).
- (b) The Bloomberg Barclays U.S. Aggregate Bond Index represents the U.S. investment grade fixed rate bond market, with index components for government and corporate securities, mortgage pass-through securities, and asset-backed securities. Bonds included in the index are U.S. dollar denominated; have a fixed rate coupon; carry an investment-grade rating; have at least one year to final maturity; and meet certain criteria for minimum amount of outstanding par value. (The index reflects no deduction for fees, expenses or taxes).
- (c) The S&P 500® Index is an unmanaged index of 500 stocks used to measure large-cap U.S. stock market performance. (The index reflects no deduction for fees, expenses or taxes).

The returns for the Fund do not reflect the deduction of expenses associated with variable products, such as mortality and expense risk charges, separate account charges, and sales charges or the effect of taxes. These expenses would reduce the overall returns shown.



Performance Summary and Portfolio Components (Continued)**First Trust Dorsey Wright Tactical Core Portfolio
Semi-Annual Report
June 30, 2018 (Unaudited)**

Top 10 Holdings	% of Total Investments
First Trust Small Cap Growth AlphaDEX® Fund	11.2%
First Trust Mid Cap Core AlphaDEX® Fund	10.3
First Trust Large Cap Growth AlphaDEX® Fund	10.1
First Trust Dow Jones Internet Index Fund	9.8
First Trust Technology AlphaDEX® Fund	8.9
First Trust Industrials/Producer Durables AlphaDEX® Fund	8.8
First Trust NASDAQ-100-Technology Sector Index Fund	8.8
First Trust Nasdaq Bank ETF	8.1
iShares Core U.S. Aggregate Bond ETF	6.0
SPDR Bloomberg Barclays Convertible Securities ETF	3.5
Total	<u>85.5%</u>

First Trust Variable Insurance Trust
Understanding Your Fund Expenses
June 30, 2018 (Unaudited)

As a shareholder of First Trust/Dow Jones Dividend & Income Allocation Portfolio, First Trust Multi Income Allocation Portfolio or First Trust Dorsey Wright Tactical Core Portfolio (each a “Fund” and collectively, the “Funds”), you incur two types of costs: (1) transaction costs; and (2) ongoing costs, including management fees; distribution and/or service (12b-1) fees, if any; and other Fund expenses. This Example is intended to help you understand your ongoing costs (in U.S. dollars) of investing in the Funds and to compare these costs with the ongoing costs of investing in other mutual funds.

The Example is based on an investment of \$1,000 invested at the beginning of the period and held through the six-month period ended June 30, 2018.

Actual Expenses

The first three columns of the table below provide information about actual account values and actual expenses. You may use the information in these columns, together with the amount you invested, to estimate the expenses that you paid over the period. Simply divide your account value by \$1,000 (for example, an \$8,600 account value divided by \$1,000 = 8.6), then multiply the result by the number in the third column under the heading entitled “Expenses Paid During Period” to estimate the expenses you paid on your account during the period.

Hypothetical Example for Comparison Purposes

The next three columns of the table below provide information about hypothetical account values and hypothetical expenses based on each Fund’s actual expense ratio and an assumed rate of return of 5% per year before expenses, which is not each Fund’s actual return. The hypothetical account values and expenses may not be used to estimate the actual ending account balance or expenses you paid for the period. You may use this information to compare the ongoing cost of investing in the Funds and other funds. To do so, compare this 5% hypothetical example with the 5% hypothetical examples that appear in the shareholder reports of the other funds.

Please note that the expenses shown in the table are meant to highlight your ongoing costs only and do not reflect any transactional costs, such as sales charges (loads) or contingent deferred sales charges. Therefore, the hypothetical section of the table is useful in comparing ongoing costs only, and will not help you determine the relative total costs of owning different funds. In addition, if these transactional costs were included, your costs would have been higher.

	Actual Expenses			Hypothetical (5% Return Before Expenses)			
	Beginning Account Value 1/1/2018	Ending Account Value 6/30/2018	Expenses Paid During Period 1/1/2018- 6/30/2018 (a)	Beginning Account Value 1/1/2018	Ending Account Value 6/30/2018	Expenses Paid During Period 1/1/2018- 6/30/2018 (a)	Annual- ized Expense Ratio (b)
First Trust/Dow Jones Dividend & Income Allocation Portfolio							
Class I	\$1,000.00	\$ 992.10	\$ 5.93	\$1,000.00	\$1,018.84	\$ 6.01	1.20%
Class II	\$1,000.00	\$ 994.00	\$ 4.70	\$1,000.00	\$1,020.08	\$ 4.76	0.95%
First Trust Multi Income Allocation Portfolio (c)							
Class I	\$1,000.00	\$ 990.30	\$ 4.10	\$1,000.00	\$1,020.68	\$ 4.16	0.83%
Class II	\$1,000.00	\$ 992.40	\$ 2.87	\$1,000.00	\$1,021.92	\$ 2.91	0.58%
First Trust Dorsey Wright Tactical Core Portfolio (c)							
Class I	\$1,000.00	\$1,044.60	\$ 3.80	\$1,000.00	\$1,021.08	\$ 3.76	0.75%
Class II	\$1,000.00	\$1,047.60	\$ 2.54	\$1,000.00	\$1,022.32	\$ 2.51	0.50%

- (a) Expenses are equal to the annualized expense ratio as indicated in the table multiplied by the average account value over the period (January 1, 2018 through June 30, 2018), multiplied by 181/365 (to reflect the six-month period).
- (b) The expense ratios reflect an expense cap. First Trust Multi Income Allocation Portfolio expense ratios reflect an additional waiver. See Note 3 in the Notes to Financial Statements.
- (c) Annualized expense ratio and expenses paid during the six-month period do not include fees and expenses of the underlying funds in which the Fund invests.

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments
June 30, 2018 (Unaudited)

Shares	Description	Value
COMMON STOCKS - 56.3%		
Aerospace & Defense - 2.4%		
42,477	BWX Technologies, Inc.	\$ 2,647,167
12,216	General Dynamics Corp.	2,277,184
38,855	HEICO Corp.	2,833,695
41,778	Hexcel Corp.	2,773,224
10,471	Huntington Ingalls Industries, Inc.	2,270,008
7,730	Northrop Grumman Corp.	2,378,521
12,502	Raytheon Co.	2,415,136
		17,594,935
Air Freight & Logistics – 0.8%		
42,630	Expeditors International of Washington, Inc.	3,116,253
11,240	FedEx Corp.	2,552,154
		5,668,407
Airlines – 0.3%		
49,233	Delta Air Lines, Inc.	2,439,003
Auto Components – 0.7%		
117,224	Gentex Corp.	2,698,496
14,502	Lear Corp.	2,694,617
		5,393,113
Automobiles – 0.4%		
243,545	Ford Motor Co.	2,696,043
Banks – 3.2%		
84,858	BancorpSouth Bank	2,796,071
48,631	Banner Corp.	2,924,182
101,715	CenterState Bank Corp.	3,033,141
45,042	Commerce Bancshares, Inc.	2,914,668
68,229	First Interstate BancSystem, Inc., Class A	2,879,264
37,713	Independent Bank Corp.	2,956,699
66,663	MB Financial, Inc.	3,113,162
53,434	US Bancorp.	2,672,769
		23,289,956
Building Products – 1.0%		
31,638	Allegion PLC	2,447,516
42,436	AO Smith Corp.	2,510,089
45,823	Fortune Brands Home & Security, Inc.	2,460,237
		7,417,842
Capital Markets – 2.6%		
4,981	BlackRock, Inc.	2,485,718
16,682	CME Group, Inc.	2,734,513
13,532	FactSet Research Systems, Inc.	2,680,689
77,812	Franklin Resources, Inc.	2,493,875
37,211	Intercontinental Exchange, Inc.	2,736,869
31,298	Nasdaq, Inc.	2,856,569
24,991	T Rowe Price Group, Inc.	2,901,205
		18,889,438
Chemicals – 1.5%		
16,969	Air Products & Chemicals, Inc.	2,642,582
25,559	Eastman Chemical Co.	2,554,878
25,535	LyondellBasell Industries N.V., Class A	2,805,020

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Shares	Description	Value
COMMON STOCKS (Continued)		
Chemicals (Continued)		
6,717	NewMarket Corp.	\$ 2,717,026
		<u>10,719,506</u>
Commercial Services & Supplies – 1.2%		
15,817	Cintas Corp.	2,927,252
52,879	Rollins, Inc.	2,780,378
55,127	Tetra Tech, Inc.	3,224,930
		<u>8,932,560</u>
Communications Equipment – 0.4%		
36,664	InterDigital, Inc.	2,966,118
Construction Materials – 0.4%		
23,635	Vulcan Materials Co.	3,050,333
Containers & Packaging – 0.4%		
96,894	Silgan Holdings, Inc.	2,599,666
Diversified Consumer Services – 0.3%		
71,502	Service Corp. International	2,559,057
Electric Utilities – 0.8%		
16,519	NextEra Energy, Inc.	2,759,168
82,347	OGE Energy Corp.	2,899,438
		<u>5,658,606</u>
Electrical Equipment – 0.7%		
35,521	AMETEK, Inc.	2,563,195
33,769	Eaton Corp PLC	2,523,895
		<u>5,087,090</u>
Electronic Equipment, Instruments & Components – 1.4%		
31,331	Amphenol Corp., Class A	2,730,497
12,964	Littelfuse, Inc.	2,958,125
22,791	SYNNEX Corp.	2,199,559
27,012	TE Connectivity, Ltd.	2,432,701
		<u>10,320,882</u>
Equity Real Estate Investment Trusts – 1.3%		
92,318	First Industrial Realty Trust, Inc.	3,077,882
23,873	PS Business Parks, Inc.	3,067,680
13,466	Public Storage	3,054,897
		<u>9,200,459</u>
Food Products – 3.0%		
59,886	General Mills, Inc.	2,650,554
78,628	Hormel Foods Corp.	2,925,748
20,930	Ingredion, Inc.	2,316,951
19,762	J&J Snack Foods Corp.	3,013,112
21,914	Lancaster Colony Corp.	3,033,336
25,365	McCormick & Co., Inc.	2,944,623
64,665	Mondelez International, Inc., Class A	2,651,265
22,672	Sanderson Farms, Inc.	2,383,961
		<u>21,919,550</u>
Health Care Equipment & Supplies – 0.4%		
27,559	Danaher Corp.	2,719,522

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Shares	Description	Value
COMMON STOCKS (Continued)		
Health Care Providers & Services – 0.8%		
43,376	CVS Health Corp.	\$ 2,791,246
12,609	UnitedHealth Group, Inc.	3,093,492
		<u>5,884,738</u>
Hotels, Restaurants & Leisure – 2.4%		
55,962	Cheesecake Factory (The), Inc.	3,081,268
16,951	Cracker Barrel Old Country Store, Inc.	2,647,916
61,191	International Speedway Corp., Class A	2,735,237
46,614	Starbucks Corp.	2,277,094
46,702	Texas Roadhouse, Inc.	3,059,448
12,174	Vail Resorts, Inc.	3,337,989
		<u>17,138,952</u>
Household Durables – 0.3%		
61,553	DR Horton, Inc.	2,523,673
Household Products – 1.2%		
53,584	Church & Dwight Co., Inc.	2,848,526
34,039	Procter & Gamble (The) Co.	2,657,084
20,491	WD-40 Co.	2,996,809
		<u>8,502,419</u>
Independent Power and Renewable Electricity Producers – 0.3%		
47,861	Ormat Technologies, Inc.	2,545,727
Industrial Conglomerates – 1.1%		
12,292	3M Co.	2,418,082
25,843	Carlisle Cos., Inc.	2,799,055
9,616	Roper Technologies, Inc.	2,653,151
		<u>7,870,288</u>
Insurance – 8.5%		
61,666	Aflac, Inc.	2,652,871
28,464	Allstate (The) Corp.	2,597,909
24,045	American Financial Group, Inc.	2,580,750
23,073	American National Insurance Co.	2,759,300
48,840	AMERISAFE, Inc.	2,820,510
47,011	Argo Group International Holdings, Ltd.	2,733,690
29,521	Assurant, Inc.	3,055,128
74,543	Assured Guaranty, Ltd.	2,663,421
106,072	Brown & Brown, Inc.	2,941,377
36,339	Cincinnati Financial Corp.	2,429,625
66,711	Employers Holdings, Inc.	2,681,782
10,510	Everest Re Group, Ltd.	2,422,345
67,428	Fidelity National Financial, Inc.	2,536,641
45,986	First American Financial Corp.	2,378,396
63,121	Horace Mann Educators Corp.	2,815,197
32,672	Marsh & McLennan Cos., Inc.	2,678,124
125,801	Old Republic International Corp.	2,504,698
44,302	Principal Financial Group, Inc.	2,345,791
55,581	ProAssurance Corp.	1,970,346
44,288	Progressive (The) Corp.	2,619,635
26,059	Prudential Financial, Inc.	2,436,777
17,520	Reinsurance Group of America, Inc.	2,338,570
32,060	Torchmark Corp.	2,610,005
19,434	Travelers (The) Cos., Inc.	2,377,556
		<u>61,950,444</u>

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Shares	Description	Value
COMMON STOCKS (Continued)		
IT Services – 3.2%		
17,579	Accenture PLC, Class A	\$ 2,875,749
23,781	Automatic Data Processing, Inc.	3,189,983
119,296	Convergys Corp.	2,915,594
17,587	International Business Machines Corp.	2,456,904
22,311	Jack Henry & Associates, Inc.	2,908,462
15,407	MasterCard, Inc., Class A	3,027,784
43,813	Paychex, Inc.	2,994,618
22,557	Visa, Inc., Class A	2,987,675
		<u>23,356,769</u>
Machinery – 3.2%		
16,646	Cummins, Inc.	2,213,918
59,022	Graco, Inc.	2,668,975
18,936	IDEX Corp.	2,584,385
17,227	Illinois Tool Works, Inc.	2,386,629
31,558	Ingersoll-Rand PLC	2,831,699
248,250	Mueller Water Products, Inc., Class A	2,909,490
18,288	Snap-on, Inc.	2,939,247
17,613	Stanley Black & Decker, Inc.	2,339,183
43,210	Toro (The) Co.	2,603,402
		<u>23,476,928</u>
Media – 1.1%		
78,973	Comcast Corp., Class A	2,591,104
117,173	Interpublic Group of (The) Cos., Inc.	2,746,535
26,866	Walt Disney (The) Co.	2,815,826
		<u>8,153,465</u>
Metals & Mining – 0.4%		
31,474	Reliance Steel & Aluminum Co.	2,755,234
Mortgage Real Estate Investment Trusts – 0.4%		
358,362	MFA Financial, Inc.	2,716,384
Oil, Gas & Consumable Fuels – 1.3%		
36,167	Exxon Mobil Corp.	2,992,096
28,133	Phillips 66	3,159,617
29,087	Valero Energy Corp.	3,223,712
		<u>9,375,425</u>
Paper & Forest Products – 0.4%		
34,418	Neenah, Inc.	2,920,367
Personal Products – 0.4%		
18,025	Estee Lauder (The) Cos., Inc., Class A	2,571,987
Pharmaceuticals – 0.4%		
76,035	Pfizer, Inc.	2,758,550
Professional Services – 0.7%		
68,621	Exponent, Inc.	3,314,394
23,443	ManpowerGroup, Inc.	2,017,505
		<u>5,331,899</u>
Road & Rail – 0.8%		
24,611	Landstar System, Inc.	2,687,521
20,072	Union Pacific Corp.	2,843,801
		<u>5,531,322</u>

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Shares	Description	Value
COMMON STOCKS (Continued)		
Semiconductors & Semiconductor Equipment – 1.1%		
11,450	Broadcom, Inc.	\$ 2,778,228
13,280	Lam Research Corp.	2,295,448
25,974	Texas Instruments, Inc.	2,863,634
		<u>7,937,310</u>
Software – 0.4%		
15,568	Intuit, Inc.	3,180,620
Specialty Retail – 2.5%		
38,553	Best Buy Co., Inc.	2,875,283
15,139	Home Depot (The), Inc.	2,953,619
34,605	Ross Stores, Inc.	2,932,774
33,087	TJX (The) Cos., Inc.	3,149,220
42,818	Tractor Supply Co.	3,275,149
51,147	Williams-Sonoma, Inc.	3,139,403
		<u>18,325,448</u>
Textiles, Apparel & Luxury Goods – 1.2%		
25,920	Carter’s, Inc.	2,809,469
40,616	NIKE, Inc., Class B	3,236,283
36,408	VF Corp.	2,967,980
		<u>9,013,732</u>
Tobacco – 0.3%		
43,301	Altria Group, Inc.	2,459,064
Trading Companies & Distributors – 0.7%		
49,431	Fastenal Co.	2,379,114
14,910	Watsco, Inc.	2,658,155
		<u>5,037,269</u>
	Total Common Stocks	<u>410,440,100</u>
	(Cost \$360,497,009)	

Principal Value	Description	Stated Coupon	Stated Maturity	Value
CORPORATE BONDS AND NOTES – 40.1%				
Aerospace & Defense – 0.9%				
\$ 175,000	Boeing (The) Co.	1.88%	06/15/23	164,252
100,000	Boeing (The) Co.	2.60%	10/30/25	94,216
175,000	Boeing (The) Co.	2.25%	06/15/26	159,763
250,000	Boeing (The) Co.	2.80%	03/01/27	235,993
500,000	Boeing (The) Co.	3.25%	03/01/28	488,828
308,000	Boeing (The) Co.	3.38%	06/15/46	279,331
250,000	Boeing (The) Co.	3.65%	03/01/47	237,276
500,000	Boeing (The) Co.	3.63%	03/01/48	469,770
300,000	Boeing Capital Corp.	4.70%	10/27/19	307,700
500,000	General Dynamics Corp.	3.38%	05/15/23	501,340
500,000	General Dynamics Corp.	3.50%	05/15/25	499,910
500,000	General Dynamics Corp.	3.75%	05/15/28	505,174
250,000	Lockheed Martin Corp.	3.55%	01/15/26	246,097
248,000	Lockheed Martin Corp.	4.09%	09/15/52	234,490
250,000	Northrop Grumman Corp.	2.08%	10/15/20	244,387
500,000	Northrop Grumman Corp.	2.55%	10/15/22	482,095

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Stated Coupon	Stated Maturity	Value
CORPORATE BONDS AND NOTES (Continued)				
Aerospace & Defense (Continued)				
\$ 250,000	Northrop Grumman Corp.	2.93%	01/15/25	\$ 237,689
500,000	Northrop Grumman Corp.	3.25%	01/15/28	470,679
500,000	Northrop Grumman Corp.	4.03%	10/15/47	470,743
				6,329,733
Air Freight & Logistics – 1.1%				
250,000	FedEx Corp.	2.30%	02/01/20	247,518
300,000	FedEx Corp.	3.20%	02/01/25	290,543
850,000	FedEx Corp.	3.30%	03/15/27	807,566
500,000	FedEx Corp.	3.40%	02/15/28	476,790
250,000	FedEx Corp.	4.75%	11/15/45	249,915
648,000	FedEx Corp.	4.55%	04/01/46	631,231
550,000	FedEx Corp.	4.40%	01/15/47	522,822
500,000	FedEx Corp.	4.05%	02/15/48	450,980
1,000,000	United Parcel Service, Inc.	2.05%	04/01/21	975,834
500,000	United Parcel Service, Inc.	2.35%	05/16/22	485,375
545,000	United Parcel Service, Inc.	2.45%	10/01/22	528,406
500,000	United Parcel Service, Inc.	2.50%	04/01/23	483,374
250,000	United Parcel Service, Inc.	2.80%	11/15/24	240,276
500,000	United Parcel Service, Inc.	2.40%	11/15/26	456,404
250,000	United Parcel Service, Inc.	3.05%	11/15/27	238,239
500,000	United Parcel Service, Inc.	3.40%	11/15/46	441,793
500,000	United Parcel Service, Inc., 3 Mo. LIBOR + 0.38% (a)	2.71%	05/16/22	503,192
				8,030,258
Airlines – 0.1%				
385,000	Southwest Airlines Co.	2.75%	11/06/19	383,731
420,000	Southwest Airlines Co.	2.65%	11/05/20	414,548
250,000	Southwest Airlines Co.	3.00%	11/15/26	232,255
				1,030,534
Automobiles – 0.0%				
250,000	Ford Motor Co.	5.29%	12/08/46	232,501
Banks – 7.3%				
100,000	Bank of America Corp.	2.63%	10/19/20	98,803
600,000	Bank of America Corp.	2.63%	04/19/21	589,663
500,000	Bank of America Corp. (b)	2.37%	07/21/21	490,293
250,000	Bank of America Corp. (b)	2.33%	10/01/21	244,481
500,000	Bank of America Corp. (b)	2.74%	01/23/22	491,287
250,000	Bank of America Corp.	2.50%	10/21/22	239,607
500,000	Bank of America Corp. (b)	2.88%	04/24/23	485,954
500,000	Bank of America Corp. (b)	2.82%	07/21/23	483,738
1,207,000	Bank of America Corp. (b)	3.00%	12/20/23	1,170,956
250,000	Bank of America Corp. (b)	3.55%	03/05/24	247,599
450,000	Bank of America Corp.	4.00%	04/01/24	454,289
500,000	Bank of America Corp. (b)	3.09%	10/01/25	476,514
250,000	Bank of America Corp. (b)	3.37%	01/23/26	240,739
400,000	Bank of America Corp.	4.45%	03/03/26	401,573
950,000	Bank of America Corp.	3.50%	04/19/26	919,834
150,000	Bank of America Corp.	3.25%	10/21/27	139,961
250,000	Bank of America Corp.	4.18%	11/25/27	243,942
500,000	Bank of America Corp. (b)	3.82%	01/20/28	488,250
500,000	Bank of America Corp. (b)	3.71%	04/24/28	482,753

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Stated Coupon	Stated Maturity	Value
CORPORATE BONDS AND NOTES (Continued)				
Banks (Continued)				
\$ 500,000	Bank of America Corp. (b)	3.59%	07/21/28	\$ 477,914
1,091,000	Bank of America Corp. (b)	3.42%	12/20/28	1,028,593
250,000	Bank of America Corp. (b)	3.97%	03/05/29	246,352
250,000	Bank of America Corp. (b)	4.24%	04/24/38	243,309
225,000	Bank of America Corp.	5.88%	02/07/42	263,948
250,000	Bank of America Corp. (b)	4.44%	01/20/48	244,658
500,000	Bank of America Corp. (b)	3.95%	01/23/49	451,404
286,000	Bank of America Corp., 3 Mo. LIBOR + 0.38% (a)	2.74%	01/23/22	284,345
444,000	Bank of America Corp., 3 Mo. LIBOR + 0.65% (a)	2.99%	06/25/22	443,774
1,000,000	Bank of America Corp., 3 Mo. LIBOR + 0.77% (a)	3.13%	02/05/26	982,967
250,000	Bank of America Corp., 3 Mo. LIBOR + 0.79% (a)	3.11%	03/05/24	249,325
400,000	Bank of America Corp., 3 Mo. LIBOR + 0.87% (a)	3.21%	04/01/19	402,347
1,000,000	Bank of America Corp., 3 Mo. LIBOR + 1.16% (a)	3.52%	01/20/23	1,016,362
250,000	Bank of America Corp., 3 Mo. LIBOR + 1.18% (a)	3.54%	10/21/22	254,700
500,000	Citibank N.A.	1.85%	09/18/19	494,145
500,000	Citibank N.A., 3 Mo. LIBOR + 0.32% (a)	2.68%	05/01/20	500,486
300,000	Citigroup, Inc.	2.05%	06/07/19	297,664
500,000	Citigroup, Inc.	2.45%	01/10/20	494,567
250,000	Citigroup, Inc.	2.40%	02/18/20	246,910
600,000	Citigroup, Inc.	2.70%	03/30/21	588,696
350,000	Citigroup, Inc.	2.35%	08/02/21	338,334
250,000	Citigroup, Inc.	2.90%	12/08/21	245,104
775,000	Citigroup, Inc.	4.50%	01/14/22	796,715
500,000	Citigroup, Inc.	2.75%	04/25/22	484,407
500,000	Citigroup, Inc.	2.70%	10/27/22	480,645
500,000	Citigroup, Inc. (b)	2.88%	07/24/23	482,598
250,000	Citigroup, Inc. (b)	4.04%	06/01/24	251,631
450,000	Citigroup, Inc.	4.60%	03/09/26	450,075
300,000	Citigroup, Inc.	3.40%	05/01/26	284,763
250,000	Citigroup, Inc.	3.20%	10/21/26	232,732
300,000	Citigroup, Inc.	4.30%	11/20/26	293,246
350,000	Citigroup, Inc.	4.45%	09/29/27	344,658
500,000	Citigroup, Inc. (b)	3.89%	01/10/28	484,788
1,000,000	Citigroup, Inc. (b)	3.67%	07/24/28	952,493
500,000	Citigroup, Inc.	4.13%	07/25/28	479,276
500,000	Citigroup, Inc. (b)	3.52%	10/27/28	470,688
250,000	Citigroup, Inc. (b)	4.08%	04/23/29	245,582
500,000	Citigroup, Inc. (b)	3.88%	01/24/39	455,761
200,000	Citigroup, Inc.	5.88%	01/30/42	231,797
100,000	Citigroup, Inc.	6.68%	09/13/43	121,252
750,000	Citigroup, Inc.	4.75%	05/18/46	715,881
500,000	Citigroup, Inc. (b)	4.28%	04/24/48	474,789
1,000,000	Citigroup, Inc., 3 Mo. LIBOR + 0.79% (a)	3.13%	01/10/20	1,007,093
250,000	Citigroup, Inc., 3 Mo. LIBOR + 1.02% (a)	3.35%	06/01/24	250,427
1,000,000	Citigroup, Inc., 3 Mo. LIBOR + 1.07% (a)	3.39%	12/08/21	1,015,378
500,000	Citigroup, Inc., 3 Mo. LIBOR + 1.10% (a)	3.42%	05/17/24	502,838
250,000	Fifth Third Bancorp	3.95%	03/14/28	247,094
600,000	HSBC Bank USA N.A.	4.88%	08/24/20	618,582
400,000	JPMorgan Chase & Co.	2.20%	10/22/19	396,294
150,000	JPMorgan Chase & Co.	2.55%	03/01/21	147,054
550,000	JPMorgan Chase & Co.	4.63%	05/10/21	569,144

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Stated Coupon	Stated Maturity	Value
CORPORATE BONDS AND NOTES (Continued)				
Banks (Continued)				
\$ 450,000	JPMorgan Chase & Co.	2.40%	06/07/21	\$ 438,602
325,000	JPMorgan Chase & Co.	3.20%	01/25/23	319,386
250,000	JPMorgan Chase & Co. (b)	2.78%	04/25/23	242,489
500,000	JPMorgan Chase & Co.	2.70%	05/18/23	480,326
400,000	JPMorgan Chase & Co.	3.88%	02/01/24	402,940
250,000	JPMorgan Chase & Co. (b)	3.56%	04/23/24	247,820
850,000	JPMorgan Chase & Co.	3.30%	04/01/26	814,098
300,000	JPMorgan Chase & Co.	4.13%	12/15/26	296,734
250,000	JPMorgan Chase & Co.	3.63%	12/01/27	235,507
500,000	JPMorgan Chase & Co. (b)	3.78%	02/01/28	488,357
500,000	JPMorgan Chase & Co. (b)	3.54%	05/01/28	479,233
500,000	JPMorgan Chase & Co. (b)	3.51%	01/23/29	474,296
250,000	JPMorgan Chase & Co. (b)	4.01%	04/23/29	246,964
400,000	JPMorgan Chase & Co.	6.40%	05/15/38	491,429
250,000	JPMorgan Chase & Co. (b)	3.88%	07/24/38	231,353
100,000	JPMorgan Chase & Co.	4.85%	02/01/44	103,614
150,000	JPMorgan Chase & Co.	4.95%	06/01/45	153,008
500,000	JPMorgan Chase & Co. (b)	4.26%	02/22/48	471,787
500,000	JPMorgan Chase & Co. (b)	4.03%	07/24/48	455,632
250,000	JPMorgan Chase & Co. (b)	3.96%	11/15/48	225,344
500,000	JPMorgan Chase & Co. (b)	3.90%	01/23/49	450,073
1,000,000	JPMorgan Chase & Co., 3 Mo. LIBOR + 0.55% (a)	2.88%	03/09/21	1,003,496
250,000	JPMorgan Chase & Co., 3 Mo. LIBOR + 0.73% (a)	3.09%	04/23/24	248,904
500,000	JPMorgan Chase & Co., 3 Mo. LIBOR + 0.85% (a)	3.19%	01/10/25	499,930
1,000,000	JPMorgan Chase & Co., 3 Mo. LIBOR + 1.00% (a)	3.35%	01/15/23	1,012,079
250,000	JPMorgan Chase & Co., 3 Mo. LIBOR + 1.23% (a)	3.59%	10/24/23	254,685
500,000	JPMorgan Chase Bank N.A. (b)	2.60%	02/01/21	495,695
250,000	JPMorgan Chase Bank N.A. (b)	3.09%	04/26/21	249,480
333,000	JPMorgan Chase Bank N.A., 3 Mo. LIBOR + 0.29% (a)	2.65%	02/01/21	333,363
250,000	JPMorgan Chase Bank N.A., 3 Mo. LIBOR + 0.34% (a)	2.70%	04/26/21	250,126
500,000	Regions Bank	2.75%	04/01/21	492,044
250,000	Regions Bank, 3 Mo. LIBOR + 0.38% (a)	2.72%	04/01/21	249,793
250,000	Santander Holdings USA, Inc.	3.70%	03/28/22	246,534
250,000	Santander Holdings USA, Inc.	4.40%	07/13/27	240,189
200,000	Wells Fargo & Co.	2.15%	01/30/20	197,240
100,000	Wells Fargo & Co.	2.55%	12/07/20	98,455
900,000	Wells Fargo & Co.	3.00%	01/22/21	894,428
550,000	Wells Fargo & Co.	2.50%	03/04/21	537,932
300,000	Wells Fargo & Co.	2.10%	07/26/21	288,389
500,000	Wells Fargo & Co.	2.63%	07/22/22	481,866
425,000	Wells Fargo & Co.	3.30%	09/09/24	410,926
550,000	Wells Fargo & Co.	3.00%	04/22/26	510,399
100,000	Wells Fargo & Co.	4.10%	06/03/26	98,088
250,000	Wells Fargo & Co.	3.00%	10/23/26	231,084
200,000	Wells Fargo & Co.	4.30%	07/22/27	197,463
500,000	Wells Fargo & Co. (b)	3.58%	05/22/28	479,601
100,000	Wells Fargo & Co.	4.90%	11/17/45	98,987
275,000	Wells Fargo & Co.	4.40%	06/14/46	252,348
750,000	Wells Fargo & Co.	4.75%	12/07/46	727,426
1,000,000	Wells Fargo & Co., 3 Mo. LIBOR + 0.93% (a)	3.29%	02/11/22	1,010,615
1,000,000	Wells Fargo & Co., 3 Mo. LIBOR + 1.11% (a)	3.47%	01/24/23	1,015,618

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Stated Coupon	Stated Maturity	Value
CORPORATE BONDS AND NOTES (Continued)				
Banks (Continued)				
\$ 250,000	Wells Fargo & Co., 3 Mo. LIBOR + 1.23% (a)	3.59%	10/31/23	\$ 255,215
200,000	Wells Fargo Bank N.A.	5.95%	08/26/36	231,145
500,000	Wells Fargo Bank N.A., 3 Mo. LIBOR + 0.65% (a)	2.96%	12/06/19	503,448
				53,519,804
Beverages – 1.1%				
690,000	Anheuser-Busch Inbev Finance, Inc.	2.65%	02/01/21	680,910
625,000	Anheuser-Busch Inbev Finance, Inc.	3.30%	02/01/23	620,427
600,000	Anheuser-Busch Inbev Finance, Inc.	3.65%	02/01/26	587,943
875,000	Anheuser-Busch Inbev Finance, Inc.	4.70%	02/01/36	889,452
1,100,000	Anheuser-Busch Inbev Finance, Inc.	4.90%	02/01/46	1,135,494
200,000	Anheuser-Busch Inbev Worldwide, Inc.	2.50%	07/15/22	193,279
250,000	Anheuser-Busch Inbev Worldwide, Inc.	3.50%	01/12/24	248,766
500,000	Anheuser-Busch Inbev Worldwide, Inc.	4.00%	04/13/28	499,841
250,000	Anheuser-Busch Inbev Worldwide, Inc.	4.38%	04/15/38	243,494
250,000	Anheuser-Busch Inbev Worldwide, Inc.	4.60%	04/15/48	247,303
250,000	Anheuser-Busch Inbev Worldwide, Inc.	4.75%	04/15/58	245,269
500,000	Anheuser-Busch Inbev Worldwide, Inc., 3 Mo. LIBOR + 0.74% (a)	3.05%	01/12/24	504,817
150,000	Coca-Cola (The) Co.	1.88%	10/27/20	146,664
975,000	Coca-Cola (The) Co.	3.20%	11/01/23	973,226
250,000	Constellation Brands, Inc.	3.20%	02/15/23	243,515
250,000	Constellation Brands, Inc.	3.60%	02/15/28	236,781
250,000	Constellation Brands, Inc.	4.10%	02/15/48	223,349
				7,920,530
Biotechnology – 0.5%				
350,000	AbbVie, Inc.	2.50%	05/14/20	345,938
375,000	AbbVie, Inc.	2.90%	11/06/22	364,256
250,000	AbbVie, Inc.	3.60%	05/14/25	242,491
275,000	AbbVie, Inc.	4.40%	11/06/42	262,168
300,000	AbbVie, Inc.	4.70%	05/14/45	297,875
450,000	Amgen, Inc.	2.70%	05/01/22	437,493
500,000	Amgen, Inc.	2.65%	05/11/22	484,652
200,000	Amgen, Inc.	3.63%	05/22/24	199,428
100,000	Amgen, Inc.	2.60%	08/19/26	90,423
500,000	Amgen, Inc.	3.20%	11/02/27	469,147
350,000	Amgen, Inc.	4.40%	05/01/45	334,860
				3,528,731
Building Products – 0.2%				
450,000	Masco Corp.	3.50%	04/01/21	449,701
250,000	Masco Corp.	3.50%	11/15/27	230,580
250,000	Masco Corp.	4.50%	05/15/47	219,665
500,000	Owens Corning	4.30%	07/15/47	413,050
250,000	Owens Corning	4.40%	01/30/48	209,527
				1,522,523
Capital Markets – 3.6%				
500,000	Goldman Sachs Bank USA	3.20%	06/05/20	501,595
500,000	Goldman Sachs Group (The), Inc.	1.95%	07/23/19	495,153
600,000	Goldman Sachs Group (The), Inc.	2.55%	10/23/19	596,514
500,000	Goldman Sachs Group (The), Inc.	2.30%	12/13/19	494,960
500,000	Goldman Sachs Group (The), Inc.	2.60%	04/23/20	495,498

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Stated Coupon	Stated Maturity	Value
CORPORATE BONDS AND NOTES (Continued)				
Capital Markets (Continued)				
\$ 700,000	Goldman Sachs Group (The), Inc.	2.63%	04/25/21	\$ 685,008
500,000	Goldman Sachs Group (The), Inc.	2.35%	11/15/21	481,230
500,000	Goldman Sachs Group (The), Inc.	3.00%	04/26/22	488,712
500,000	Goldman Sachs Group (The), Inc. (b)	2.88%	10/31/22	488,340
700,000	Goldman Sachs Group (The), Inc.	3.63%	01/22/23	696,121
250,000	Goldman Sachs Group (The), Inc. (b)	2.91%	06/05/23	241,489
500,000	Goldman Sachs Group (The), Inc. (b)	2.91%	07/24/23	482,040
600,000	Goldman Sachs Group (The), Inc.	4.00%	03/03/24	600,872
150,000	Goldman Sachs Group (The), Inc.	3.50%	01/23/25	144,978
500,000	Goldman Sachs Group (The), Inc. (b)	3.27%	09/29/25	475,158
600,000	Goldman Sachs Group (The), Inc.	4.25%	10/21/25	591,754
550,000	Goldman Sachs Group (The), Inc.	3.75%	02/25/26	533,769
500,000	Goldman Sachs Group (The), Inc.	3.50%	11/16/26	471,612
750,000	Goldman Sachs Group (The), Inc.	3.85%	01/26/27	721,023
250,000	Goldman Sachs Group (The), Inc. (b)	3.69%	06/05/28	237,262
500,000	Goldman Sachs Group (The), Inc. (b)	3.81%	04/23/29	476,144
500,000	Goldman Sachs Group (The), Inc. (b)	4.22%	05/01/29	493,436
500,000	Goldman Sachs Group (The), Inc. (b)	4.02%	10/31/38	456,463
500,000	Goldman Sachs Group (The), Inc. (b)	4.41%	04/23/39	480,418
400,000	Goldman Sachs Group (The), Inc.	6.25%	02/01/41	467,925
500,000	Goldman Sachs Group (The), Inc., 3 Mo. LIBOR + 0.73% (a)	3.07%	12/27/20	501,814
400,000	Goldman Sachs Group (The), Inc., 3 Mo. LIBOR + 0.75% (a)	3.08%	02/23/23	398,756
700,000	Goldman Sachs Group (The), Inc., 3 Mo. LIBOR + 0.80% (a)	3.13%	12/13/19	704,490
250,000	Goldman Sachs Group (The), Inc., 3 Mo. LIBOR + 1.05% (a)	3.37%	06/05/23	251,849
497,000	Goldman Sachs Group (The), Inc., 3 Mo. LIBOR + 1.11% (a)	3.47%	04/26/22	502,074
500,000	Goldman Sachs Group (The), Inc., 3 Mo. LIBOR + 1.17% (a)	3.49%	05/15/26	494,414
400,000	Morgan Stanley	2.65%	01/27/20	397,246
1,000,000	Morgan Stanley	2.50%	04/21/21	977,080
550,000	Morgan Stanley	5.50%	07/28/21	582,412
500,000	Morgan Stanley	2.63%	11/17/21	485,635
500,000	Morgan Stanley	2.75%	05/19/22	484,639
500,000	Morgan Stanley	3.13%	01/23/23	488,380
300,000	Morgan Stanley	3.75%	02/25/23	300,531
500,000	Morgan Stanley (b)	3.74%	04/24/24	497,542
450,000	Morgan Stanley	3.88%	04/29/24	451,146
800,000	Morgan Stanley	3.88%	01/27/26	788,252
250,000	Morgan Stanley	4.35%	09/08/26	247,008
250,000	Morgan Stanley	3.63%	01/20/27	240,318
500,000	Morgan Stanley (b)	3.59%	07/22/28	475,766
500,000	Morgan Stanley (b)	3.77%	01/24/29	482,236
500,000	Morgan Stanley (b)	3.97%	07/22/38	464,797
500,000	Morgan Stanley (b)	4.46%	04/22/39	490,251
350,000	Morgan Stanley	6.38%	07/24/42	426,559
100,000	Morgan Stanley	4.30%	01/27/45	94,835
250,000	Morgan Stanley	4.38%	01/22/47	239,312
500,000	Morgan Stanley, 3 Mo. LIBOR + 0.55% (a)	2.90%	02/10/21	501,097

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Stated Coupon	Stated Maturity	Value
CORPORATE BONDS AND NOTES (Continued)				
Capital Markets (Continued)				
\$ 100,000	Morgan Stanley, 3 Mo. LIBOR + 0.80% (a)	3.16%	02/14/20	\$ 100,312
875,000	Morgan Stanley, 3 Mo. LIBOR + 1.18% (a)	3.54%	01/20/22	886,734
500,000	Morgan Stanley, 3 Mo. LIBOR + 1.22% (a)	3.58%	05/08/24	505,337
500,000	Morgan Stanley, 3 Mo. LIBOR + 1.40% (a)	3.76%	10/24/23	511,747
				26,270,043
Chemicals – 0.3%				
525,000	Dow Chemical (The) Co.	8.55%	05/15/19	550,358
200,000	Dow Chemical (The) Co.	3.00%	11/15/22	194,966
75,000	Dow Chemical (The) Co.	4.63%	10/01/44	74,049
250,000	EI du Pont de Nemours & Co.	2.20%	05/01/20	246,487
140,000	EI du Pont de Nemours & Co., 3 Mo. LIBOR + 0.53% (a)	2.89%	05/01/20	140,516
100,000	Westlake Chemical Corp.	3.60%	08/15/26	95,042
250,000	Westlake Chemical Corp.	5.00%	08/15/46	253,539
500,000	Westlake Chemical Corp.	4.38%	11/15/47	462,607
				2,017,564
Communications Equipment – 0.3%				
100,000	Cisco Systems, Inc.	2.45%	06/15/20	99,404
800,000	Cisco Systems, Inc.	2.20%	09/20/23	755,439
500,000	Cisco Systems, Inc.	3.63%	03/04/24	506,008
100,000	Cisco Systems, Inc.	2.95%	02/28/26	96,185
200,000	Cisco Systems, Inc.	2.50%	09/20/26	185,465
225,000	Cisco Systems, Inc.	5.90%	02/15/39	278,909
				1,921,410
Construction Materials – 0.2%				
250,000	CRH America Finance, Inc. (c)	3.40%	05/09/27	235,751
250,000	CRH America Finance, Inc. (c)	3.95%	04/04/28	241,838
250,000	CRH America Finance, Inc. (c)	4.40%	05/09/47	230,352
250,000	CRH America Finance, Inc. (c)	4.50%	04/04/48	235,451
250,000	Vulcan Materials Co.	4.50%	06/15/47	227,854
				1,171,246
Consumer Finance – 3.1%				
250,000	American Express Co.	2.20%	10/30/20	244,383
250,000	American Express Co.	2.50%	08/01/22	239,967
500,000	American Express Co.	3.00%	10/30/24	477,754
450,000	American Express Co.	3.63%	12/05/24	443,838
500,000	American Express Co., 3 Mo. LIBOR + 0.65% (a)	2.97%	02/27/23	499,326
500,000	American Express Credit Corp.	1.70%	10/30/19	492,342
250,000	American Express Credit Corp.	2.20%	03/03/20	246,780
150,000	American Express Credit Corp.	2.60%	09/14/20	148,173
575,000	American Express Credit Corp.	2.25%	05/05/21	558,973
250,000	American Express Credit Corp.	2.70%	03/03/22	244,200
500,000	American Express Credit Corp.	3.30%	05/03/27	482,361
297,000	American Express Credit Corp., 3 Mo. LIBOR + 0.55% (a) ...	2.88%	03/18/19	297,980
250,000	American Express Credit Corp., 3 Mo. LIBOR + 0.70% (a) ...	3.02%	03/03/22	251,724
550,000	Capital One Financial Corp.	3.75%	04/24/24	540,158
500,000	Capital One Financial Corp.	3.30%	10/30/24	475,580
250,000	Capital One Financial Corp.	4.25%	04/30/25	249,497
350,000	Capital One Financial Corp.	3.75%	07/28/26	325,773
500,000	Capital One Financial Corp.	3.80%	01/31/28	472,902
500,000	Capital One Financial Corp., 3 Mo. LIBOR + 0.72% (a)	3.08%	01/30/23	497,416

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Stated Coupon	Stated Maturity	Value
CORPORATE BONDS AND NOTES (Continued)				
Consumer Finance (Continued)				
\$ 500,000	Capital One Financial Corp., 3 Mo. LIBOR + 0.95% (a)	3.28%	03/09/22	\$ 502,153
250,000	Capital One N.A.	2.25%	09/13/21	239,792
500,000	Capital One N.A.	2.65%	08/08/22	480,228
1,000,000	Capital One N.A., 3 Mo. LIBOR + 1.15% (a)	3.51%	01/30/23	1,008,451
500,000	Caterpillar Financial Services Corp.	2.00%	11/29/19	494,173
500,000	Caterpillar Financial Services Corp.	2.10%	01/10/20	494,866
250,000	Caterpillar Financial Services Corp.	1.85%	09/04/20	243,529
1,039,000	Caterpillar Financial Services Corp.	1.70%	08/09/21	995,558
250,000	Caterpillar Financial Services Corp.	2.40%	06/06/22	242,612
1,000,000	Caterpillar Financial Services Corp.	2.55%	11/29/22	966,333
150,000	Caterpillar Financial Services Corp.	3.25%	12/01/24	147,607
500,000	Caterpillar Financial Services Corp., 3 Mo. LIBOR + 0.13% (a)	2.45%	11/29/19	500,362
429,000	Caterpillar Financial Services Corp., 3 Mo. LIBOR + 0.18% (a)	2.51%	05/15/20	429,256
300,000	Caterpillar Financial Services Corp., 3 Mo. LIBOR + 0.51% (a)	2.85%	01/10/20	301,467
500,000	Discover Bank	3.35%	02/06/23	487,761
100,000	Ford Motor Credit Co., LLC	3.22%	01/09/22	97,910
250,000	Ford Motor Credit Co., LLC	3.34%	03/28/22	244,865
500,000	Ford Motor Credit Co., LLC	2.98%	08/03/22	482,061
450,000	Ford Motor Credit Co., LLC	3.10%	05/04/23	429,024
725,000	Ford Motor Credit Co., LLC	4.38%	08/06/23	729,655
200,000	Ford Motor Credit Co., LLC	3.81%	01/09/24	194,375
350,000	Ford Motor Credit Co., LLC	4.13%	08/04/25	341,729
1,000,000	Ford Motor Credit Co., LLC	3.82%	11/02/27	929,760
250,000	General Motors Financial Co., Inc.	2.65%	04/13/20	247,097
250,000	General Motors Financial Co., Inc.	2.45%	11/06/20	244,537
250,000	General Motors Financial Co., Inc.	3.20%	07/06/21	246,922
250,000	General Motors Financial Co., Inc.	3.50%	11/07/24	238,383
200,000	General Motors Financial Co., Inc.	5.25%	03/01/26	207,563
100,000	General Motors Financial Co., Inc.	4.00%	10/06/26	94,968
250,000	General Motors Financial Co., Inc.	4.35%	01/17/27	242,329
250,000	General Motors Financial Co., Inc.	3.85%	01/05/28	231,458
750,000	General Motors Financial Co., Inc., 3 Mo. LIBOR + 0.99% (a)	3.33%	01/05/23	752,922
250,000	General Motors Financial Co., Inc., 3 Mo. LIBOR + 1.55% (a)	3.90%	01/14/22	256,289
500,000	John Deere Capital Corp.	3.45%	03/13/25	498,782
500,000	John Deere Capital Corp.	3.05%	01/06/28	476,236
500,000	Synchrony Financial	3.95%	12/01/27	462,141
				22,372,281
	Containers & Packaging – 0.2%			
350,000	International Paper Co.	4.40%	08/15/47	319,285
500,000	Packaging Corp. of America	3.40%	12/15/27	472,517
250,000	WestRock Co. (c)	3.00%	09/15/24	237,338
250,000	WestRock Co. (c)	3.38%	09/15/27	235,016
				1,264,156
	Diversified Financial Services – 0.2%			
250,000	Berkshire Hathaway Finance Corp., 3 Mo. LIBOR + 0.32% (a)	2.66%	01/10/20	250,908

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Stated Coupon	Stated Maturity	Value
CORPORATE BONDS AND NOTES (Continued)				
Diversified Financial Services (Continued)				
\$ 125,000	Berkshire Hathaway, Inc.	2.75%	03/15/23	\$ 122,407
425,000	Berkshire Hathaway, Inc.	3.13%	03/15/26	409,904
350,000	Dell International LLC/EMC Corp. (c)	3.48%	06/01/19	350,960
250,000	Dell International LLC/EMC Corp. (c)	4.42%	06/15/21	253,825
				1,388,004
Diversified Telecommunication Services – 1.2%				
300,000	AT&T, Inc.	2.45%	06/30/20	295,605
250,000	AT&T, Inc.	3.20%	03/01/22	245,537
250,000	AT&T, Inc.	3.80%	03/01/24	245,488
150,000	AT&T, Inc.	3.90%	03/11/24	148,039
350,000	AT&T, Inc.	3.40%	05/15/25	328,703
650,000	AT&T, Inc.	4.13%	02/17/26	636,347
545,000	AT&T, Inc. (c)	4.10%	02/15/28	521,806
462,000	AT&T, Inc. (c)	4.30%	02/15/30	437,063
250,000	AT&T, Inc.	5.25%	03/01/37	246,612
425,000	AT&T, Inc.	4.80%	06/15/44	387,002
250,000	AT&T, Inc.	4.35%	06/15/45	212,567
250,000	AT&T, Inc.	4.75%	05/15/46	224,137
550,000	AT&T, Inc.	5.65%	02/15/47	555,800
250,000	AT&T, Inc.	5.70%	03/01/57	249,678
650,000	Verizon Communications, Inc.	3.50%	11/01/24	629,581
522,000	Verizon Communications, Inc.	3.38%	02/15/25	500,429
100,000	Verizon Communications, Inc.	2.63%	08/15/26	88,913
250,000	Verizon Communications, Inc.	4.13%	03/16/27	247,859
231,000	Verizon Communications, Inc.	4.27%	01/15/36	213,737
298,000	Verizon Communications, Inc.	4.13%	08/15/46	256,638
500,000	Verizon Communications, Inc.	4.86%	08/21/46	479,575
250,000	Verizon Communications, Inc.	4.52%	09/15/48	228,826
249,000	Verizon Communications, Inc.	5.01%	08/21/54	235,294
522,000	Verizon Communications, Inc.	4.67%	03/15/55	465,510
100,000	Verizon Communications, Inc., 3 Mo. LIBOR + 1.00% (a)	3.33%	03/16/22	101,640
200,000	Verizon Communications, Inc., 3 Mo. LIBOR + 1.10% (a)	3.44%	05/15/25	199,956
				8,382,342
Electric Utilities – 3.6%				
500,000	AEP Texas, Inc.	2.40%	10/01/22	480,674
500,000	AEP Texas, Inc.	3.80%	10/01/47	471,251
750,000	AEP Transmission Co., LLC	3.10%	12/01/26	718,373
250,000	AEP Transmission Co., LLC	4.00%	12/01/46	244,720
500,000	AEP Transmission Co., LLC	3.75%	12/01/47	465,740
250,000	Alabama Power Co.	2.45%	03/30/22	243,233
250,000	Alabama Power Co.	3.70%	12/01/47	232,317
250,000	American Electric Power Co., Inc.	2.95%	12/15/22	243,612
500,000	American Electric Power Co., Inc.	3.20%	11/13/27	468,227
300,000	Appalachian Power Co.	4.40%	05/15/44	304,242
250,000	Baltimore Gas & Electric Co.	2.40%	08/15/26	227,789
250,000	Baltimore Gas & Electric Co.	3.50%	08/15/46	224,265
250,000	Baltimore Gas & Electric Co.	3.75%	08/15/47	234,799
240,000	CenterPoint Energy Houston Electric LLC	2.25%	08/01/22	230,010
250,000	CenterPoint Energy Houston Electric LLC	2.40%	09/01/26	228,344
500,000	CenterPoint Energy Houston Electric LLC	3.00%	02/01/27	474,210
295,000	CenterPoint Energy Houston Electric LLC	4.50%	04/01/44	320,284

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Stated Coupon	Stated Maturity	Value
CORPORATE BONDS AND NOTES (Continued)				
Electric Utilities (Continued)				
\$ 250,000	CenterPoint Energy Houston Electric LLC	3.95%	03/01/48	\$ 246,028
500,000	Cleveland Electric Illuminating (The) Co. (c)	3.50%	04/01/28	475,137
300,000	Commonwealth Edison Co.	3.40%	09/01/21	301,526
200,000	Commonwealth Edison Co.	2.55%	06/15/26	183,937
250,000	Commonwealth Edison Co.	2.95%	08/15/27	236,778
300,000	Commonwealth Edison Co.	3.70%	03/01/45	279,360
400,000	Commonwealth Edison Co.	3.65%	06/15/46	369,717
500,000	Commonwealth Edison Co.	3.75%	08/15/47	469,518
250,000	Commonwealth Edison Co.	4.00%	03/01/48	245,180
100,000	Duke Energy Carolinas LLC	2.50%	03/15/23	96,552
500,000	Duke Energy Carolinas LLC	3.05%	03/15/23	494,443
350,000	Duke Energy Carolinas LLC	6.00%	01/15/38	432,445
250,000	Duke Energy Corp.	1.80%	09/01/21	239,482
300,000	Duke Energy Corp.	3.55%	09/15/21	301,439
500,000	Duke Energy Corp.	2.40%	08/15/22	481,356
250,000	Duke Energy Corp.	3.15%	08/15/27	232,503
450,000	Duke Energy Corp.	3.75%	09/01/46	398,004
500,000	Duke Energy Corp.	3.95%	08/15/47	458,275
262,500	Duke Energy Florida LLC	2.10%	12/15/19	261,017
500,000	Duke Energy Florida LLC	3.20%	01/15/27	481,564
250,000	Duke Energy Florida LLC	3.80%	07/15/28	251,660
250,000	Duke Energy Florida LLC	3.40%	10/01/46	220,194
250,000	Duke Energy Florida LLC	4.20%	07/15/48	252,545
250,000	Duke Energy Progress LLC	3.70%	10/15/46	230,668
250,000	Duke Energy Progress LLC	3.60%	09/15/47	228,192
500,000	Eversource Energy	2.90%	10/01/24	475,259
575,000	Exelon Corp.	5.15%	12/01/20	594,586
200,000	Exelon Corp.	2.45%	04/15/21	194,499
500,000	Exelon Corp.	3.50%	06/01/22	494,663
250,000	Exelon Corp.	4.45%	04/15/46	243,840
211,000	FirstEnergy Corp.	2.85%	07/15/22	204,675
350,000	Florida Power & Light Co.	3.25%	06/01/24	347,496
210,000	Florida Power & Light Co.	4.05%	06/01/42	212,775
250,000	Florida Power & Light Co.	3.95%	03/01/48	245,916
250,000	Florida Power & Light Co.	4.13%	06/01/48	253,345
250,000	Indiana Michigan Power Co.	3.85%	05/15/28	250,944
100,000	Indiana Michigan Power Co.	4.55%	03/15/46	104,017
500,000	Indiana Michigan Power Co.	3.75%	07/01/47	469,682
250,000	Kansas City Power & Light Co.	4.20%	03/15/48	246,774
410,000	Metropolitan Edison Co. (c)	3.50%	03/15/23	406,241
500,000	Mississippi Power Co., 3 Mo. LIBOR + 0.65% (a)	2.99%	03/27/20	500,017
125,000	Monongahela Power Co. (c)	5.40%	12/15/43	148,343
150,000	Ohio Edison Co.	6.88%	07/15/36	198,391
250,000	PECO Energy Co.	3.70%	09/15/47	235,691
100,000	Public Service Electric & Gas Co.	1.90%	03/15/21	96,748
195,000	Public Service Electric & Gas Co.	2.38%	05/15/23	186,433
550,000	Public Service Electric & Gas Co.	2.25%	09/15/26	497,456
250,000	Public Service Electric & Gas Co.	3.00%	05/15/27	236,920
275,000	Public Service Electric & Gas Co.	3.95%	05/01/42	270,184
100,000	Public Service Electric & Gas Co.	3.80%	03/01/46	96,380
500,000	Public Service Electric & Gas Co.	3.60%	12/01/47	461,500
250,000	Public Service Electric & Gas Co.	4.05%	05/01/48	251,335

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Stated Coupon	Stated Maturity	Value
CORPORATE BONDS AND NOTES (Continued)				
Electric Utilities (Continued)				
\$ 550,000	Southern (The) Co.	1.85%	07/01/19	\$ 544,664
815,000	Southern (The) Co.	2.35%	07/01/21	790,026
250,000	Southern (The) Co.	3.25%	07/01/26	235,075
425,000	Southern (The) Co.	4.40%	07/01/46	416,563
500,000	Southwestern Electric Power Co.	2.75%	10/01/26	459,758
100,000	Southwestern Electric Power Co.	6.20%	03/15/40	124,045
500,000	Virginia Electric & Power Co.	2.75%	03/15/23	485,128
200,000	Virginia Electric & Power Co.	3.45%	02/15/24	198,671
450,000	Virginia Electric & Power Co.	2.95%	11/15/26	422,145
250,000	Virginia Electric & Power Co.	3.50%	03/15/27	245,916
475,000	Virginia Electric & Power Co.	4.45%	02/15/44	484,381
250,000	Virginia Electric & Power Co.	4.00%	11/15/46	241,223
250,000	Virginia Electric & Power Co.	3.80%	09/15/47	229,010
				26,480,325
Energy Equipment & Services – 0.1%				
250,000	Halliburton Co.	5.00%	11/15/45	267,367
250,000	Patterson-UTI Energy, Inc. (c)	3.95%	02/01/28	234,290
				501,657
Equity Real Estate Investment Trusts – 0.1%				
500,000	American Tower Corp.	3.60%	01/15/28	464,200
Food & Staples Retailing – 0.7%				
250,000	Walmart, Inc.	3.13%	06/23/21	251,347
1,000,000	Walmart, Inc.	2.35%	12/15/22	966,855
250,000	Walmart, Inc.	3.40%	06/26/23	252,030
325,000	Walmart, Inc.	3.30%	04/22/24	323,813
500,000	Walmart, Inc.	2.65%	12/15/24	480,121
250,000	Walmart, Inc.	3.55%	06/26/25	251,812
250,000	Walmart, Inc.	3.70%	06/26/28	252,413
250,000	Walmart, Inc.	3.95%	06/28/38	251,131
1,000,000	Walmart, Inc.	3.63%	12/15/47	933,394
250,000	Walmart, Inc.	4.05%	06/29/48	252,397
750,000	Walmart, Inc., 3 Mo. LIBOR + 0.04% (a)	2.38%	06/23/20	750,435
				4,965,748
Food Products – 0.2%				
250,000	Campbell Soup Co.	3.95%	03/15/25	241,399
250,000	Campbell Soup Co.	4.15%	03/15/28	238,517
500,000	Tyson Foods, Inc.	3.55%	06/02/27	473,922
500,000	Tyson Foods, Inc.	4.55%	06/02/47	480,711
				1,434,549
Gas Utilities – 0.3%				
500,000	CenterPoint Energy Resources Corp.	3.55%	04/01/23	495,976
500,000	CenterPoint Energy Resources Corp.	4.00%	04/01/28	493,756
500,000	Southern Co. Gas Capital Corp.	2.45%	10/01/23	470,728
500,000	Southern Co. Gas Capital Corp.	3.95%	10/01/46	461,684
500,000	Southern Co. Gas Capital Corp.	4.40%	05/30/47	496,660
				2,418,804

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Stated Coupon	Stated Maturity	Value
CORPORATE BONDS AND NOTES (Continued)				
Health Care Equipment & Supplies – 1.0%				
\$ 250,000	Abbott Laboratories	2.90%	11/30/21	\$ 246,266
500,000	Abbott Laboratories	3.40%	11/30/23	493,916
500,000	Abbott Laboratories	3.75%	11/30/26	492,339
1,100,000	Abbott Laboratories	4.90%	11/30/46	1,188,816
550,000	Becton Dickinson and Co.	3.36%	06/06/24	529,022
800,000	Becton Dickinson and Co.	3.70%	06/06/27	758,698
600,000	Becton Dickinson and Co.	4.67%	06/06/47	582,113
300,000	Medtronic, Inc.	2.50%	03/15/20	297,992
750,000	Medtronic, Inc.	3.15%	03/15/22	744,379
600,000	Medtronic, Inc.	3.50%	03/15/25	594,237
1,150,000	Medtronic, Inc.	4.63%	03/15/45	1,221,909
				7,149,687
Health Care Providers & Services – 1.6%				
250,000	Anthem, Inc.	4.10%	03/01/28	245,041
250,000	Anthem, Inc.	4.55%	03/01/48	239,097
750,000	CVS Health Corp.	3.13%	03/09/20	749,336
600,000	CVS Health Corp.	2.13%	06/01/21	577,177
500,000	CVS Health Corp.	3.70%	03/09/23	497,995
700,000	CVS Health Corp.	4.00%	12/05/23	703,728
500,000	CVS Health Corp.	4.10%	03/25/25	498,075
178,000	CVS Health Corp.	3.88%	07/20/25	172,733
150,000	CVS Health Corp.	2.88%	06/01/26	136,777
500,000	CVS Health Corp.	4.30%	03/25/28	494,175
350,000	CVS Health Corp.	4.78%	03/25/38	345,338
200,000	CVS Health Corp.	5.05%	03/25/48	204,321
750,000	CVS Health Corp., 3 Mo. LIBOR + 0.72% (a)	3.05%	03/09/21	754,072
500,000	UnitedHealth Group, Inc.	1.95%	10/15/20	487,969
275,000	UnitedHealth Group, Inc.	4.70%	02/15/21	285,516
100,000	UnitedHealth Group, Inc.	2.13%	03/15/21	97,488
550,000	UnitedHealth Group, Inc.	2.88%	12/15/21	544,790
500,000	UnitedHealth Group, Inc.	2.38%	10/15/22	481,043
100,000	UnitedHealth Group, Inc.	3.75%	07/15/25	100,109
250,000	UnitedHealth Group, Inc.	3.10%	03/15/26	238,827
500,000	UnitedHealth Group, Inc.	3.45%	01/15/27	486,690
500,000	UnitedHealth Group, Inc.	3.38%	04/15/27	485,184
500,000	UnitedHealth Group, Inc.	2.95%	10/15/27	467,129
150,000	UnitedHealth Group, Inc.	6.88%	02/15/38	198,810
573,000	UnitedHealth Group, Inc.	4.75%	07/15/45	613,630
500,000	UnitedHealth Group, Inc.	4.20%	01/15/47	491,047
500,000	UnitedHealth Group, Inc.	4.25%	04/15/47	498,985
250,000	UnitedHealth Group, Inc.	3.75%	10/15/47	230,770
				11,325,852
Hotels, Restaurants & Leisure – 0.0%				
100,000	McDonald's Corp.	4.88%	12/09/45	105,389
Household Durables – 0.1%				
250,000	DR Horton, Inc.	4.38%	09/15/22	255,717
350,000	Newell Brands, Inc.	4.20%	04/01/26	338,450
				594,167

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Stated Coupon	Stated Maturity	Value
CORPORATE BONDS AND NOTES (Continued)				
Household Products – 0.2%				
\$ 250,000	Procter & Gamble (The) Co.	1.70%	11/03/21	\$ 240,677
500,000	Procter & Gamble (The) Co.	2.15%	08/11/22	482,887
100,000	Procter & Gamble (The) Co.	2.70%	02/02/26	95,054
250,000	Procter & Gamble (The) Co.	2.45%	11/03/26	231,353
500,000	Procter & Gamble (The) Co.	2.85%	08/11/27	474,700
250,000	Procter & Gamble (The) Co.	3.50%	10/25/47	229,827
				1,754,498
Independent Power and Renewable Electricity Producers – 0.2%				
525,000	NextEra Energy Capital Holdings, Inc.	2.40%	09/15/19	521,040
500,000	NextEra Energy Capital Holdings, Inc.	2.80%	01/15/23	483,854
500,000	NextEra Energy Capital Holdings, Inc.	3.55%	05/01/27	481,512
250,000	Southern Power Co.	4.95%	12/15/46	252,352
				1,738,758
Industrial Conglomerates – 0.3%				
250,000	3M Co.	3.13%	09/19/46	215,923
500,000	Baker Hughes a GE Co., LLC/Baker Hughes Co-Obligor, Inc.	2.77%	12/15/22	485,351
500,000	Baker Hughes a GE Co., LLC/Baker Hughes Co-Obligor, Inc.	3.34%	12/15/27	465,821
500,000	Baker Hughes a GE Co., LLC/Baker Hughes Co-Obligor, Inc.	4.08%	12/15/47	447,923
129,000	General Electric Co.	6.75%	03/15/32	157,868
425,000	General Electric Co.	4.50%	03/11/44	417,616
				2,190,502
Insurance – 1.0%				
300,000	AIG Global Funding (c)	2.15%	07/02/20	294,089
400,000	American International Group, Inc.	3.38%	08/15/20	400,914
200,000	American International Group, Inc.	4.13%	02/15/24	201,171
100,000	American International Group, Inc.	3.90%	04/01/26	96,938
300,000	American International Group, Inc.	6.25%	05/01/36	342,921
490,000	Chubb INA Holdings, Inc.	2.30%	11/03/20	481,443
200,000	Chubb INA Holdings, Inc.	2.88%	11/03/22	196,626
350,000	Chubb INA Holdings, Inc.	3.35%	05/03/26	339,696
600,000	Chubb INA Holdings, Inc.	4.35%	11/03/45	615,534
250,000	Lincoln National Corp.	3.80%	03/01/28	239,358
250,000	Lincoln National Corp.	4.35%	03/01/48	231,660
250,000	Marsh & McLennan Cos., Inc.	4.20%	03/01/48	242,847
100,000	MetLife, Inc.	3.00%	03/01/25	94,991
150,000	MetLife, Inc.	3.60%	11/13/25	148,064
300,000	MetLife, Inc.	4.88%	11/13/43	317,320
170,000	MetLife, Inc.	4.60%	05/13/46	172,673
500,000	Metropolitan Life Global Funding I (c)	2.65%	04/08/22	486,833
250,000	Metropolitan Life Global Funding I (c)	3.00%	09/19/27	234,855
1,000,000	Metropolitan Life Global Funding I, 3 Mo. LIBOR + 0.23% (a) (c)	2.56%	01/08/21	999,409
275,000	Prudential Financial, Inc.	4.60%	05/15/44	278,820
500,000	Travelers (The) Cos., Inc.	4.00%	05/30/47	477,393
250,000	Travelers (The) Cos., Inc.	4.05%	03/07/48	242,882
				7,136,437

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Stated Coupon	Stated Maturity	Value
CORPORATE BONDS AND NOTES (Continued)				
IT Services – 0.8%				
\$ 250,000	IBM Credit LLC	1.63%	09/06/19	\$ 246,884
250,000	IBM Credit LLC	1.80%	01/20/21	242,342
250,000	IBM Credit LLC	2.65%	02/05/21	247,723
250,000	IBM Credit LLC	2.20%	09/08/22	239,325
250,000	IBM Credit LLC, 3 Mo. LIBOR + 0.16% (a)	2.52%	02/05/21	250,446
500,000	International Business Machines Corp.	1.63%	05/15/20	488,661
100,000	International Business Machines Corp.	3.63%	02/12/24	101,027
600,000	Visa, Inc.	2.20%	12/14/20	590,464
500,000	Visa, Inc.	2.15%	09/15/22	479,546
950,000	Visa, Inc.	2.80%	12/14/22	933,120
550,000	Visa, Inc.	3.15%	12/14/25	532,582
250,000	Visa, Inc.	2.75%	09/15/27	232,601
303,000	Visa, Inc.	4.15%	12/14/35	314,537
450,000	Visa, Inc.	4.30%	12/14/45	468,722
500,000	Visa, Inc.	3.65%	09/15/47	468,485
				5,836,465
Machinery – 0.1%				
490,000	Parker-Hannifin Corp.	3.25%	03/01/27	473,633
245,000	Parker-Hannifin Corp.	4.10%	03/01/47	242,187
				715,820
Media – 0.9%				
610,000	Charter Communications Operating LLC/Charter Communications Operating Capital	4.91%	07/23/25	616,914
250,000	Charter Communications Operating LLC/Charter Communications Operating Capital	4.20%	03/15/28	234,502
250,000	Charter Communications Operating LLC/Charter Communications Operating Capital	5.38%	04/01/38	236,862
750,000	Charter Communications Operating LLC/Charter Communications Operating Capital	6.48%	10/23/45	793,100
250,000	Charter Communications Operating LLC/Charter Communications Operating Capital	5.38%	05/01/47	227,814
250,000	Charter Communications Operating LLC/Charter Communications Operating Capital	5.75%	04/01/48	242,875
250,000	Comcast Corp.	3.55%	05/01/28	239,048
100,000	Comcast Corp.	4.60%	08/15/45	96,571
250,000	Comcast Corp.	3.40%	07/15/46	203,239
500,000	Comcast Corp.	4.00%	08/15/47	444,934
250,000	Comcast Corp.	4.00%	03/01/48	220,797
250,000	Cox Communications, Inc. (c)	3.50%	08/15/27	233,011
250,000	Discovery Communications LLC	2.95%	03/20/23	239,342
250,000	Discovery Communications LLC	3.95%	03/20/28	237,224
250,000	Discovery Communications LLC	5.00%	09/20/37	241,443
275,000	Discovery Communications LLC	5.20%	09/20/47	267,719
150,000	Walt Disney (The) Co.	3.00%	02/13/26	142,899
350,000	Walt Disney (The) Co.	1.85%	07/30/26	305,946
500,000	Walt Disney (The) Co.	2.95%	06/15/27	474,350
475,000	Walt Disney (The) Co.	4.13%	06/01/44	459,417
100,000	Warner Media LLC	2.95%	07/15/26	90,054
200,000	Warner Media LLC	6.50%	11/15/36	225,219
50,000	Warner Media LLC	4.85%	07/15/45	45,710
				6,518,990

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Stated Coupon	Stated Maturity	Value
CORPORATE BONDS AND NOTES (Continued)				
Metals & Mining – 0.1%				
\$ 500,000	Glencore Funding LLC (c)	3.00%	10/27/22	\$ 480,062
500,000	Glencore Funding LLC (c)	3.88%	10/27/27	465,788
				945,850
Multi-Utilities – 1.0%				
200,000	Consolidated Edison Co. of New York, Inc.	3.80%	05/15/28	200,822
335,000	Consolidated Edison Co. of New York, Inc.	4.45%	03/15/44	343,561
95,000	Consolidated Edison Co. of New York, Inc.	4.50%	12/01/45	98,538
185,000	Consolidated Edison Co. of New York, Inc.	3.85%	06/15/46	173,837
500,000	Consolidated Edison Co. of New York, Inc.	3.88%	06/15/47	470,606
250,000	Consolidated Edison Co. of New York, Inc.	4.30%	12/01/56	244,669
250,000	Consolidated Edison, Inc.	2.00%	03/15/20	245,504
100,000	Consolidated Edison, Inc.	2.00%	05/15/21	96,562
250,000	Dominion Energy, Inc.	1.60%	08/15/19	246,210
1,000,000	Dominion Energy, Inc.	2.58%	07/01/20	985,808
250,000	Dominion Energy, Inc.	2.75%	01/15/22	242,651
495,000	Dominion Energy, Inc.	4.70%	12/01/44	500,248
330,000	NiSource, Inc.	2.65%	11/17/22	319,302
500,000	NiSource, Inc. (c)	3.65%	06/15/23	500,050
500,000	NiSource, Inc.	3.49%	05/15/27	479,004
750,000	NiSource, Inc.	4.38%	05/15/47	731,361
500,000	NiSource, Inc.	3.95%	03/30/48	464,336
250,000	Public Service Enterprise Group, Inc.	1.60%	11/15/19	244,589
250,000	Public Service Enterprise Group, Inc.	2.00%	11/15/21	237,948
500,000	Public Service Enterprise Group, Inc.	2.65%	11/15/22	481,835
250,000	Sempra Energy	4.00%	02/01/48	225,623
				7,533,064
Oil, Gas & Consumable Fuels – 3.6%				
150,000	Anadarko Petroleum Corp.	5.55%	03/15/26	161,004
450,000	Andeavor	3.80%	04/01/28	425,862
250,000	Andeavor Logistics L.P./Tesoro Logistics Finance Corp.	4.25%	12/01/27	239,932
250,000	Boardwalk Pipelines L.P.	5.95%	06/01/26	268,513
750,000	Boardwalk Pipelines L.P.	4.45%	07/15/27	729,600
750,000	Chevron Corp.	2.10%	05/16/21	732,753
550,000	Chevron Corp.	2.57%	05/16/23	530,426
500,000	Chevron Corp.	2.90%	03/03/24	486,739
150,000	Chevron Corp.	3.33%	11/17/25	148,563
1,360,000	Chevron Corp.	2.95%	05/16/26	1,306,123
250,000	Chevron Corp., 3 Mo. LIBOR + 0.21% (a)	2.53%	03/03/20	250,645
182,000	Chevron Corp., 3 Mo. LIBOR + 0.53% (a)	2.85%	03/03/22	184,058
225,000	ConocoPhillips	6.50%	02/01/39	288,246
250,000	ConocoPhillips Co.	5.95%	03/15/46	312,219
325,000	Devon Energy Corp.	3.25%	05/15/22	319,768
250,000	Enable Midstream Partners L.P.	4.95%	05/15/28	243,502
185,000	Enbridge Energy Partners L.P.	5.50%	09/15/40	193,129
400,000	Enbridge Energy Partners L.P.	7.38%	10/15/45	510,613
400,000	Energy Transfer Partners L.P.	3.60%	02/01/23	391,196
150,000	Energy Transfer Partners L.P.	4.20%	09/15/23	150,100
250,000	Energy Transfer Partners L.P.	4.20%	04/15/27	236,001
250,000	Energy Transfer Partners L.P.	4.95%	06/15/28	249,709
250,000	Energy Transfer Partners L.P.	5.80%	06/15/38	248,159
175,000	Energy Transfer Partners L.P.	6.50%	02/01/42	180,847

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Stated Coupon	Stated Maturity	Value
CORPORATE BONDS AND NOTES (Continued)				
Oil, Gas & Consumable Fuels (Continued)				
\$ 250,000	Energy Transfer Partners L.P.	5.30%	04/15/47	\$ 229,995
250,000	Energy Transfer Partners L.P.	6.00%	06/15/48	250,839
500,000	Exxon Mobil Corp.	2.22%	03/01/21	490,986
150,000	Exxon Mobil Corp.	2.71%	03/06/25	144,196
200,000	Exxon Mobil Corp.	3.04%	03/01/26	194,733
825,000	Exxon Mobil Corp.	4.11%	03/01/46	841,786
220,000	Kinder Morgan Energy Partners L.P.	3.50%	03/01/21	219,531
100,000	Kinder Morgan Energy Partners L.P.	4.15%	02/01/24	99,643
175,000	Kinder Morgan Energy Partners L.P.	6.95%	01/15/38	200,012
800,000	Kinder Morgan, Inc.	3.05%	12/01/19	797,800
500,000	Kinder Morgan, Inc.	3.15%	01/15/23	483,264
715,000	Kinder Morgan, Inc.	4.30%	06/01/25	714,285
500,000	Kinder Morgan, Inc.	4.30%	03/01/28	486,693
300,000	Kinder Morgan, Inc.	5.55%	06/01/45	303,036
650,000	Kinder Morgan, Inc.	5.05%	02/15/46	605,352
500,000	Kinder Morgan, Inc.	5.20%	03/01/48	485,203
250,000	Marathon Oil Corp.	3.85%	06/01/25	246,312
500,000	Marathon Oil Corp.	4.40%	07/15/27	502,676
259,000	Marathon Oil Corp.	5.20%	06/01/45	274,926
250,000	MPLX L.P.	3.38%	03/15/23	244,750
600,000	MPLX L.P.	4.13%	03/01/27	573,368
500,000	MPLX L.P.	4.00%	03/15/28	476,479
705,000	MPLX L.P.	5.20%	03/01/47	703,099
400,000	ONEOK Partners L.P.	3.38%	10/01/22	394,962
250,000	ONEOK, Inc.	4.55%	07/15/28	252,692
250,000	ONEOK, Inc.	5.20%	07/15/48	253,310
250,000	Phillips 66	4.88%	11/15/44	259,207
300,000	Plains All American Pipeline L.P./PAA Finance Corp.	4.65%	10/15/25	299,417
500,000	Sabine Pass Liquefaction LLC	5.00%	03/15/27	508,433
250,000	Sabine Pass Liquefaction LLC	4.20%	03/15/28	242,503
350,000	Sunoco Logistics Partners Operations L.P.	3.90%	07/15/26	328,175
500,000	Sunoco Logistics Partners Operations L.P.	4.00%	10/01/27	468,239
500,000	Sunoco Logistics Partners Operations L.P.	5.40%	10/01/47	461,361
500,000	TC PipeLines L.P.	3.90%	05/25/27	470,982
250,000	Texas Eastern Transmission L.P. (c)	3.50%	01/15/28	235,869
250,000	Texas Eastern Transmission L.P. (c)	4.15%	01/15/48	224,988
250,000	Transcontinental Gas Pipe Line Co., LLC (c)	4.00%	03/15/28	243,447
500,000	Transcontinental Gas Pipe Line Co., LLC (c)	4.60%	03/15/48	482,801
500,000	Valero Energy Corp.	4.35%	06/01/28	498,781
250,000	Western Gas Partners L.P.	5.30%	03/01/48	230,547
300,000	Williams Partners L.P.	3.60%	03/15/22	298,790
250,000	Williams Partners L.P.	3.90%	01/15/25	244,228
95,000	Williams Partners L.P.	4.00%	09/15/25	92,995
250,000	Williams Partners L.P.	3.75%	06/15/27	236,498
625,000	Williams Partners L.P.	4.90%	01/15/45	599,229
270,000	Williams Partners L.P.	5.10%	09/15/45	267,665
500,000	Williams Partners L.P.	4.85%	03/01/48	478,185
				26,429,975
Pharmaceuticals – 0.4%				
250,000	Bayer US Finance II LLC (c)	3.50%	06/25/21	250,668
250,000	Bayer US Finance II LLC (c)	3.88%	12/15/23	250,315

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Stated Coupon	Stated Maturity	Value
CORPORATE BONDS AND NOTES (Continued)				
Pharmaceuticals (Continued)				
\$ 250,000	Bayer US Finance II LLC (c)	4.25%	12/15/25	\$ 251,729
250,000	Bayer US Finance II LLC (c)	4.38%	12/15/28	250,997
250,000	Bayer US Finance II LLC (c)	4.63%	06/25/38	248,644
250,000	Bayer US Finance II LLC (c)	4.88%	06/25/48	251,698
250,000	Bayer US Finance II LLC, 3 Mo. LIBOR + 1.01% (a) (c)	3.35%	12/15/23	250,173
250,000	Johnson & Johnson	3.63%	03/03/37	244,792
250,000	Johnson & Johnson	3.75%	03/03/47	244,107
300,000	Merck & Co., Inc.	2.75%	02/10/25	287,055
250,000	Mylan, Inc. (c)	4.55%	04/15/28	244,790
250,000	Mylan, Inc. (c)	5.20%	04/15/48	241,277
				3,016,245
Road & Rail – 0.5%				
250,000	CSX Corp.	3.80%	11/01/46	222,435
200,000	CSX Corp.	4.50%	08/01/54	190,483
250,000	CSX Corp.	4.25%	11/01/66	217,155
250,000	Kansas City Southern	4.70%	05/01/48	243,156
250,000	Norfolk Southern Corp.	2.90%	06/15/26	233,668
500,000	Norfolk Southern Corp.	4.15%	02/28/48	482,985
250,000	Ryder System, Inc.	2.25%	09/01/21	241,624
500,000	Ryder System, Inc.	2.80%	03/01/22	487,766
300,000	Union Pacific Corp.	3.75%	03/15/24	303,966
250,000	Union Pacific Corp.	3.00%	04/15/27	236,928
183,000	Union Pacific Corp.	4.15%	01/15/45	176,723
225,000	Union Pacific Corp.	4.05%	03/01/46	213,922
250,000	Union Pacific Corp.	4.10%	09/15/67	220,413
				3,471,224
Semiconductors & Semiconductor Equipment – 0.4%				
100,000	Intel Corp.	1.70%	05/19/21	96,601
250,000	Intel Corp.	2.35%	05/11/22	243,191
100,000	Intel Corp.	3.10%	07/29/22	99,979
375,000	Intel Corp.	2.70%	12/15/22	367,476
500,000	Intel Corp.	2.88%	05/11/24	484,627
100,000	Intel Corp.	2.60%	05/19/26	93,343
250,000	Intel Corp.	3.15%	05/11/27	242,432
300,000	Intel Corp.	4.10%	05/19/46	302,212
500,000	Intel Corp.	4.10%	05/11/47	499,828
163,000	Intel Corp.	3.73%	12/08/47	153,970
250,000	Intel Corp., 3 Mo. LIBOR + 0.08% (a)	2.44%	05/11/20	250,290
250,000	Intel Corp., 3 Mo. LIBOR + 0.35% (a)	2.71%	05/11/22	251,690
				3,085,639
Software – 0.9%				
250,000	Microsoft Corp.	1.85%	02/06/20	246,863
150,000	Microsoft Corp.	2.00%	11/03/20	147,685
250,000	Microsoft Corp.	1.55%	08/08/21	239,834
800,000	Microsoft Corp.	2.40%	02/06/22	783,438
150,000	Microsoft Corp.	3.63%	12/15/23	153,269
250,000	Microsoft Corp.	2.88%	02/06/24	244,938
200,000	Microsoft Corp.	3.13%	11/03/25	196,672
100,000	Microsoft Corp.	2.40%	08/08/26	92,605
500,000	Microsoft Corp.	3.30%	02/06/27	492,888

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Stated Coupon	Stated Maturity	Value
CORPORATE BONDS AND NOTES (Continued)				
Software (Continued)				
\$ 100,000	Microsoft Corp.	3.45%	08/08/36	\$ 95,928
250,000	Microsoft Corp.	4.10%	02/06/37	260,971
275,000	Microsoft Corp.	4.45%	11/03/45	296,781
350,000	Microsoft Corp.	3.70%	08/08/46	341,251
950,000	Microsoft Corp.	4.25%	02/06/47	1,010,248
200,000	Oracle Corp.	1.90%	09/15/21	190,571
100,000	Oracle Corp.	2.50%	05/15/22	97,425
500,000	Oracle Corp.	2.40%	09/15/23	471,994
250,000	Oracle Corp.	3.40%	07/08/24	247,886
350,000	Oracle Corp.	2.65%	07/15/26	323,126
400,000	Oracle Corp.	5.38%	07/15/40	452,135
350,000	Oracle Corp.	4.00%	07/15/46	331,067
				6,717,575
Specialty Retail – 0.6%				
500,000	Home Depot (The), Inc.	2.00%	04/01/21	488,092
770,000	Home Depot (The), Inc.	4.40%	04/01/21	797,936
100,000	Home Depot (The), Inc.	3.35%	09/15/25	98,524
550,000	Home Depot (The), Inc.	3.00%	04/01/26	526,072
250,000	Home Depot (The), Inc.	2.13%	09/15/26	223,227
1,000,000	Home Depot (The), Inc.	2.80%	09/14/27	929,867
100,000	Home Depot (The), Inc.	4.40%	03/15/45	102,485
500,000	Home Depot (The), Inc.	4.25%	04/01/46	504,220
500,000	Home Depot (The), Inc.	3.90%	06/15/47	480,151
250,000	Home Depot (The), Inc.	3.50%	09/15/56	215,396
				4,365,970
Technology Hardware, Storage & Peripherals – 0.9%				
450,000	Apple, Inc.	2.85%	05/06/21	449,104
250,000	Apple, Inc.	1.55%	08/04/21	239,696
250,000	Apple, Inc.	2.10%	09/12/22	240,363
250,000	Apple, Inc.	2.40%	01/13/23	241,360
375,000	Apple, Inc.	2.40%	05/03/23	361,529
250,000	Apple, Inc.	3.00%	02/09/24	245,046
500,000	Apple, Inc.	2.85%	05/11/24	484,469
500,000	Apple, Inc.	2.75%	01/13/25	478,969
100,000	Apple, Inc.	2.45%	08/04/26	91,884
250,000	Apple, Inc.	3.35%	02/09/27	244,395
500,000	Apple, Inc.	3.20%	05/11/27	482,788
250,000	Apple, Inc.	2.90%	09/12/27	234,965
500,000	Apple, Inc.	3.00%	11/13/27	475,692
100,000	Apple, Inc.	4.45%	05/06/44	104,772
100,000	Apple, Inc.	4.65%	02/23/46	107,986
600,000	Apple, Inc.	4.25%	02/09/47	610,048
250,000	Apple, Inc.	3.75%	09/12/47	234,911
250,000	Apple, Inc.	3.75%	11/13/47	235,408
250,000	Apple, Inc., 3 Mo. LIBOR + 0.20% (a)	2.56%	02/07/20	250,746
110,000	Apple, Inc., 3 Mo. LIBOR + 0.50% (a)	2.87%	02/09/22	111,389
500,000	Hewlett Packard Enterprise Co. (c)	2.10%	10/04/19	493,857
100,000	Hewlett Packard Enterprise Co.	3.60%	10/15/20	100,528
				6,519,905

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Stated Coupon	Stated Maturity	Value
CORPORATE BONDS AND NOTES (Continued)				
Tobacco – 0.1%				
\$ 250,000	BAT Capital Corp. (c)	3.22%	08/15/24	\$ 237,132
250,000	BAT Capital Corp. (c)	3.56%	08/15/27	233,045
250,000	BAT Capital Corp. (c)	4.39%	08/15/37	235,276
250,000	BAT Capital Corp. (c)	4.54%	08/15/47	234,355
				939,808
Trading Companies & Distributors – 0.1%				
250,000	Air Lease Corp.	2.75%	01/15/23	238,383
250,000	Air Lease Corp.	3.25%	03/01/25	232,295
				470,678
Water Utilities – 0.0%				
250,000	American Water Capital Corp.	3.75%	09/01/47	231,413
	Total Corporate Bonds and Notes			291,960,854
	(Cost \$301,480,854)			
FOREIGN CORPORATE BONDS AND NOTES – 1.9%				
Banks – 0.8%				
250,000	Barclays PLC, 3 Mo. LIBOR + 1.38% (a)	3.71%	05/16/24	248,133
475,000	HSBC Holdings PLC	2.65%	01/05/22	460,138
200,000	HSBC Holdings PLC (b)	3.26%	03/13/23	196,006
500,000	HSBC Holdings PLC (b)	3.95%	05/18/24	498,538
625,000	HSBC Holdings PLC	3.90%	05/25/26	611,760
350,000	HSBC Holdings PLC	4.38%	11/23/26	344,645
200,000	HSBC Holdings PLC (b)	4.04%	03/13/28	194,370
500,000	HSBC Holdings PLC (b)	4.58%	06/19/29	505,619
238,000	HSBC Holdings PLC, 3 Mo. LIBOR + 0.60% (a)	2.93%	05/18/21	238,412
500,000	HSBC Holdings PLC, 3 Mo. LIBOR + 1.00% (a)	3.33%	05/18/24	498,898
700,000	HSBC Holdings PLC, 3 Mo. LIBOR + 1.66% (a)	3.99%	05/25/21	722,299
500,000	HSBC Holdings PLC, 3 Mo. LIBOR + 2.24% (a)	4.56%	03/08/21	523,055
250,000	Mizuho Financial Group, Inc., 3 Mo. LIBOR + 0.79% (a)	3.11%	03/05/23	250,136
250,000	Royal Bank of Scotland Group PLC (b)	3.50%	05/15/23	242,393
				5,534,402
Capital Markets – 0.2%				
500,000	Credit Suisse Group AG (c)	3.57%	01/09/23	490,271
500,000	Credit Suisse Group AG (b) (c)	3.87%	01/12/29	471,084
250,000	UBS Group Funding Switzerland AG, 3 Mo. LIBOR + 1.22% (a) (c)	3.55%	05/23/23	253,150
				1,214,505
Diversified Financial Services – 0.1%				
444,000	GE Capital International Funding Co. Unlimited Co.	4.42%	11/15/35	430,909
250,000	Shell International Finance, B.V.	4.00%	05/10/46	242,725
250,000	Shell International Finance, B.V.	3.75%	09/12/46	232,977
				906,611
Diversified Telecommunication Services – 0.0%				
250,000	TELUS Corp.	4.60%	11/16/48	245,421
Health Care Equipment & Supplies – 0.0%				
250,000	Medtronic Global Holdings SCA	3.35%	04/01/27	243,840

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Stated Coupon	Stated Maturity	Value
FOREIGN CORPORATE BONDS AND NOTES (Continued)				
Metals & Mining – 0.2%				
\$ 250,000	Anglo American Capital PLC (c)	3.63%	09/11/24	\$ 236,961
250,000	Anglo American Capital PLC (c)	4.00%	09/11/27	233,107
250,000	Anglo American Capital PLC (c)	4.50%	03/15/28	241,760
330,000	BHP Billiton Finance USA, Ltd.	5.00%	09/30/43	371,093
350,000	Vale Overseas, Ltd.	6.25%	08/10/26	379,925
				1,462,846
Oil, Gas & Consumable Fuels – 0.4%				
100,000	BP Capital Markets PLC	3.12%	05/04/26	95,656
500,000	Canadian Natural Resources, Ltd.	2.95%	01/15/23	482,908
100,000	Canadian Natural Resources, Ltd.	3.80%	04/15/24	99,240
500,000	Canadian Natural Resources, Ltd.	3.85%	06/01/27	488,740
500,000	Canadian Natural Resources, Ltd.	4.95%	06/01/47	518,051
100,000	Cenovus Energy, Inc.	5.40%	06/15/47	98,253
250,000	Enbridge, Inc.	2.90%	07/15/22	243,049
250,000	Enbridge, Inc.	4.25%	12/01/26	248,167
250,000	Enbridge, Inc.	3.70%	07/15/27	237,350
250,000	Enbridge, Inc.	5.50%	12/01/46	267,860
200,000	Petroleos Mexicanos	5.38%	03/13/22	205,600
240,000	TransCanada PipeLines, Ltd.	4.25%	05/15/28	241,226
				3,226,100
Trading Companies & Distributors – 0.1%				
250,000	AerCap Ireland Capital DAC/AerCap Global Aviation Trust ...	3.50%	01/15/25	234,859
250,000	AerCap Ireland Capital DAC/AerCap Global Aviation Trust ...	3.88%	01/23/28	230,723
				465,582
Wireless Telecommunication Services – 0.1%				
250,000	Vodafone Group PLC	3.75%	01/16/24	248,171
250,000	Vodafone Group PLC	4.13%	05/30/25	249,420
250,000	Vodafone Group PLC	4.38%	05/30/28	247,520
25,000	Vodafone Group PLC, 3 Mo. LIBOR + 0.99% (a)	3.29%	01/16/24	24,903
				770,014
Total Foreign Corporate Bonds and Notes				14,069,321
(Cost \$14,259,401)				
U.S. GOVERNMENT BONDS AND NOTES – 0.5%				
942,000	U.S. Treasury Bond	3.00%	02/15/48	945,367
400,000	U.S. Treasury Note (d)	1.38%	09/30/19	394,844
550,000	U.S. Treasury Note	2.50%	05/31/20	549,796
275,000	U.S. Treasury Note	2.63%	05/15/21	275,048
275,000	U.S. Treasury Note	2.63%	06/15/21	275,059
765,000	U.S. Treasury Note	2.75%	05/31/23	766,046
200,000	U.S. Treasury Note	2.88%	05/15/28	200,426
Total U.S. Government Bonds and Notes				3,406,586
(Cost \$3,390,929)				

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Annualized Yield on Date of Purchase	Stated Maturity	Value
COMMERCIAL PAPER – 0.2%				
	Electric Utilities – 0.0%			
\$ 275,000	Commonwealth Edison Co.	2.20%	07/02/18	\$ 274,949
	Multi-Utilities – 0.2%			
1,300,000	Consolidated Edison, Inc.	2.15%	07/02/18	1,299,765
	Total Commercial Paper			<u>1,574,714</u>
	(Cost \$1,574,906)			
	Total Investments – 99.0%			721,451,575
	(Cost \$681,203,099) (e)			
	Net Other Assets and Liabilities – 1.0%			7,472,965
	Net Assets – 100.0%			<u>\$ 728,924,540</u>

Futures Contracts (see Note 2E - Futures Contracts in the Notes to Financial Statements):

Futures Contracts	Position	Number of Contracts	Expiration Date	Notional Value	Unrealized Appreciation (Depreciation)/ Value
U.S. Treasury 10-Year Notes	Short	15	Sep 2018	\$ (1,802,812)	\$ 10,899
U.S. Treasury 5-Year Notes	Short	30	Sep 2018	(3,408,516)	21,805
U.S. Treasury CME Ultra Long Term Bonds	Short	4	Sep 2018	(638,250)	1,656
U.S. Treasury Ultra 10-Year Notes	Short	99	Sep 2018	(12,695,204)	64,234
Total Futures Contracts				<u>\$(18,544,782)</u>	<u>\$ 98,594</u>

- (a) Floating or variable rate security.
- (b) Fixed-to-floating or fixed-to-variable rate security. The interest rate shown reflects the fixed rate in effect at June 30, 2018. At a predetermined date, the fixed rate will change to a floating rate or a variable rate.
- (c) This security, sold within the terms of a private placement memorandum, is exempt from registration upon resale under Rule 144A under the Securities Act of 1933, as amended, and may be resold in transactions exempt from registration, normally to qualified institutional buyers. Pursuant to procedures adopted by the Trust's Board of Trustees, this security has been determined to be liquid by First Trust Advisors L.P. (the "Advisor"). Although market instability can result in periods of increased overall market illiquidity, liquidity for each security is determined based on security specific factors and assumptions, which require subjective judgment. At June 30, 2018, securities noted as such amounted to \$14,724,902 or 2.0% of net assets.
- (d) All or a portion of this security is segregated as collateral for open futures contracts.
- (e) Aggregate cost for financial reporting purposes approximates the aggregate cost for federal income tax purposes. As of June 30, 2018, the aggregate gross unrealized appreciation for all investments in which there was an excess of value over tax cost was \$59,962,134 and the aggregate gross unrealized depreciation for all investments in which there was an excess of tax cost over value was \$19,615,064. The net unrealized appreciation was \$40,347,070. The amounts presented are inclusive of derivative contracts.

LIBOR London Interbank Offered Rate

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Valuation Inputs

A summary of the inputs used to value the Fund's investments as of June 30, 2018 is as follows (see Note 2A - Portfolio Valuation in the Notes to Financial Statements):

	Total Value at 6/30/2018	Level 1 Quoted Prices	Level 2 Significant Observable Inputs	Level 3 Significant Unobservable Inputs
Common Stocks*	\$ 410,440,100	\$ 410,440,100	\$ —	\$ —
Corporate Bonds and Notes*	291,960,854	—	291,960,854	—
Foreign Corporate Bonds and Notes*	14,069,321	—	14,069,321	—
U.S. Government Bonds and Notes	3,406,586	—	3,406,586	—
Commercial Paper*	1,574,714	—	1,574,714	—
Total Investments	<u>721,451,575</u>	<u>410,440,100</u>	<u>311,011,475</u>	<u>—</u>
Futures**	98,594	98,594	—	—
Total	<u>\$ 721,550,169</u>	<u>\$ 410,538,694</u>	<u>\$ 311,011,475</u>	<u>\$ —</u>

* See Portfolio of Investments for industry breakout.

** Includes cumulative appreciation (depreciation) on futures contracts as reported in the Futures Contracts table. The current day's variation margin is presented on the Statements of Assets and Liabilities.

All transfers in and out of the Levels during the period are assumed to occur on the last day of the period at their current value. There were no transfers between Levels at June 30, 2018.

First Trust Multi Income Allocation Portfolio
Portfolio of Investments
June 30, 2018 (Unaudited)

Shares	Description	Value
EXCHANGE-TRADED FUNDS — 36.6%		
Capital Markets — 36.6%		
15,470	First Trust Institutional Preferred Securities and Income ETF (a)	\$ 293,930
46,740	First Trust Preferred Securities and Income ETF (a)	890,864
58,180	First Trust Senior Loan Fund (a)	2,779,259
33,260	First Trust Tactical High Yield ETF (a)	1,566,213
235	iShares 20+ Year Treasury Bond ETF	28,604
1,100	iShares 3-7 Year Treasury Bond ETF	132,000
430	iShares 7-10 Year Treasury Bond ETF	44,079
6,212	iShares Floating Rate Bond ETF	316,812
12,878	iShares iBoxx \$ Investment Grade Corporate Bond ETF	1,475,433
1,400	iShares MBS ETF	145,852
1	Vanguard Mortgage-Backed Securities ETF	52
Total Exchange-Traded Funds		7,673,098
(Cost \$7,840,740)		
COMMON STOCKS — 22.3%		
Aerospace & Defense — 0.6%		
305	General Dynamics Corp.	56,855
343	Raytheon Co.	66,261
		123,116
Banks — 1.6%		
1,004	JPMorgan Chase & Co.	104,617
429	M&T Bank Corp.	72,994
1,350	U.S. Bancorp	67,527
1,419	Webster Financial Corp.	90,390
		335,528
Beverages — 0.4%		
518	Diageo PLC, ADR	74,597
Biotechnology — 0.3%		
633	AbbVie, Inc.	58,647
Capital Markets — 0.4%		
151	BlackRock, Inc.	75,355
Chemicals — 0.8%		
393	Ecolab, Inc.	55,150
375	International Flavors & Fragrances, Inc.	46,485
540	LyondellBasell Industries N.V., Class A	59,319
		160,954
Communications Equipment — 0.4%		
2,078	Cisco Systems, Inc.	89,416
Consumer Finance — 0.4%		
834	Capital One Financial Corp.	76,645
Diversified Telecommunication Services — 0.3%		
1,246	Verizon Communications, Inc.	62,686
Electric Utilities — 2.1%		
580	Alliant Energy Corp.	24,546
493	American Electric Power Co., Inc.	34,140
304	Duke Energy Corp.	24,040
957	Emera, Inc. (CAD)	31,156

First Trust Multi Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Shares	Description	Value
COMMON STOCKS (Continued)		
Electric Utilities (Continued)		
255	Eversource Energy	\$ 14,946
953	Exelon Corp.	40,598
1,121	Fortis, Inc. (CAD)	35,830
932	Hydro One Ltd. (CAD) (b)	14,207
409	NextEra Energy, Inc.	68,315
2,617	OGE Energy Corp.	92,145
532	PPL Corp.	15,189
749	Southern (The) Co.	34,686
		429,798
Electrical Equipment — 0.3%		
819	Eaton Corp. PLC	61,212
Electronic Equipment, Instruments & Components — 0.3%		
749	TE Connectivity Ltd.	67,455
Food & Staples Retailing — 0.7%		
1,223	Sysco Corp.	83,519
848	Walmart, Inc.	72,631
		156,150
Gas Utilities — 0.3%		
179	Atmos Energy Corp.	16,135
376	New Jersey Resources Corp.	16,826
666	UGI Corp.	34,679
		67,640
Health Care Equipment & Supplies — 0.8%		
1,341	Abbott Laboratories	81,788
876	STERIS PLC	91,989
		173,777
Health Care Providers & Services — 0.7%		
449	Aetna, Inc.	82,391
912	CVS Health Corp.	58,687
		141,078
Hotels, Restaurants & Leisure — 0.7%		
1,260	Carnival Corp.	72,211
458	McDonald's Corp.	71,764
		143,975
Industrial Conglomerates — 0.7%		
451	Honeywell International, Inc.	64,967
1,146	Siemens AG, ADR	75,504
		140,471
Insurance — 0.3%		
1,759	Fidelity National Financial, Inc.	66,174
Internet & Direct Marketing Retail — 0.3%		
606	Expedia Group, Inc.	72,835
IT Services — 0.9%		
664	Accenture PLC, Class A	108,624
828	Fidelity National Information Services, Inc.	87,793
		196,417

First Trust Multi Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Shares	Description	Value
COMMON STOCKS (Continued)		
Machinery — 0.3%		
393	Parker-Hannifin Corp.	\$ 61,249
Multi-Utilities — 0.7%		
1,078	National Grid PLC, ADR	60,206
966	Public Service Enterprise Group, Inc.	52,299
135	Sempra Energy	15,675
240	WEC Energy Group, Inc.	15,516
		143,696
Oil, Gas & Consumable Fuels — 3.7%		
531	Chevron Corp.	67,134
1,089	ConocoPhillips	75,816
2,793	Enbridge Income Fund Holdings, Inc. (CAD)	68,495
942	Enbridge, Inc.	33,620
813	Exxon Mobil Corp.	67,259
1,744	Inter Pipeline Ltd. (CAD)	32,687
6,957	Kinder Morgan, Inc.	122,930
1,208	ONEOK, Inc.	84,355
1,166	TOTAL S.A., ADR	70,613
3,419	TransCanada Corp.	147,701
		770,610
Pharmaceuticals — 0.9%		
767	Eli Lilly & Co.	65,448
1,207	Merck & Co., Inc.	73,265
802	Novartis AG, ADR	60,583
		199,296
Road & Rail — 0.4%		
567	Union Pacific Corp.	80,333
Semiconductors & Semiconductor Equipment — 0.7%		
301	Broadcom, Inc.	73,035
1,661	Intel Corp.	82,568
		155,603
Software — 0.7%		
964	Microsoft Corp.	95,060
1,405	Oracle Corp.	61,904
		156,964
Specialty Retail — 0.4%		
450	Home Depot (The), Inc.	87,795
Technology Hardware, Storage & Peripherals — 0.5%		
512	Apple, Inc.	94,776
Textiles, Apparel & Luxury Goods — 0.4%		
1,006	NIKE, Inc., Class B	80,158
Trading Companies & Distributors — 0.3%		
795	MSC Industrial Direct Co., Inc., Class A	67,456
	Total Common Stocks	4,671,862
	(Cost \$4,134,351)	

First Trust Multi Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Shares	Description	Value
REAL ESTATE INVESTMENT TRUSTS — 13.8%		
Diversified REITs — 2.2%		
2,554	Liberty Property Trust	\$ 113,219
876	PS Business Parks, Inc.	112,566
4,158	STORE Capital Corp.	113,929
3,854	Washington Real Estate Investment Trust	116,892
		456,606
Health Care REITs — 1.1%		
1,512	National Health Investors, Inc.	111,404
6,852	Physicians Realty Trust	109,221
		220,625
Hotel & Resort REITs — 1.8%		
3,976	Hospitality Properties Trust	113,753
5,847	Host Hotels & Resorts, Inc.	123,196
5,397	Xenia Hotels & Resorts, Inc.	131,471
		368,420
Industrial REITs — 1.6%		
4,028	Duke Realty Corp.	116,933
1,747	Prologis, Inc.	114,760
4,138	STAG Industrial, Inc.	112,678
		344,371
Office REITs — 1.6%		
4,022	Corporate Office Properties Trust	116,598
2,270	Highwoods Properties, Inc.	115,157
1,133	SL Green Realty Corp.	113,901
		345,656
Residential REITs — 1.7%		
2,757	Apartment Investment & Management Co., Class A	116,621
678	AvalonBay Communities, Inc.	116,541
1,217	Mid-America Apartment Communities, Inc.	122,515
		355,677
Retail REITs — 1.1%		
2,753	National Retail Properties, Inc.	121,022
653	Simon Property Group, Inc.	111,134
		232,156
Specialized REITs — 2.7%		
780	American Tower Corp.	112,453
1,954	CyrusOne, Inc.	114,036
992	Digital Realty Trust, Inc.	110,687
1,798	EPR Properties	116,492
1,181	Extra Space Storage, Inc.	117,876
		571,544
	Total Real Estate Investment Trusts	2,895,055
	(Cost \$2,695,928)	

First Trust Multi Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Units	Description	Value
MASTER LIMITED PARTNERSHIPS — 10.6%		
Chemicals — 0.3%		
2,492	Westlake Chemical Partners, L.P.	\$ 61,054
Gas Utilities — 0.6%		
2,347	AmeriGas Partners, L.P.	99,090
998	Suburban Propane Partners, L.P.	23,443
		122,533
Independent Power and Renewable Electricity Producers — 0.6%		
2,567	NextEra Energy Partners, L.P.	119,802
Oil, Gas & Consumable Fuels — 9.1%		
1,535	Alliance Resource Partners, L.P.	28,167
2,531	BP Midstream Partners, L.P.	53,126
778	Buckeye Partners, L.P.	27,347
12,801	Enbridge Energy Partners, L.P.	139,915
1,417	Energy Transfer Equity, L.P.	24,443
1,265	Energy Transfer Partners, L.P.	24,086
11,985	Enterprise Products Partners, L.P.	331,625
2,491	EQT Midstream Partners, L.P.	128,511
5,306	Holly Energy Partners, L.P.	149,947
2,963	Magellan Midstream Partners, L.P.	204,684
222	MPLX, L.P.	7,579
2,863	Phillips 66 Partners, L.P.	146,185
647	Plains All American Pipeline, L.P.	15,295
6,078	Shell Midstream Partners, L.P.	134,810
4,753	Spectra Energy Partners, L.P.	168,351
6,666	TC PipeLines, L.P.	172,983
421	TransMontaigne Partners, L.P.	15,510
807	Valero Energy Partners, L.P.	30,722
228	Western Gas Equity Partners, L.P.	8,151
153	Western Gas Partners, L.P.	7,404
2,327	Williams Partners, L.P.	94,453
		1,913,294
Total Master Limited Partnerships		2,216,683
(Cost \$2,304,965)		

Principal Value	Description	Stated Coupon	Stated Maturity	Value
U.S. GOVERNMENT BONDS AND NOTES — 7.6%				
\$ 35,004	U.S. Treasury Inflation Indexed Bond (c)	2.50%	01/15/29	41,175
22,858	U.S. Treasury Inflation Indexed Bond (c)	3.88%	04/15/29	30,102
7,198	U.S. Treasury Inflation Indexed Bond (c)	3.38%	04/15/32	9,621
23,181	U.S. Treasury Inflation Indexed Bond (c)	2.13%	02/15/40	29,182
34,089	U.S. Treasury Inflation Indexed Bond (c)	2.13%	02/15/41	43,224
31,929	U.S. Treasury Inflation Indexed Bond (c)	0.75%	02/15/42	31,226
31,163	U.S. Treasury Inflation Indexed Bond (c)	0.63%	02/15/43	29,542
30,957	U.S. Treasury Inflation Indexed Bond (c)	1.38%	02/15/44	34,610
30,106	U.S. Treasury Inflation Indexed Bond (c)	0.75%	02/15/45	29,253
26,432	U.S. Treasury Inflation Indexed Bond (c)	1.00%	02/15/46	27,264
24,907	U.S. Treasury Inflation Indexed Bond (c)	0.88%	02/15/47	24,944

First Trust Multi Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Stated Coupon	Stated Maturity	Value
U.S. GOVERNMENT BONDS AND NOTES (Continued)				
\$ 9,143	U.S. Treasury Inflation Indexed Bond (c)	1.00%	02/15/48	\$ 9,463
60,832	U.S. Treasury Inflation Indexed Note (c)	0.13%	04/15/19	60,490
16,426	U.S. Treasury Inflation Indexed Note (c)	1.88%	07/15/19	16,696
23,633	U.S. Treasury Inflation Indexed Note (c)	1.38%	01/15/20	23,906
59,905	U.S. Treasury Inflation Indexed Note (c)	0.13%	04/15/20	59,285
40,204	U.S. Treasury Inflation Indexed Note (c)	1.25%	07/15/20	40,870
47,182	U.S. Treasury Inflation Indexed Note (c)	1.13%	01/15/21	47,807
56,020	U.S. Treasury Inflation Indexed Note (c)	0.13%	04/15/21	55,173
43,348	U.S. Treasury Inflation Indexed Note (c)	0.63%	07/15/21	43,523
53,017	U.S. Treasury Inflation Indexed Note (c)	0.13%	01/15/22	52,127
54,595	U.S. Treasury Inflation Indexed Note (c)	0.13%	04/15/22	53,489
54,468	U.S. Treasury Inflation Indexed Note (c)	0.13%	07/15/22	53,579
54,266	U.S. Treasury Inflation Indexed Note (c)	0.13%	01/15/23	53,066
19,162	U.S. Treasury Inflation Indexed Note (c)	0.63%	04/15/23	19,134
53,824	U.S. Treasury Inflation Indexed Note (c)	0.38%	07/15/23	53,355
48,314	U.S. Treasury Inflation Indexed Note (c)	0.63%	01/15/24	48,270
55,073	U.S. Treasury Inflation Indexed Note (c)	0.13%	07/15/24	53,557
52,884	U.S. Treasury Inflation Indexed Note (c)	0.25%	01/15/25	51,458
44,522	U.S. Treasury Inflation Indexed Note (c)	2.38%	01/15/25	49,386
58,101	U.S. Treasury Inflation Indexed Note (c)	0.38%	07/15/25	57,100
59,041	U.S. Treasury Inflation Indexed Note (c)	0.63%	01/15/26	58,751
29,661	U.S. Treasury Inflation Indexed Note (c)	2.00%	01/15/26	32,516
48,075	U.S. Treasury Inflation Indexed Note (c)	0.13%	07/15/26	46,081
49,779	U.S. Treasury Inflation Indexed Note (c)	0.38%	01/15/27	48,430
25,466	U.S. Treasury Inflation Indexed Note (c)	2.38%	01/15/27	28,979
48,133	U.S. Treasury Inflation Indexed Note (c)	0.38%	07/15/27	46,851
38,593	U.S. Treasury Inflation Indexed Note (c)	0.50%	01/15/28	37,776
55,006	U.S. Treasury Inflation Indexed Note (c)	1.75%	01/15/28	60,142
	Total U.S. Government Bonds and Notes			1,591,403
	(Cost \$1,613,035)			

U.S. GOVERNMENT AGENCY MORTGAGE-BACKED SECURITIES — 6.1%

Collateralized Mortgage Obligations — 3.4%				
Fannie Mae REMICS				
18	Series 1988-30, Class D	9.50%	12/25/18	18
70	Series 1989-69, Class G	7.60%	10/25/19	70
288	Series 1989-82, Class G	8.40%	11/25/19	296
1,513	Series 1990-109, Class J	7.00%	09/25/20	1,552
659	Series 1992-24, Class Z	6.50%	04/25/22	687
10	Series 1992-44, Class ZQ	8.00%	07/25/22	10
1,840	Series 1993-1, Class KA	7.90%	01/25/23	1,982
1,273	Series 1993-62, Class E	7.00%	04/25/23	1,361
437	Series 1993-119, Class H	6.50%	07/25/23	461
2,999	Series 1993-178, Class PK	6.50%	09/25/23	3,180
2,819	Series 1995-24, Class G	6.50%	04/25/23	2,959
1,894	Series 1999-56, Class Z	7.00%	12/18/29	2,064
35,140	Series 2002-9, Class MS, IO			
	1 Mo. LIBOR × -1 + 8.10% (d)	6.01%	03/25/32	6,340
1,570	Series 2002-67, Class PE	5.50%	11/25/32	1,698

First Trust Multi Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Stated Coupon	Stated Maturity	Value
U.S. GOVERNMENT AGENCY MORTGAGE-BACKED SECURITIES (Continued)				
Collateralized Mortgage Obligations (Continued)				
Fannie Mae REMICS (Continued)				
\$ 4,678	Series 2002-90, Class A1	6.50%	06/25/42	\$ 5,248
3,679	Series 2003-14, Class AQ	3.50%	03/25/33	3,687
5,557	Series 2003-41, Class OA	4.00%	05/25/33	5,610
7	Series 2003-92, Class HP	4.50%	09/25/18	7
11,495	Series 2004-10, Class ZB	6.00%	02/25/34	13,195
431	Series 2004-76, Class CL	4.00%	10/25/19	431
2,282	Series 2004-92, Class S, IO, 1 Mo. LIBOR × -1 + 6.70% (d)	4.61%	08/25/34	54
70	Series 2005-46, Class LW	5.00%	06/25/20	70
5,429	Series 2005-68, Class BC	5.25%	06/25/35	5,511
901	Series 2005-70, Class KJ	5.50%	09/25/34	902
17,398	Series 2005-79, Class NF, 1 Mo. LIBOR + 0.41% (e)	2.50%	09/25/35	17,463
4	Series 2005-120, Class NF, 1 Mo. LIBOR + 0.10% (e)	2.19%	01/25/21	4
70,220	Series 2007-10, Class Z	6.00%	02/25/37	77,525
134,938	Series 2009-78, Class VI, IO	6.00%	02/25/39	2,554
67,526	Series 2009-86, Class IP, IO	5.50%	10/25/39	12,674
81	Series 2011-38, Class AH	2.75%	05/25/20	80
2,692	Series 2012-35, Class PL	2.00%	11/25/41	2,574
961	Series 2013-14, Class QE	1.75%	03/25/43	885
51,683	Series 2013-31, Class NT	3.00%	04/25/43	50,671
Fannie Mae REMIC Trust				
14,844	Series 2007-W8, Class 1A5 (f)	6.39%	09/25/37	15,707
Fannie Mae Trust				
5,424	Series 2004-W8, Class 3A	7.50%	06/25/44	6,150
FHLMC - GNMA				
352	Series 1993-5, Class HA	7.50%	02/25/23	374
848	Series 1994-27, Class D	7.00%	03/25/24	911
Freddie Mac REMICS				
196	Series 1988-23, Class F	9.60%	04/15/20	198
345	Series 1989-84, Class F	9.20%	10/15/20	356
1,091	Series 1991-1074, Class I	6.75%	05/15/21	1,106
1,300	Series 1991-1078, Class GZ	6.50%	05/15/21	1,326
533	Series 1992-1250, Class J	7.00%	05/15/22	545
17,413	Series 1992-1401, Class Q, 1 Mo. LIBOR + 0.60% (e)	2.67%	10/15/22	17,576
27,715	Series 1993-1487, Class P, IO, 1 Mo. LIBOR × -1 + 9.50% (d)	7.43%	03/15/23	2,923
4,907	Series 1994-1673, Class FB, 10 Yr. U.S. Treasury Yield Curve - 0.50% (e)	2.51%	02/15/24	4,906
561	Series 1996-1807, Class G	9.00%	10/15/20	585
70	Series 1996-1847, Class LL	7.50%	04/15/26	77
14,498	Series 1998-2033, Class IA, IO	7.00%	02/15/28	1,813
3,621	Series 1999-2130, Class KB	6.38%	03/15/29	3,941
54,040	Series 1999-2174, Class PN	6.00%	07/15/29	57,889
10,047	Series 2001-2277, Class B	7.50%	01/15/31	11,542
260	Series 2003-2559, Class PB	5.50%	08/15/30	263
56,000	Series 2003-2676, Class LL	5.50%	09/15/33	61,210
23,340	Series 2004-2768, Class PW	4.25%	03/15/34	24,257
6,000	Series 2004-2778, Class MM	5.25%	04/15/34	6,510

First Trust Multi Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Stated Coupon	Stated Maturity	Value
U.S. GOVERNMENT AGENCY MORTGAGE-BACKED SECURITIES (Continued)				
Collateralized Mortgage Obligations (Continued)				
Freddie Mac REMICS (Continued)				
\$ 217	Series 2004-2780, Class JA	4.50%	04/15/19	\$ 217
404	Series 2005-2922, Class QE	5.00%	05/15/34	407
17,972	Series 2005-2958, Class QJ	4.00%	04/15/20	17,981
36,204	Series 2006-3114, Class GI, IO, 1 Mo. LIBOR × -1 + 6.60% (d)	4.53%	02/15/36	5,797
47,029	Series 2006-3199, Class DS, IO, 1 Mo. LIBOR × -1 + 7.15% (d)	5.08%	08/15/36	7,895
18,225	Series 2006-3237, Class CB	5.50%	07/15/36	18,957
14,847	Series 2010-3758, Class M	4.50%	10/15/38	15,237
6,746	Series 2010-3775, Class KZ	4.00%	08/15/25	6,705
198	Series 2011-3824, Class FA, 1 Mo. LIBOR + 0.15% (e)	2.22%	03/15/26	198
1,924	Series 2012-3994, Class AE	1.63%	02/15/22	1,891
20,424	Series 2013-4178, Class ZN	3.50%	03/15/43	19,780
1,806	Series 2013-4253, Class TD	2.00%	07/15/40	1,801
Freddie Mac Strips				
18,409	Series 1994-169, Class IO, IO	8.50%	03/01/23	2,262
Government National Mortgage Association				
13,001	Series 1999-30, Class S, IO, 1 Mo. LIBOR × -1 + 8.60% (d)	6.51%	08/16/29	167
36,319	Series 2002-92, Class PB	5.50%	12/20/32	39,675
8,872	Series 2006-16, Class OP, PO	(g)	03/20/36	7,932
55,000	Series 2007-35, Class NE	6.00%	06/16/37	63,506
6,996	Series 2009-29, Class TA	4.50%	03/16/39	7,181
647	Series 2009-81, Class PA	5.50%	02/16/38	660
5,014	Series 2009-102, Class MA	4.00%	06/16/39	5,073
2,134	Series 2010-121, Class PQ	3.00%	02/20/39	2,133
28,119	Series 2011-136, Class GB	2.50%	05/20/40	27,445
28,731	Series 2013-20, Class KI, IO	5.00%	01/20/43	6,071
				700,959
Pass-through Securities — 2.7%				
Federal Home Loan Mortgage Corporation				
17,337	Pool A47829	4.00%	08/01/35	17,748
8,235	Pool C01252	6.50%	11/01/31	9,174
60,932	Pool G01731	6.50%	12/01/29	67,878
34,792	Pool G06358	4.00%	04/01/41	35,787
3,797	Pool O20138	5.00%	11/01/30	4,038
21,874	Pool U90316	4.00%	10/01/42	22,505
Federal National Mortgage Association				
363	Pool 745121	5.50%	12/01/18	363
18,911	Pool 890383	4.00%	01/01/42	19,432
25,458	Pool AA9393	4.50%	07/01/39	26,786
31,268	Pool AD0659	6.00%	02/01/23	32,446
16,619	Pool AE0050	5.50%	12/01/22	17,211
29,296	Pool AL0791	4.00%	02/01/41	30,141
25,613	Pool AS9194	4.50%	12/01/44	26,834
51,760	Pool AU4289	4.00%	09/01/43	53,144
7,711	Pool MA0561	4.00%	11/01/40	7,923
37,325	Pool MA1028	4.00%	04/01/42	38,352

First Trust Multi Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Stated Coupon	Stated Maturity	Value
U.S. GOVERNMENT AGENCY MORTGAGE-BACKED SECURITIES (Continued)				
Pass-through Securities (Continued)				
Government National Mortgage Association				
\$ 11,587	Pool 3428	5.00%	08/20/33	\$ 12,533
17,722	Pool 3500	5.50%	01/20/34	19,363
8,909	Pool 3711	5.50%	05/20/35	9,735
28,832	Pool 667422	5.00%	10/15/39	30,901
11,943	Pool 706201	5.50%	04/20/39	12,770
16,947	Pool 736558	5.00%	02/15/40	18,067
28,865	Pool 759248	4.00%	02/15/41	29,940
20,826	Pool MA3525	5.50%	03/20/46	22,667
				565,738
	Total U.S. Government Agency Mortgage-Backed Securities			1,266,697
	(Cost \$1,288,345)			
MORTGAGE-BACKED SECURITIES — 0.1%				
Collateralized Mortgage Obligations — 0.1%				
Credit Suisse First Boston Mortgage Securities Corp.				
444	Series 2004-4, Class 1A3	5.75%	08/25/34	445
2,942	Series 2004-6, Class 2A1	4.75%	09/25/19	2,927
MASTR Alternative Loan Trust				
2,307	Series 2004-10, Class 2A1	5.50%	10/25/19	2,340
597	Series 2005-1, Class 5A1	5.50%	01/25/20	609
MASTR Asset Securitization Trust				
4,666	Series 2004-1, Class 5A4	5.50%	02/25/34	4,782
RAAC Trust				
1,027	Series 2005-SP1, Class 2A1	5.25%	09/25/34	1,036
Structured Asset Mortgage Investments Trust				
8,426	Series 1999-1, Class 2A (h)	6.58%	06/25/29	8,408
Structured Asset Securities Corp. Mortgage Pass-Through Certificates				
474	Series 2004-21XS, Class 2A6A (f)	5.24%	12/25/34	473
WAMU Mortgage Pass-Through Certificates				
151	Series 2002-S8, Class 2A7	5.25%	01/25/33	151
Wells Fargo Mortgage Backed-Securities Trust				
1,189	Series 2006-17, Class A4	5.50%	11/25/21	1,195
	Total Mortgage-Backed Securities			22,366
	(Cost \$22,262)			
ASSET-BACKED SECURITIES — 0.0%				
AFC Home Equity Loan Trust				
430	Series 1997-4, Class 1A2, 1 Mo. LIBOR + 0.71% (e)	2.67%	12/22/27	417
	Total Asset-Backed Securities			417
	(Cost \$411)			

First Trust Multi Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Principal Value	Description	Stated Coupon	Stated Maturity	Value
U.S. TREASURY BILLS — 0.1%				
\$ 26,000	U.S. Treasury Bill	(g)	11/08/18	\$ 25,815
	Total U.S. Treasury Bills			<u>25,815</u>
	(Cost \$25,810)			
	Total Investments — 97.2%			20,363,396
	(Cost \$19,925,847) (i)			
	Net Other Assets and Liabilities — 2.8%			580,685
	Net Assets — 100.0%			<u>\$ 20,944,081</u>

- (a) Investment in an affiliated fund.
- (b) This security is restricted in the U.S. and cannot be offered for public sale without first being registered under the Securities Act of 1933, as amended. This security is not restricted on the foreign exchange where it trades freely without any additional registration. As such, it does not require the additional disclosure required of restricted securities.
- (c) Security whose principal value is adjusted in accordance with changes to the country's Consumer Price Index. Interest is calculated on the basis of the current adjusted principal value.
- (d) Inverse floating rate security.
- (e) Floating or variable rate security.
- (f) Weighted Average Coupon security. Coupon is based on the blended interest rate of the underlying holdings, which may have different coupons. The coupon may change in any period.
- (g) Zero coupon security.
- (h) Collateral Strip Rate security. Coupon is based on the weighted net interest rate of the investment's underlying collateral. The interest rate resets periodically.
- (i) Aggregate cost for financial reporting purposes approximates the aggregate cost for federal income tax purposes. As of June 30, 2018, the aggregate gross unrealized appreciation for all investments in which there was an excess of value over tax cost was \$1,026,573 and the aggregate gross unrealized depreciation for all investments in which there was an excess of tax cost over value was \$589,024. The net unrealized appreciation was \$437,549.

ADR American Depositary Receipt

CAD Canadian Dollar – Security is denominated in Canadian Dollars and is translated into U.S. Dollars based upon the current exchange rate.

IO Interest-Only Security – Principal amount shown represents par value on which interest payments are based.

LIBOR London Interbank Offered Rate

PO Principal-Only Security

First Trust Multi Income Allocation Portfolio
Portfolio of Investments (Continued)
June 30, 2018 (Unaudited)

Valuation Inputs

A summary of the inputs used to value the Fund's investments as of June 30, 2018 is as follows (see Note 2A - Portfolio Valuation in the Notes to Financial Statements):

	Total Value at 6/30/2018	Level 1 Quoted Prices	Level 2 Significant Observable Inputs	Level 3 Significant Unobservable Inputs
Exchange-Traded Funds*	\$ 7,673,098	\$ 7,673,098	\$ —	\$ —
Common Stocks*	4,671,862	4,671,862	—	—
Real Estate Investment Trusts*	2,895,055	2,895,055	—	—
Master Limited Partnerships*	2,216,683	2,216,683	—	—
U.S. Government Bonds and Notes	1,591,403	—	1,591,403	—
U.S. Government Agency Mortgage-Backed Securities	1,266,697	—	1,266,697	—
Mortgage-Backed Securities	22,366	—	22,366	—
Asset-Backed Securities	417	—	417	—
U.S. Treasury Bills	25,815	—	25,815	—
Total Investments	<u>\$ 20,363,396</u>	<u>\$ 17,456,698</u>	<u>\$ 2,906,698</u>	<u>\$ —</u>

* See Portfolio of Investments for industry breakout.

All transfers in and out of the Levels during the period are assumed to occur on the last day of the period at their current value. There were no transfers between Levels at June 30, 2018.

First Trust Dorsey Wright Tactical Core Portfolio
Portfolio of Investments
June 30, 2018 (Unaudited)

Shares	Description	Value
EXCHANGE-TRADED FUNDS – 98.5%		
Capital Markets – 98.5%		
4,784	First Trust BICK Index Fund (a)	\$ 129,933
3,725	First Trust Chindia ETF (a)	143,562
8,363	First Trust Developed Markets ex-US AlphaDEX® Fund (a)	500,526
21,415	First Trust Dow Jones Internet Index Fund (a) (b)	2,947,775
12,852	First Trust Emerging Markets AlphaDEX® Fund (a)	332,353
3,007	First Trust Germany AlphaDEX® Fund (a)	138,502
67,636	First Trust Industrials/Producer Durables AlphaDEX® Fund (a)	2,644,568
46,220	First Trust Large Cap Growth AlphaDEX® Fund (a)	3,049,133
45,332	First Trust Mid Cap Core AlphaDEX® Fund (a)	3,102,975
85,902	First Trust Nasdaq Bank ETF (a)	2,447,777
34,283	First Trust NASDAQ-100-Technology Sector Index Fund (a)	2,641,848
69,118	First Trust Small Cap Growth AlphaDEX® Fund (a)	3,354,297
2,840	First Trust Switzerland AlphaDEX® Fund (a)	142,483
47,521	First Trust Technology AlphaDEX® Fund (a)	2,674,007
17,037	iShares Core U.S. Aggregate Bond ETF	1,811,374
20,610	SPDR Blackstone/GSO Senior Loan ETF	968,052
20,119	SPDR Bloomberg Barclays Convertible Securities ETF	1,066,709
17,996	SPDR Citi International Government Inflation-Protected Bond ETF	976,103
22,703	SPDR Wells Fargo Preferred Stock ETF	986,899
	Total Investments – 98.5%	30,058,876
	(Cost \$26,842,521) (c)	
	Net Other Assets and Liabilities – 1.5%	468,521
	Net Assets – 100.0%	\$ 30,527,397

(a) Investment in an affiliated fund.

(b) Non-income producing security.

(c) Aggregate cost for financial reporting purposes approximates the aggregate cost for federal income tax purposes. As of June 30, 2018, the aggregate gross unrealized appreciation for all investments in which there was an excess of value over tax cost was \$3,344,150 and the aggregate gross unrealized depreciation for all investments in which there was an excess of tax cost over value was \$127,795. The net unrealized appreciation was \$3,216,355.

Valuation Inputs

A summary of the inputs used to value the Fund's investments as of June 30, 2018 is as follows (see Note 2A - Portfolio Valuation in the Notes to Financial Statements):

	Total Value at 6/30/2018	Level 1 Quoted Prices	Level 2 Significant Observable Inputs	Level 3 Significant Unobservable Inputs
Exchange-Traded Funds*	\$ 30,058,876	\$ 30,058,876	\$ —	\$ —

* See Portfolio of Investments for industry breakout.

All transfers in and out of the Levels during the period are assumed to occur on the last day of the period at their current value. There were no transfers between Levels at June 30, 2018.

First Trust Variable Insurance Trust
Statements of Assets and Liabilities
June 30, 2018 (Unaudited)

	First Trust/Dow Jones Dividend & Income Allocation Portfolio	First Trust Multi Income Allocation Portfolio	First Trust Dorsey Wright Tactical Core Portfolio
ASSETS:			
Investments, at value - Unaffiliated	\$ 721,451,575	\$ 14,833,130	\$ 5,809,137
Investments, at value - Affiliated	—	5,530,266	24,249,739
Cash and cash equivalents	4,592,400	476,878	1,018,681
Foreign currency, at value	—	139	—
Receivables:			
Interest	2,676,308	11,642	—
Investment securities sold	1,754,585	38,171	961,996
Dividends	427,097	19,302	—
Fund shares sold	399,849	104,854	50,567
Variation margin	953	—	—
From investment advisor	—	14,277	7,473
Reclaim	—	1,638	—
Prepaid expenses	23,052	62	68
Total Assets	<u>731,325,819</u>	<u>21,030,359</u>	<u>32,097,661</u>
LIABILITIES:			
Payables:			
Investment securities purchased	1,504,303	11,036	1,520,601
Investment advisory fees	358,518	—	—
12b-1 service fees (Class I)	151,301	4,262	6,032
Administrative service fees	121,048	3,428	4,842
Licensing fees	118,001	—	6,790
Accounting and administration fees	61,728	9,039	4,461
Custodian fees	28,145	8,244	448
Printing fees	18,974	943	41
Audit and tax fees	17,801	31,393	15,168
Transfer agent fees	12,209	4,456	9,463
Commitment fees	3,652	1,610	—
Fund shares redeemed	2,358	8,894	778
Financial reporting fees	771	—	918
Trustees' fees and expenses	371	—	—
Legal fees	—	—	442
Other liabilities	2,099	2,973	280
Total Liabilities	<u>2,401,279</u>	<u>86,278</u>	<u>1,570,264</u>
NET ASSETS	<u>\$ 728,924,540</u>	<u>\$ 20,944,081</u>	<u>\$ 30,527,397</u>
NET ASSETS consist of:			
Paid-in capital	\$ 665,969,978	\$ 20,537,594	\$ 27,160,900
Accumulated net investment income (loss)	560,925	31,620	29,060
Accumulated net realized gain (loss) on investments, futures and foreign currency transactions	22,046,567	(62,682)	121,082
Net unrealized appreciation (depreciation) on investments, futures and foreign currency translation	40,347,070	437,549	3,216,355
NET ASSETS	<u>\$ 728,924,540</u>	<u>\$ 20,944,081</u>	<u>\$ 30,527,397</u>
Investments, at cost - Unaffiliated	<u>\$ 681,203,099</u>	<u>\$ 14,273,496</u>	<u>\$ 5,862,858</u>
Investments, at cost - Affiliated	<u>\$ —</u>	<u>\$ 5,652,351</u>	<u>\$ 20,979,663</u>
Foreign currency, at cost	<u>\$ —</u>	<u>\$ 139</u>	<u>\$ —</u>
Class I Shares:			
NET ASSETS	<u>\$ 728,878,490</u>	<u>\$ 20,836,574</u>	<u>\$ 30,431,702</u>
NET ASSET VALUE, per share	<u>\$ 13.50</u>	<u>\$ 10.67</u>	<u>\$ 11.90</u>
Number of Shares outstanding	<u>53,982,287</u>	<u>1,953,650</u>	<u>2,557,070</u>
Class II Shares:			
NET ASSETS	<u>\$ 46,050</u>	<u>\$ 107,507</u>	<u>\$ 95,695</u>
NET ASSET VALUE, per share	<u>\$ 13.53</u>	<u>\$ 10.67</u>	<u>\$ 11.91</u>
Number of Shares outstanding	<u>3,403</u>	<u>10,080</u>	<u>8,038</u>

First Trust Variable Insurance Trust
Statements of Operations
For the Six Months Ended June 30, 2018 (Unaudited)

	First Trust/Dow Jones Dividend & Income Allocation Portfolio	First Trust Multi Income Allocation Portfolio	First Trust Dorsey Wright Tactical Core Portfolio
INVESTMENT INCOME:			
Interest	\$ 5,195,965	\$ 53,592	\$ 3,516
Dividends - Unaffiliated	4,629,241	156,413	58,734
Dividends - Affiliated	—	128,926	61,744
Foreign withholding tax on dividend income	—	(2,814)	—
Total investment income	<u>9,825,206</u>	<u>336,117</u>	<u>123,994</u>
EXPENSES:			
Investment advisory fees	2,183,327	60,969	44,539
12b-1 distribution and service fees (Class I)	909,564	25,254	31,728
Administrative service fees	727,764	20,215	25,311
Accounting and administration fees	220,357	13,374	26,033
Licensing fees	116,884	—	12,726
Custodian fees	86,032	12,507	3,851
Transfer agent fees	47,100	27,012	25,780
Printing fees	35,446	2,986	5,201
Legal fees	24,705	749	173
Commitment fees	21,468	8,186	—
Audit and tax fees	14,434	25,691	12,126
Trustees' fees and expenses	8,340	7,733	7,363
Financial reporting fees	4,625	—	4,587
Other	9,276	5,335	229
Total expenses	<u>4,409,322</u>	<u>210,011</u>	<u>199,647</u>
Fees waived and expenses reimbursed by the investment advisor	(42,199)	(125,821)	(104,891)
Net expenses	<u>4,367,123</u>	<u>84,190</u>	<u>94,756</u>
NET INVESTMENT INCOME (LOSS)	<u>5,458,083</u>	<u>251,927</u>	<u>29,238</u>
NET REALIZED AND UNREALIZED GAIN (LOSS):			
Net realized gain (loss) on:			
Investments - Unaffiliated	21,724,364	30,383	(202,063)
Investments - Affiliated	—	2,629	342,343
Futures	745,772	—	—
Foreign currency transactions	—	(71)	—
Net realized gain (loss)	<u>22,470,136</u>	<u>32,941</u>	<u>140,280</u>
Net change in unrealized appreciation (depreciation) on:			
Investments - Unaffiliated	(33,490,249)	(358,115)	(63,104)
Investments - Affiliated	—	(130,602)	891,960
Futures	4,414	—	—
Foreign currency translation	—	(2)	—
Net change in unrealized appreciation (depreciation)	<u>(33,485,835)</u>	<u>(488,719)</u>	<u>828,856</u>
NET REALIZED AND UNREALIZED GAIN (LOSS)	<u>(11,015,699)</u>	<u>(455,778)</u>	<u>969,136</u>
NET INCREASE (DECREASE) IN NET ASSETS RESULTING FROM OPERATIONS	<u>\$ (5,557,616)</u>	<u>\$ (203,851)</u>	<u>\$ 998,374</u>

First Trust Variable Insurance Trust
Statements of Changes in Net Assets

**First Trust/Dow Jones Dividend
& Income Allocation Portfolio**

	Six Months Ended 6/30/2018 (Unaudited)	Year Ended 12/31/2017
OPERATIONS:		
Net investment income (loss)	\$ 5,458,083	\$ 8,696,917
Net realized gain (loss)	22,470,136	30,010,337
Net change in unrealized appreciation (depreciation)	(33,485,835)	44,222,793
Net increase (decrease) in net assets resulting from operations	<u>(5,557,616)</u>	<u>82,930,047</u>
DISTRIBUTIONS TO SHAREHOLDERS FROM NET INVESTMENT INCOME:		
Class I	(5,056,956)	(8,735,680)
Class II	(374)	(1,899)
	<u>(5,057,330)</u>	<u>(8,737,579)</u>
DISTRIBUTIONS TO SHAREHOLDERS FROM NET REALIZED GAIN:		
Class I	(1,491,428)	(33,516,612)
Class II	(95)	(8,008)
	<u>(1,491,523)</u>	<u>(33,524,620)</u>
Total distributions to shareholders	<u>(6,548,853)</u>	<u>(42,262,199)</u>
CAPITAL TRANSACTIONS:		
Proceeds from shares sold	39,218,101	163,541,447
Proceeds from shares reinvested	6,548,732	42,261,441
Cost of shares redeemed	(42,258,365)	(52,916,753)
Net increase (decrease) in net assets resulting from capital transactions	<u>3,508,468</u>	<u>152,886,135</u>
Total increase (decrease) in net assets	<u>(8,598,001)</u>	<u>193,553,983</u>
NET ASSETS:		
Beginning of period	737,522,541	543,968,558
End of period	<u>\$ 728,924,540</u>	<u>\$ 737,522,541</u>
Accumulated net investment income (loss) at end of period	<u>\$ 560,925</u>	<u>\$ 160,172</u>

First Trust Variable Insurance Trust
Statements of Changes in Net Assets (Continued)

	First Trust Multi Income Allocation Portfolio	
	Six Months Ended 6/30/2018 (Unaudited)	Year Ended 12/31/2017
OPERATIONS:		
Net investment income (loss)	\$ 251,927	\$ 436,344
Net realized gain (loss)	32,941	360,846
Net change in unrealized appreciation (depreciation)	(488,719)	336,663
Net increase (decrease) in net assets resulting from operations	<u>(203,851)</u>	<u>1,133,853</u>
DISTRIBUTIONS TO SHAREHOLDERS FROM NET INVESTMENT INCOME:		
Class I	(219,032)	(458,181)
Class II	(1,275)	(4,071)
	<u>(220,307)</u>	<u>(462,252)</u>
DISTRIBUTIONS TO SHAREHOLDERS FROM NET REALIZED GAIN:		
Class I	—	(53,156)
Class II	—	(472)
	<u>—</u>	<u>(53,628)</u>
Total distributions to shareholders	<u>(220,307)</u>	<u>(515,880)</u>
CAPITAL TRANSACTIONS:		
Proceeds from shares sold	3,636,973	5,744,312
Proceeds from shares reinvested	219,032	512,743
Cost of shares redeemed	(2,730,103)	(4,753,751)
Net increase (decrease) in net assets resulting from capital transactions	<u>1,125,902</u>	<u>1,503,304</u>
Total increase (decrease) in net assets	701,744	2,121,277
NET ASSETS:		
Beginning of period	20,242,337	18,121,060
End of period	<u>\$ 20,944,081</u>	<u>\$ 20,242,337</u>
Accumulated net investment income (loss) at end of period	<u>\$ 31,620</u>	<u>\$ —</u>

First Trust Variable Insurance Trust
Statements of Changes in Net Assets (Continued)

	First Trust Dorsey Wright Tactical Core Portfolio	
	Six Months Ended 6/30/2018 (Unaudited)	Year Ended 12/31/2017
OPERATIONS:		
Net investment income (loss)	\$ 29,238	\$ 119,964
Net realized gain (loss)	140,280	237,287
Net change in unrealized appreciation (depreciation)	828,856	2,196,600
Net increase (decrease) in net assets resulting from operations	<u>998,374</u>	<u>2,553,851</u>
DISTRIBUTIONS TO SHAREHOLDERS FROM NET INVESTMENT INCOME:		
Class I	(12,038)	(107,556)
Class II	(154)	(444)
	<u>(12,192)</u>	<u>(108,000)</u>
DISTRIBUTIONS TO SHAREHOLDERS FROM NET REALIZED GAIN:		
Class I	(35,131)	(204,003)
Class II	(115)	(535)
	<u>(35,246)</u>	<u>(204,538)</u>
Total distributions to shareholders	<u>(47,438)</u>	<u>(312,538)</u>
CAPITAL TRANSACTIONS:		
Proceeds from shares sold	9,178,417	11,844,556
Proceeds from shares reinvested	47,438	312,538
Cost of shares redeemed	(2,185,335)	(2,272,459)
Net increase (decrease) in net assets resulting from capital transactions	<u>7,040,520</u>	<u>9,884,635</u>
Total increase (decrease) in net assets	7,991,456	12,125,948
NET ASSETS:		
Beginning of period	22,535,941	10,409,993
End of period	<u>\$ 30,527,397</u>	<u>\$ 22,535,941</u>
Accumulated net investment income (loss) at end of period	<u>\$ 29,060</u>	<u>\$ 12,014</u>

First Trust/Dow Jones Dividend & Income Allocation Portfolio
Financial Highlights
For a Share outstanding throughout each period

Class I Shares

	Six Months Ended 6/30/2018 (Unaudited)	Year Ended December 31,				
		2017	2016	2015	2014	2013
Net asset value, beginning of period	\$ 13.73	\$ 12.85	\$ 11.94	\$ 12.41	\$ 11.37	\$ 10.31
Income from investment operations:						
Net investment income (loss)	0.10	0.18	0.14	0.16	0.15	0.14
Net realized and unrealized gain (loss)	(0.21)	1.54	1.25 (a)	(0.15)	0.99	1.17
Total from investment operations	(0.11)	1.72	1.39	0.01	1.14	1.31
Distributions paid to shareholders from:						
Net investment income	(0.09)	(0.18)	(0.13)	(0.27)	(0.10)	(0.09)
Net realized gain	(0.03)	(0.66)	(0.35)	(0.21)	—	(0.16)
Total from distributions	(0.12)	(0.84)	(0.48)	(0.48)	(0.10)	(0.25)
Net asset value, end of period	\$ 13.50	\$ 13.73	\$ 12.85	\$ 11.94	\$ 12.41	\$ 11.37
Total return (b) (c)	(0.79)%	13.47%	11.74% (a)	0.09%	10.04%	12.75%
Ratios to average net assets/supplemental data:						
Net assets, end of period (in 000's)	\$ 728,878	\$ 737,320	\$ 543,951	\$ 243,244	\$ 195,128	\$ 106,079
Ratio of total expenses to average net assets	1.21% (d)	1.23%	1.29%	1.34%	1.43%	1.65%
Ratio of net expenses to average net assets	1.20% (d)	1.20%	1.20%	1.20%	1.20%	1.20%
Ratio of net investment income (loss) to average net assets	1.50% (d)	1.35%	1.29%	1.35%	1.40%	1.27%
Portfolio turnover rate	42%	71%	96%	81%	65%	73%

Class II Shares

	Six Months Ended 6/30/2018 (Unaudited)	Year Ended December 31,			Period Ended 12/31/2014 (e)
		2017	2016	2015	
Net asset value, beginning of period	\$ 13.75	\$ 12.87	\$ 11.95	\$ 12.43	\$ 11.63
Income from investment operations:					
Net investment income (loss)	0.12 (f)	0.14	0.19	0.17	0.14
Net realized and unrealized gain (loss)	(0.20)	1.61	1.24 (a)	(0.14)	0.77
Total from investment operations	(0.08)	1.75	1.43	0.03	0.91
Distributions paid to shareholders from:					
Net investment income	(0.11)	(0.21)	(0.16)	(0.30)	(0.11)
Net realized gain	(0.03)	(0.66)	(0.35)	(0.21)	—
Total from distributions	(0.14)	(0.87)	(0.51)	(0.51)	(0.11)
Net asset value, end of period	\$ 13.53	\$ 13.75	\$ 12.87	\$ 11.95	\$ 12.43
Total return (b) (c)	(0.60)%	13.75%	12.07% (a)	0.25%	7.82%
Ratios to average net assets/supplemental data:					
Net assets, end of period (in 000's)	\$ 46	\$ 202	\$ 17	\$ 16	\$ 11
Ratio of total expenses to average net assets	0.95% (d)	1.00%	1.04%	1.09%	1.21% (d)
Ratio of net expenses to average net assets	0.94% (d)	0.95%	0.95%	0.95%	0.95% (d)
Ratio of net investment income (loss) to average net assets	1.75% (d)	1.88%	1.53%	1.64%	1.69% (d)
Portfolio turnover rate	42%	71%	96%	81%	65%

- (a) First Trust/Dow Jones Dividend & Income Allocation Portfolio received a reimbursement from the Advisor in the amount of \$1,000 in connection with a trade error, which represents less than \$0.01 per share. Since the Advisor reimbursed the Fund, there was no effect on the total return.
- (b) Total return is based on the combination of reinvested dividends, capital gain and return of capital distributions, if any. Total return is not annualized for periods of less than one year. The returns for the Fund do not reflect the deduction of expenses associated with variable products, such as mortality and expense risk charges, separate account charges, and sales charges or the effect of taxes. These expenses would reduce the overall returns above.
- (c) Total returns would have been lower if certain fees had not been waived and expenses reimbursed by the investment advisor.
- (d) Annualized.
- (e) The Fund's Class II shares were seeded on April 30, 2014, and commenced operations on May 1, 2014.
- (f) Based on average shares outstanding.

First Trust Multi Income Allocation Portfolio
Financial Highlights (Continued)
For a Share outstanding throughout each period

Class I Shares

	Six Months Ended 6/30/2018 (Unaudited)	Year Ended December 31,			Period Ended 12/31/2014 (a)
		2017	2016	2015	
Net asset value, beginning of period	\$ 10.89	\$ 10.54	\$ 9.86	\$ 10.39	\$ 10.00
Income from investment operations:					
Net investment income (loss)	0.13	0.24	0.20	0.19	0.07
Net realized and unrealized gain (loss)	(0.24)	0.39	0.71	(0.53) (b)	0.39
Total from investment operations	(0.11)	0.63	0.91	(0.34)	0.46
Distributions paid to shareholders from:					
Net investment income	(0.11)	(0.25)	(0.23)	(0.19)	(0.07)
Net realized gain	—	(0.03)	—	—	—
Total from distributions	(0.11)	(0.28)	(0.23)	(0.19)	(0.07)
Net asset value, end of period	\$ 10.67	\$ 10.89	\$ 10.54	\$ 9.86	\$ 10.39
Total return (c) (d)	(0.97)%	6.04%	9.27%	(3.24)% (b)	4.57%
Ratios to average net assets/supplemental data:					
Net assets, end of period (in 000's)	\$ 20,837	\$ 20,083	\$ 17,965	\$ 12,257	\$ 6,894
Ratio of total expenses to average net assets (e)	2.07% (f)	2.17%	2.22%	2.60%	6.00% (f)
Ratio of net expenses to average net assets (e)	0.83% (f)	0.83%	0.83%	0.90%	1.20% (f)
Ratio of net investment income (loss) to average net assets	2.48% (f)	2.24%	2.10%	2.17%	2.35% (f)
Portfolio turnover rate	20%	46%	46%	93%	15%

Class II Shares

	Six Months Ended 6/30/2018 (Unaudited)	Year Ended December 31,			Period Ended 12/31/2014 (a)
		2017	2016	2015	
Net asset value, beginning of period	\$ 10.88	\$ 10.54	\$ 9.86	\$ 10.39	\$ 10.00
Income from investment operations:					
Net investment income (loss)	0.15	0.27	0.20	0.24	0.04
Net realized and unrealized gain (loss)	(0.23)	0.38	0.74	(0.55) (b)	0.43
Total from investment operations	(0.08)	0.65	0.94	(0.31)	0.47
Distributions paid to shareholders from:					
Net investment income	(0.13)	(0.28)	(0.26)	(0.22)	(0.08)
Net realized gain	—	(0.03)	—	—	—
Total from distributions	(0.13)	(0.31)	(0.26)	(0.22)	(0.08)
Net asset value, end of period	\$ 10.67	\$ 10.88	\$ 10.54	\$ 9.86	\$ 10.39
Total return (c) (d)	(0.76)%	6.22%	9.53%	(3.01)% (b)	4.74%
Ratios to average net assets/supplemental data:					
Net assets, end of period (in 000's)	\$ 107	\$ 159	\$ 156	\$ 100	\$ 105
Ratio of total expenses to average net assets (e)	1.79% (f)	1.92%	1.99%	2.31%	14.44% (f)
Ratio of net expenses to average net assets (e)	0.58% (f)	0.58%	0.58%	0.67%	0.95% (f)
Ratio of net investment income (loss) to average net assets	2.59% (f)	2.49%	2.34%	2.32%	0.54% (f)
Portfolio turnover rate	20%	46%	46%	93%	15%

(a) The Fund's Class I and Class II shares were seeded on April 30, 2014, and commenced operations on May 1, 2014.

(b) First Trust Multi Income Allocation Portfolio received a reimbursement from the Advisor in the amount of \$5,471 in connection with a trade error, which represents less than \$0.01 per share. Since the Advisor reimbursed the Fund, there was no effect on the total return.

(c) Total return is based on the combination of reinvested dividends, capital gain and return of capital distributions, if any. Total return is not annualized for periods of less than one year. The returns for the Fund do not reflect the deduction of expenses associated with variable products, such as mortality and expense risk charges, separate account charges, and sales charges or the effect of taxes. These expenses would reduce the overall returns above.

(d) Total returns would have been lower if certain fees had not been waived and expenses reimbursed by the investment advisor.

(e) The Fund indirectly bears its proportionate share of fees and expenses incurred by the underlying funds in which the Fund invests. This ratio does not include these indirect fees and expenses.

(f) Annualized.

First Trust Dorsey Wright Tactical Core Portfolio
Financial Highlights (Continued)
For a Share outstanding throughout each period

Class I Shares

	Six Months Ended 6/30/2018 (Unaudited)	Year Ended December 31,		Period Ended 12/31/2015 (a)
		2017	2016	
Net asset value, beginning of period	\$ 11.41	\$ 9.85	\$ 9.94	\$ 10.00
Income from investment operations:				
Net investment income (loss)	0.01	0.06	0.09	0.01
Net realized and unrealized gain (loss)	0.49	1.66	0.01	(0.07)
Total from investment operations	0.50	1.72	0.10	(0.06)
Distributions paid to shareholders from:				
Net investment income	(0.00) (b)	(0.06)	(0.09)	—
Net realized gain	(0.01)	(0.10)	(0.10)	—
Total from distributions	(0.01)	(0.16)	(0.19)	—
Net asset value, end of period	\$ 11.90	\$ 11.41	\$ 9.85	\$ 9.94
Total return (c) (d)	4.46%	17.50%	0.95%	(0.60)%
Ratios to average net assets/supplemental data:				
Net assets, end of period (in 000's)	\$ 30,432	\$ 22,477	\$ 10,360	\$ 5,440
Ratio of total expenses to average net assets (e)	1.47% (f)	1.85%	2.13%	11.71% (f)
Ratio of net expenses to average net assets (e)	0.75% (f)	0.75%	0.83%	0.79% (f)
Ratio of net investment income (loss) to average net assets	0.23% (f)	0.76%	0.98%	1.54% (f)
Portfolio turnover rate	25%	31%	265%	—%

Class II Shares

	Six Months Ended 6/30/2018 (Unaudited)	Year Ended December 31,		Period Ended 12/31/2015 (a)
		2017	2016	
Net asset value, beginning of period	\$ 11.40	\$ 9.83	\$ 9.95	\$ 10.00
Income from investment operations:				
Net investment income (loss)	0.02	0.10	0.11	0.01
Net realized and unrealized gain (loss)	0.52	1.66	(0.02)	(0.06)
Total from investment operations	0.54	1.76	0.09	(0.05)
Distributions paid to shareholders from:				
Net investment income	(0.02)	(0.09)	(0.11)	—
Net realized gain	(0.01)	(0.10)	(0.10)	—
Total from distributions	(0.03)	(0.19)	(0.21)	—
Net asset value, end of period	\$ 11.91	\$ 11.40	\$ 9.83	\$ 9.95
Total return (c) (d)	4.76%	17.94%	0.88%	(0.50)%
Ratios to average net assets/supplemental data:				
Net assets, end of period (in 000's)	\$ 96	\$ 59	\$ 50	\$ 50
Ratio of total expenses to average net assets (e)	37.92% (f)	46.41%	57.64%	37.40% (f)
Ratio of net expenses to average net assets (e)	0.50% (f)	0.50%	0.57%	0.51% (f)
Ratio of net investment income (loss) to average net assets	0.54% (f)	0.93%	1.13%	0.86% (f)
Portfolio turnover rate	25%	31%	265%	—%

(a) The Fund's Class I and Class II shares were seeded on October 29, 2015, and commenced operations on October 30, 2015.

(b) Amount is less than \$0.01.

(c) Total return is based on the combination of reinvested dividends, capital gain and return of capital distributions, if any. Total return is not annualized for periods of less than one year. The returns for the Fund do not reflect the deduction of expenses associated with variable products, such as mortality and expense risk charges, separate account charges, and sales charges or the effect of taxes. These expenses would reduce the overall returns above.

(d) Total returns would have been lower if certain fees had not been waived and expenses reimbursed by the investment advisor.

(e) The Fund indirectly bears its proportionate share of fees and expenses incurred by the underlying funds in which the Fund invests. This ratio does not include these indirect fees and expenses.

(f) Annualized.

**First Trust Variable Insurance Trust
June 30, 2018 (Unaudited)****1. Organization**

First Trust Variable Insurance Trust (the “Trust”) is an open-end management investment company organized as a Massachusetts business trust on December 14, 2011 and is registered with the Securities and Exchange Commission under the Investment Company Act of 1940, as amended (the “1940 Act”). The Trust currently offers shares of three series (each a “Fund” and collectively, the “Funds”), First Trust/Dow Jones Dividend & Income Allocation Portfolio (“First Trust Dow Jones”), which commenced investment operations on May 1, 2012, First Trust Multi Income Allocation Portfolio (“First Trust Multi Income”), which commenced investment operations on May 1, 2014, and First Trust Dorsey Wright Tactical Core Portfolio (“First Trust Dorsey Wright”), which commenced investment operations on October 30, 2015. Each Fund’s shares are sold only to variable insurance accounts (each an “Account”) to fund the benefits of the variable annuity and variable life insurance contracts (each a “Contract” and collectively, the “Contracts”) issued by life insurance companies writing variable annuity contracts and variable life insurance contracts with which the Trust has a contract (each a “Participating Insurance Company”).

First Trust Dow Jones’ investment objective is to seek to provide total return by allocating among dividend-paying stocks and investment-grade bonds. First Trust Dow Jones seeks to achieve its investment objective by investing, under normal market conditions, approximately 40-60% of its net assets in equity securities and approximately 40-60% of its net assets in fixed-income securities at the time of purchase. The equity portion of the portfolio will be derived from a quantitative process that seeks to provide total return through investing generally in dividend-paying stocks included in the Dow Jones U.S. Total Stock Market IndexSM. First Trust Advisors L.P. (“First Trust” or the “Advisor”) reserves the right to over-weight, under-weight or exclude certain securities from the portfolio that would otherwise be selected pursuant to the quantitative process in certain instances.

First Trust Dow Jones’ fixed-income component seeks to provide income and preserve capital through investing in a diversified investment-grade debt portfolio. Investment-grade debt securities are those long-term debt securities rated “BBB-” or higher by Standard & Poor’s Financial Services LLC or Fitch Ratings, Inc. or “Baa3” or higher by Moody’s Investors Service, Inc., and those short-term debt securities rated “A3” or higher by Standard & Poor’s Financial Services LLC, “F3” or higher by Fitch Ratings, Inc. or “Prime 3” or higher by Moody’s Investors Service, Inc. at the time of purchase. Under normal market conditions, at the time of purchase approximately 80% of the net assets of the Fund allocated to corporate debt will be invested in: investment-grade debt securities included in the Dow Jones Equal Weight U.S. Issued Corporate Bond IndexSM (the “Bond Index”) and other investment-grade debt securities of issuers whose securities are included in the Bond Index; and investment-grade debt securities of issuers included in the Dow Jones Composite IndexSM. The Fund may also invest in U.S. government and agency securities, including mortgage-backed securities. The Fund may, at certain times, also hold exchange-traded funds (“ETFs”) that invest in investment-grade corporate debt securities and U.S. government bonds in lieu of investing directly in such securities.

First Trust Multi Income’s primary investment objective is to maximize current income, with a secondary objective of capital appreciation. First Trust Multi Income seeks to achieve its objectives through diversified exposure to nine income generating asset classes: dividend-paying stocks, preferred stocks, energy infrastructure companies and master limited partnerships (“MLPs”), real estate investment trusts (“REITs”), high yield or “junk” bonds, floating-rate loans, corporate bonds, mortgage-backed securities and Treasury Inflation Protected Securities (“TIPS”). The Fund is actively managed by First Trust and implementing the strategy involves multiple portfolio managers.

The Advisor tactically adjusts allocation weights in a manner deemed to offer attractive levels of total return relative to the level of expected risk. The Advisor intends to adjust asset allocation weights quarterly but may do so more or less frequently depending upon market conditions. The maximum weight of any asset class, at the time of adjustment, is 20%. The minimum weight of any asset class, at the time of adjustment, is 5%.

First Trust Multi Income may, at certain times, invest in ETFs that generally provide exposure to the nine asset classes in lieu of investing directly in such asset classes. Certain of the ETFs may be advised by First Trust. As a result, First Trust will also earn advisory fees on the underlying ETFs.

In general, the U.S. dollar-denominated fixed-income securities in which First Trust Multi Income invests may be issued by U.S. and non-U.S. issuers, of any credit quality, including high yield securities. The high yield securities in which the Fund invests are rated below investment-grade at the time of purchase or unrated and deemed by the Advisor to be of comparable quality, commonly referred to as “junk” bonds. The Fund also invests in the equity securities of domestic and foreign issuers listed on a U.S. or foreign securities exchange and non-U.S. securities that are listed on a U.S. securities exchange in the form of American Depositary Receipts (“ADRs”) and Global Depositary Receipts (“GDRs”). The Fund may invest in equity securities issued by small, mid or large capitalization companies.

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First Trust Dorsey Wright's investment objective is to seek to provide total return. First Trust Dorsey Wright seeks to achieve its investment objective by investing, under normal market conditions, at least 80% of its net assets (including investment borrowings) in ETFs and cash and cash equivalents that comprise the Dorsey Wright Tactical Tilt Moderate Core Index. It is expected that a majority of the ETFs in which the Fund invests will be advised by First Trust.

Each Fund offers two classes of shares: Class I and Class II. Each class represents an interest in the same portfolio of investments but with a different combination of service (12b-1) fees, eligibility requirements and other features.

2. Significant Accounting Policies

The Funds are each considered an investment company and follow accounting and reporting guidance under Financial Accounting Standards Board ("FASB") Accounting Standards Codification Topic 946, "Financial Services-Investment Companies." The following is a summary of significant accounting policies consistently followed by the Funds in the preparation of the financial statements. The preparation of the financial statements in accordance with accounting principles generally accepted in the United States of America ("U.S. GAAP") requires management to make estimates and assumptions that affect the reported amounts and disclosures in the financial statements. Actual results could differ from those estimates.

A. Portfolio Valuation

The net asset value ("NAV") for each class of shares in each Fund is determined daily as of the close of regular trading on the New York Stock Exchange ("NYSE"), normally 4:00 p.m. Eastern time, on each day the NYSE is open for trading. If the NYSE closes early on a valuation day, the NAV is determined as of that time. Domestic debt securities and foreign securities are priced using data reflecting the earlier closing of the principal markets for those securities. The NAV for each class is calculated by dividing the value of each Fund's total assets attributable to such class (including accrued interest and dividends), less all liabilities attributable to such class (including accrued expenses, dividends declared but unpaid, and any borrowings of each Fund) by the total number of shares of the class outstanding. Differences in the NAV of each class of each Fund's shares are generally expected to be due to the daily expense accruals of the specified service (12b-1) fees, if any, and transfer agency costs applicable to such class of shares and the resulting differential in the dividends that may be paid on each class of shares.

Each Fund's investments are valued daily at market value or, in the absence of market value with respect to any portfolio securities, at fair value. Market value prices represent last sale or official closing prices from a national or foreign exchange (i.e., a regulated market) and are primarily obtained from third-party pricing services. Fair value prices represent any prices not considered market value prices and are either obtained from a third-party pricing service or are determined by the Advisor's Pricing Committee, in accordance with valuation procedures adopted by the Trust's Board of Trustees (the "Board"), and in accordance with provisions of the 1940 Act. Investments valued by the Advisor's Pricing Committee, if any, are footnoted as such in the footnotes to the Portfolio of Investments. Each Fund's investments are valued as follows:

Common stocks, preferred stocks, MLPs, ETFs, REITs and other equity securities listed on any national or foreign exchange (excluding The Nasdaq Stock Market LLC ("Nasdaq") and the London Stock Exchange Alternative Investment Market ("AIM")) are valued at the last sale price on the exchange on which they are principally traded or, for Nasdaq and AIM securities, the official closing price. Securities traded on more than one securities exchange are valued at the last sale price or official closing price, as applicable, at the close of the securities exchange representing the principal market for such securities.

Securities traded in an over-the-counter market are fair valued at the mean of their most recent bid and asked price, if available, and otherwise at their closing bid price.

Corporate bonds, corporate notes, U.S. government securities and other debt securities are fair valued on the basis of valuations provided by dealers who make markets in such securities or by a third-party pricing service approved by the Trust's Board, which may use the following valuation inputs when available:

- 1) benchmark yields;
- 2) reported trades;
- 3) broker/dealer quotes;
- 4) issuer spreads;
- 5) benchmark securities;
- 6) bids and offers; and
- 7) reference data including market research publications.

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Exchange-traded futures contracts are valued at the closing price in the market where such contracts are principally traded. If no closing price is available, exchange-traded futures contracts are fair valued at the mean of their most recent bid and asked price, if available, and otherwise at their closing bid price.

Commercial paper, fixed income and other debt securities having a remaining maturity of sixty days or less when purchased are fair valued at cost adjusted for amortization of premiums and accretion of discounts (amortized cost), provided the Advisor's Pricing Committee has determined that the use of amortized cost is an appropriate reflection of fair value given market and issuer-specific conditions existing at the time of the determination. Factors that may be considered in determining the appropriateness of the use of amortized cost include, but are not limited to, the following:

- 1) the credit conditions in the relevant market and changes thereto;
- 2) the liquidity conditions in the relevant market and changes thereto;
- 3) the interest rate conditions in the relevant market and changes thereto (such as significant changes in interest rates);
- 4) issuer-specific conditions (such as significant credit deterioration); and
- 5) any other market-based data the Advisor's Pricing Committee considers relevant. In this regard, the Advisor's Pricing Committee may use last-obtained market-based data to assist it when valuing portfolio securities using amortized cost.

Certain securities may not be able to be priced by pre-established pricing methods. Such securities may be valued by the Trust's Board or its delegate, the Advisor's Pricing Committee, at fair value. These securities generally include, but are not limited to, restricted securities (securities which may not be publicly sold without registration under the Securities Act of 1933, as amended) for which a third-party pricing service is unable to provide a market or fair value price; securities whose trading has been formally suspended; a security whose market or fair value price is not available from a pre-established pricing source; a security with respect to which an event has occurred that is likely to materially affect the value of the security after the market has closed but before the calculation of a Fund's NAV or make it difficult or impossible to obtain a reliable market quotation; and a security whose price, as provided by the third-party pricing service, does not reflect the security's fair value. As a general principle, the current fair value of a security would appear to be the amount which the owner might reasonably expect to receive for the security upon its current sale. When fair value prices are used, generally they will differ from market quotations or official closing prices on the applicable exchanges. A variety of factors may be considered in determining the fair value of such securities.

Fair valuation of a debt security will be based on the consideration of all available information, including, but not limited to, the following:

- 1) the fundamental business data relating to the borrower/issuer;
- 2) an evaluation of the forces which influence the market in which these securities are purchased and sold;
- 3) the type, size and cost of a security;
- 4) the financial statements of the issuer;
- 5) the credit quality and cash flow of the issuer, based on the Advisor's or external analysis;
- 6) the information as to any transactions in or offers for the security;
- 7) the price and extent of public trading in similar securities (or equity securities) of the issuer/borrower, or comparable companies;
- 8) the coupon payments;
- 9) the quality, value and salability of collateral, if any, securing the security;
- 10) the business prospects of the issuer, including any ability to obtain money or resources from a parent or affiliate and an assessment of the issuer's management (for corporate debt only);
- 11) the prospects for the issuer's industry, and multiples (of earnings and/or cash flows) being paid for similar businesses in that industry (for corporate debt only); and
- 12) other relevant factors.

Fair valuation of an equity security will be based on the consideration of all available information, including, but not limited to, the following:

- 1) the type of security;
- 2) the size of the holding;
- 3) the initial cost of the security;
- 4) transactions in comparable securities;
- 5) price quotes from dealers and/or third-party pricing services;
- 6) relationships among various securities;

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- 7) information obtained by contacting the issuer, analysts, or the appropriate stock exchange;
- 8) an analysis of the issuer's financial statements; and
- 9) the existence of merger proposals or tender offers that might affect the value of the security.

If the securities in question are foreign securities, the following additional information may be considered:

- 1) the value of similar foreign securities traded on other foreign markets;
- 2) ADR trading of similar securities;
- 3) closed-end fund trading of similar securities;
- 4) foreign currency exchange activity;
- 5) the trading prices of financial products that are tied to baskets of foreign securities;
- 6) factors relating to the event that precipitated the pricing problem;
- 7) whether the event is likely to recur; and
- 8) whether the effects of the event are isolated or whether they affect entire markets, countries or regions.

The Funds are subject to fair value accounting standards that define fair value, establish the framework for measuring fair value and provide a three-level hierarchy for fair valuation based upon the inputs to the valuation as of the measurement date. The three levels of the fair value hierarchy are as follows:

- Level 1 – Level 1 inputs are quoted prices in active markets for identical investments. An active market is a market in which transactions for the investment occur with sufficient frequency and volume to provide pricing information on an ongoing basis.
- Level 2 – Level 2 inputs are observable inputs, either directly or indirectly, and include the following:
 - o Quoted prices for similar investments in active markets.
 - o Quoted prices for identical or similar investments in markets that are non-active. A non-active market is a market where there are few transactions for the investment, the prices are not current, or price quotations vary substantially either over time or among market makers, or in which little information is released publicly.
 - o Inputs other than quoted prices that are observable for the investment (for example, interest rates and yield curves observable at commonly quoted intervals, volatilities, prepayment speeds, loss severities, credit risks, and default rates).
 - o Inputs that are derived principally from or corroborated by observable market data by correlation or other means.
- Level 3 – Level 3 inputs are unobservable inputs. Unobservable inputs may reflect the reporting entity's own assumptions about the assumptions that market participants would use in pricing the investment.

The inputs or methodologies used for valuing investments are not necessarily an indication of the risk associated with investing in those investments. A summary of the inputs used to value each Fund's investments as of June 30, 2018, is included with each Fund's Portfolio of Investments.

B. Securities Transactions and Investment Income

Securities transactions are recorded as of the trade date. Realized gains and losses from securities transactions are recorded on the identified cost basis. Dividend income is recorded on the ex-dividend date. Interest income is recorded daily on the accrual basis. Amortization of premiums and accretion of discounts are recorded using the effective interest method.

Distributions received from a Fund's investments in MLPs generally are comprised of return of capital and investment income. A Fund records estimated return of capital and investment income based on historical information available from each MLP. These estimates may subsequently be revised based on information received from the MLPs after their tax reporting periods are concluded.

Distributions received from a Fund's investments in REITs may be comprised of return of capital, capital gains, and investment income. The actual character of the amounts received during the year are not known until after the REITs' fiscal year end. A Fund records the character of distributions received from the REITs during the year based on estimates available. The characterization of distributions received by a Fund may be subsequently revised based on information received from the REITs after their tax reporting periods conclude.

C. Cash and Cash Equivalents

Normally, the Funds invest substantially all of their assets to meet their investment objectives. The Funds may invest the remainder of their assets in securities with maturities of less than one year or cash equivalents, or they may hold cash. The investment in such instruments is not a principal investment strategy of First Trust Dow Jones or First Trust Multi Income. The percentage of each Fund's net

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assets invested in such holdings varies and depends on several factors, including market conditions. For temporary defensive purposes and during periods of high cash inflows or outflows, the Funds may depart from their principal investment strategies and invest part or all of their assets in these securities, or they may hold cash.

D. Foreign Currency

The books and records of the Funds are maintained in U.S. dollars. Foreign currencies, investments and other assets and liabilities are translated into U.S. dollars at the exchange rates prevailing at the end of the period. Purchases and sales of investments and items of income and expense are translated on the respective dates of such transactions. Unrealized gains and losses on assets and liabilities, other than investments in securities, which result from changes in foreign currency exchange rates have been included in "Net change in unrealized appreciation (depreciation) on foreign currency translation" on the Statements of Operations. Unrealized gains and losses on investments in securities which result from changes in foreign exchange rates are included with fluctuations arising from changes in market price and are included in "Net change in unrealized appreciation (depreciation) on investments" on the Statements of Operations. Net realized foreign currency gains and losses include the effect of changes in exchange rates between trade date and settlement date on investment security transactions, foreign currency transactions and interest and dividends received and are included in "Net realized gain (loss) on foreign currency transactions" on the Statements of Operations. The portion of foreign currency gains and losses related to fluctuations in exchange rates between the initial purchase settlement date and subsequent sale trade date is included in "Net realized gain (loss) on investments" on the Statements of Operations.

E. Futures Contracts

First Trust Dow Jones purchases or sells (i.e., is long or short) futures contracts to hedge against changes in interest rates (interest rate risk). Futures contracts are agreements between the Fund and a counterparty to buy or sell a specific quantity of an underlying instrument at a specified price and at a specified date. Depending on the terms of the contract, futures contracts are settled either through physical delivery of the underlying instrument on the settlement date or by payment of a cash settlement amount on the settlement date. Open futures contracts can also be closed out prior to settlement by entering into an offsetting transaction in a matching futures contract. If the Fund is not able to enter into an offsetting transaction, the Fund will continue to be required to maintain margin deposits on the futures contract. When the contract is closed or expires, the Fund records a realized gain or loss equal to the difference between the value of the contract at the time it was opened and the value at the time it was closed or expired. This gain or loss is included in "Net realized gain (loss) on futures" on the Statements of Operations.

Upon entering into a futures contract, the Fund must deposit funds, called margin, with its custodian in the name of the clearing broker equal to a specified percentage of the current value of the contract. Open futures contracts are marked-to-market daily with the change in value recognized as a component of "Net change in unrealized appreciation (depreciation) on futures" on the Statements of Operations. Pursuant to the contract, the Fund agrees to receive from or pay to the broker an amount of cash equal to the daily fluctuation in value of the contract. Such receipts or payments are known as variation margin and are included in "Variation margin" payable or receivable on the Statements of Assets and Liabilities. If market conditions change unexpectedly, the Fund may not achieve the anticipated benefits of the futures contract and may realize a loss. The use of futures contracts involves the risk of imperfect correlation in movements in the price of the futures contracts, interest rates and the underlying instruments.

F. Principal-Only Securities

A principal-only security ("PO Security") is the principal-only portion of a mortgage-backed security that does not receive any interest, is priced at a deep discount to its redemption value and ultimately receives the redemption value. Generally speaking, when interest rates are falling and prepayment rates are increasing, the value of a PO Security will rise. Conversely, when interest rates are rising and prepayment rates are decreasing, generally the value of a PO Security will fall. These securities, if any, are identified on the Portfolio of Investments.

G. Interest-Only Securities

An interest-only security ("IO Security") is the interest-only portion of a mortgage-backed security that receives some or all of the interest portion of the underlying mortgage-backed security and little or no principal. A reference principal value called a notional value is used to calculate the amount of interest due to the IO Security. IO Securities are sold at a deep discount to their notional principal amount. Generally speaking, when interest rates are falling and prepayment rates are increasing, the value of an IO Security will fall. Conversely, when interest rates are rising and prepayment rates are decreasing, generally the value of an IO Security will rise. These securities, if any, are identified on the Portfolio of Investments.

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H. Dividends and Distributions to Shareholders

Distributions from net investment income of each Fund, if any, are declared and paid semi-annually. Each Fund distributes its net realized capital gains, if any, to shareholders at least annually. All dividends payable by each Fund will be reinvested in the Fund.

Distributions from income and capital gains are determined in accordance with federal income tax regulations, which may differ from U.S. GAAP. Certain capital accounts in the financial statements are periodically adjusted for permanent differences in order to reflect their tax character. These permanent differences are primarily due to the varying treatment of income and gain/loss on portfolio securities held by the Funds and have no impact on net assets or NAV per share. Temporary differences, which arise from recognizing certain items of income, expense and gain/loss in different periods for financial statement and tax purposes, will reverse at some time in the future.

The tax character of distributions paid by each Fund during the fiscal year ended December 31, 2017, was as follows:

	Distributions paid from Ordinary Income	Distributions paid from Capital Gains	Distributions paid from Return of Capital
First Trust Dow Jones	\$ 26,821,760	\$ 15,440,439	\$ —
First Trust Multi Income	462,252	53,628	—
First Trust Dorsey Wright	145,137	167,401	—

As of December 31, 2017, the component of distributable earnings on a tax basis for each Fund were as follows:

	Undistributed Ordinary Income	Accumulated Capital and Other Gain (Loss)	Net Unrealized Appreciation (Depreciation)
First Trust Dow Jones	\$ 453,576	\$ 1,140,539	\$ 73,466,916
First Trust Multi Income	—	44,541	786,104
First Trust Dorsey Wright	11,964	31,914	2,371,683

I. Income Taxes

Each Fund intends to continue to qualify as a regulated investment company by complying with the requirements under Subchapter M of the Internal Revenue Code of 1986, as amended, which includes distributing substantially all of its net investment income and net realized gains to shareholders. Accordingly, no provision has been made for federal and state income taxes. However, due to the timing and amount of distributions, each Fund may be subject to an excise tax of 4% of the amount by which approximately 98% of each Fund's taxable income exceeds the distributions from such taxable income for the calendar year.

The Funds are subject to accounting standards that establish a minimum threshold for recognizing, and a system for measuring, the benefits of a tax position taken or expected to be taken in a tax return. Taxable years ended 2014, 2015, 2016 and 2017 remain open to federal and state audit for First Trust Dow Jones and First Trust Multi Income. Also, the taxable years ended 2015, 2016 and 2017 remain open to federal and state audit for First Trust Dorsey Wright. As of June 30, 2018, management has evaluated the application of these standards to the Funds and has determined that no provision for income tax is required in the Funds' financial statements for uncertain tax positions.

The Funds intend to utilize provisions of the federal income tax laws, which allow them to carry a realized capital loss forward indefinitely following the year of the loss and offset such loss against any future realized capital gains. The Funds are subject to certain limitations under U.S. tax rules on the use of capital loss carryforwards and net unrealized built-in losses. These limitations apply when there has been a 50% change in ownership. At December 31, 2017, the Funds had no capital loss carryforwards for federal income tax purposes.

During the taxable year ended December 31, 2017, the following Funds utilized capital loss carryforwards in the following amounts:

	Capital Loss Carryforward Utilized
First Trust Dow Jones	\$ —
First Trust Multi Income	127,844
First Trust Dorsey Wright	—

**First Trust Variable Insurance Trust
June 30, 2018 (Unaudited)*****J. Expenses***

Each Fund will pay all expenses directly related to its operations.

Each Participating Insurance Company performs certain administrative services for the Funds, their Accounts and the Contracts. Each Fund pays an administrative services fee of 0.20% of average daily net assets to cover expenses incurred by Participating Insurance Companies in connection with these services.

First Trust has entered into various licensing agreements, which allow First Trust to use certain trademarks and trade names of the applicable licensors (see Licensing Information in the Additional Information section of this report). The Trust, on behalf of First Trust Dow Jones and First Trust Dorsey Wright, is a sub-licensee to these license agreements and is required to pay licensing fees, which are shown on the Statements of Operations.

K. New Accounting Pronouncement

On March 30, 2017, the FASB issued Accounting Standards Update (ASU) 2017-08 “Premium Amortization on Purchased Callable Debt Securities,” which amends the amortization period for certain purchased callable debt securities held at a premium by shortening such period to the earliest call date. The new guidance requires an entity to amortize the premium on a callable debt security within its scope to the earliest call date, unless the guidance for considering estimated prepayments is applied. If the call option is not exercised at the earliest call date, the yield is reset to the effective yield using the payment terms of the security. If the security has more than one call date and the premium was amortized to a call price greater than the next call price, any excess of the amortized cost basis over the amount repayable at the next call date will be amortized to that date. If there are no other call dates, any excess of the amortized cost basis over the par amount will be amortized to maturity. Discounts on purchased callable debt securities will continue to be amortized to the security’s maturity date. ASU 2017-08 is effective for public business entities for fiscal years, and interim periods within those fiscal years, beginning after December 15, 2018. Earlier adoption is permitted for all entities, including adoption in an interim period. If an entity early adopts the ASU in an interim period, any adjustments must be reflected as of the beginning of the fiscal year that includes that interim period. Management is still assessing the impact of the adoption of ASU 2017-08 on the financial statements but does not expect it to have a material impact.

3. Investment Advisory Fee, Affiliated Transactions and Other Fee Arrangements

First Trust, the investment advisor to the Funds, is a limited partnership with one limited partner, Grace Partners of DuPage L.P., and one general partner, The Charger Corporation. The Charger Corporation is an Illinois corporation controlled by James A. Bowen, Chief Executive Officer of First Trust. First Trust provides each Fund with discretionary investment services and certain administrative services necessary for the management of the Funds. For its investment advisory and management services, First Trust is entitled to a monthly fee calculated at an annual rate of 0.60% of the average daily net assets for both First Trust Dow Jones and First Trust Multi Income, and 0.35% of the average daily net assets for First Trust Dorsey Wright. First Trust also provides fund reporting services to First Trust Dow Jones and First Trust Dorsey Wright for a flat annual fee in the amount of \$9,250 per Fund.

In addition First Trust Multi Income and First Trust Dorsey Wright incur their respective pro rata share of fees and expenses attributable to each Fund’s investments in other investment companies (“acquired fund fees and expenses”). The total of net expenses and acquired fund fees and expenses represents each Fund’s total net annual operating expenses.

First Trust Multi Income and First Trust have retained Energy Income Partners, LLC (“EIP”) and Stonebridge Advisors LLC (“Stonebridge”) (collectively, the “Sub-Advisors”), affiliates of First Trust, to serve as investment sub-advisors. In this capacity, the Sub-Advisors provide recommendations to the Advisor regarding the selection and ongoing monitoring of certain securities in First Trust Multi Income’s investment portfolio. EIP acts as sub-advisor for, and manages on a discretionary basis the investment and reinvestment of, only the assets of First Trust Multi Income allocated to EIP by the Advisor and furnishes an investment program in respect of and makes investment decisions only with respect to the portion of First Trust Multi Income’s investment portfolio allocated to it by the Advisor. EIP, an affiliate of the Advisor, has been retained by First Trust Multi Income and the Advisor to provide recommendations regarding the selection and ongoing monitoring of the MLP, MLP affiliate and energy infrastructure securities in First Trust Multi Income’s investment portfolio and to exercise discretion only with respect to assets of First Trust Multi Income allocated to EIP. Stonebridge serves as a nondiscretionary sub-advisor. Stonebridge has been retained by First Trust Multi Income and the Advisor to provide recommendations regarding the selection and ongoing monitoring of the preferred and hybrid securities in First Trust Multi Income’s investment portfolio.

For the services provided and the expenses assumed pursuant to the investment sub-advisory agreement, First Trust will pay EIP a sub-advisory fee equal to 40% monthly in arrears of any remaining monthly investment management fee paid to the Advisor for the average daily net assets allocated to EIP after First Trust’s waiver of any of its investment management fee to comply with the then-current

**First Trust Variable Insurance Trust
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expense cap, as defined below. For the services provided and the expenses assumed pursuant to the investment sub-advisory agreement, First Trust will pay Stonebridge a portfolio management fee equal to an annual rate of 0.20% of the Fund's average daily net assets allocated to Stonebridge.

First Trust Capital Partners, LLC ("FTCP"), an affiliate of First Trust, owns, through a wholly-owned subsidiary, a 15% ownership interest in each of EIP and EIP Partners, LLC, an affiliate of EIP. FTCP also owns, through a wholly-owned subsidiary, a 51% ownership interest in Stonebridge.

First Trust has agreed to waive fees and/or pay First Trust Dow Jones' and First Trust Multi Income's expenses to the extent necessary to prevent the annual operating expenses of Class I shares and Class II shares (excluding interest expense, brokerage commissions and other trading expenses, acquired fund fees and expenses, if any, taxes and extraordinary expenses) from exceeding 1.20% and 0.95% (each an "Expense Cap"), respectively, of each Fund's average daily net assets per year at least until May 1, 2020. First Trust has agreed to waive fees and/or pay First Trust Dorsey Wright's expenses to the extent necessary to prevent the operating expenses of Class I shares and Class II shares (excluding interest expense, brokerage commissions and other trading expenses, taxes and extraordinary expenses) from exceeding 1.30% and 1.05% (each an "Expense Cap"), respectively, of the Fund's average daily net assets per year at least until May 1, 2020. For First Trust Dorsey Wright, because acquired fund fees and expenses are estimated, First Trust will periodically adjust the amount of the fee waiver and expense reimbursement in order to attempt to meet the Expense Caps. However, total net annual fund expenses may be higher or lower than the Expense Caps.

Expenses borne and fees waived by First Trust are subject to reimbursement by each Fund for up to three years from the date the fee or expense was incurred by the Fund, but no reimbursement payment will be made by the Fund at any time if it would result in the Fund's expenses exceeding the Expense Cap. These amounts, if any, are included in "Expenses previously waived or reimbursed" on the Statements of Operations.

The advisory fee waivers and expense reimbursements for the six months ended June 30, 2018, and the expenses borne and fees waived by First Trust subject to recovery from the applicable Fund at June 30, 2018, are included in the table below.

	Fees Waived or Expenses Borne by First Trust Subject to Recovery						
	Fees Waived	Expenses Reimbursed	Six Months Ended December 31, 2015	Year Ended December 31, 2016	Year Ended December 31, 2017	Six Months Ended June 30, 2018	Total
First Trust Dow Jones	\$ 42,199	\$ —	\$ 186,546	\$ 338,513	\$ 203,355	\$ 42,199	\$ 770,613
First Trust Multi Income	60,969	27,254	87,165	152,851	189,257	88,223	517,496
First Trust Dorsey Wright	44,539	60,352	48,180	157,770	199,184	104,891	510,025

During the six months ended June 30, 2018, First Trust did not recover any fees that were previously waived or reimbursed.

First Trust has agreed to waive and/or reimburse the acquired fund fees and expenses of the shares of investment companies held by First Trust Multi Income up to 0.37% of the Fund's average daily net assets through May 1, 2020. During the six months ended June 30, 2018, First Trust reimbursed First Trust Multi Income \$37,598 of fees that are not subject to recovery.

BNY Mellon Investment Servicing (US) Inc. ("BNYM IS") serves as First Trust Dow Jones', First Trust Multi Income's and First Trust Dorsey Wright's transfer agent in accordance with certain fee arrangements. As transfer agent, BNYM IS is responsible for maintaining shareholder records for the Funds. BNYM IS is a subsidiary of The Bank of New York Mellon Corporation, a financial holding company.

The Bank of New York Mellon ("BNYM") serves as First Trust Dow Jones' and First Trust Multi Income's administrator, fund accountant and custodian in accordance with certain fee arrangements. As administrator and fund accountant, BNYM is responsible for providing certain administrative and accounting services to the Funds, including maintaining the Funds' books of account, records of the Funds' securities transactions, and certain other books and records. As custodian, BNYM is responsible for custody of each Fund's assets. BNYM is a subsidiary of The Bank of New York Mellon Corporation, a financial holding company.

Brown Brothers Harriman & Co. ("BBH") serves as First Trust Dorsey Wright's administrator, fund accountant and custodian. As custodian, BBH is responsible for custody of the Fund's assets. As administrator and fund accountant, BBH is responsible for providing certain administrative and accounting services to the Fund, including maintaining the Fund's books of account, records of the Fund's securities transactions, and certain other books and records.

**First Trust Variable Insurance Trust
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Each Trustee who is not an officer or employee of First Trust, any sub-advisor or any of their affiliates (“Independent Trustees”) is paid a fixed annual retainer that is allocated equally among each fund in the First Trust Fund Complex. Each Independent Trustee is also paid an annual per fund fee that varies based on whether the fund is a closed-end or other actively managed fund, or is an index fund.

Additionally, the Lead Independent Trustee and the Chairmen of the Audit Committee, Nominating and Governance Committee and Valuation Committee are paid annual fees to serve in such capacities, with such compensation allocated pro rata among each fund in the First Trust Fund Complex based on net assets. Independent Trustees are reimbursed for travel and out-of-pocket expenses in connection with all meetings. The Lead Independent Trustee and Committee Chairmen rotate every three years. The officers and “Interested” Trustee receive no compensation from the Trust for acting in such capacities.

4. Capital Share Transactions

Capital transactions for First Trust Dow Jones were as follows:

	Six Months Ended June 30, 2018		Year Ended December 31, 2017	
	<u>Shares</u>	<u>Value</u>	<u>Shares</u>	<u>Value</u>
Sales:				
Class I	2,866,446	\$ 39,205,916	12,209,439	\$ 163,359,896
Class II	902	12,185	12,731	181,551
Total Sales	<u>2,867,348</u>	<u>\$ 39,218,101</u>	<u>12,222,170</u>	<u>\$ 163,541,447</u>
Dividend Reinvestment:				
Class I	481,499	\$ 6,548,384	3,094,656	\$ 42,252,292
Class II	25	348	667	9,149
Total Dividend Reinvestment	<u>481,524</u>	<u>\$ 6,548,732</u>	<u>3,095,323</u>	<u>\$ 42,261,441</u>
Redemptions:				
Class I	(3,076,758)	\$ (42,093,784)	(3,937,247)	\$ (52,916,444)
Class II	(12,244)	(164,581)	(22)	(309)
Total Redemptions	<u>(3,089,002)</u>	<u>\$ (42,258,365)</u>	<u>(3,937,269)</u>	<u>\$ (52,916,753)</u>

Capital transactions for First Trust Multi Income were as follows:

	Six Months Ended June 30, 2018		Year Ended December 31, 2017	
	<u>Shares</u>	<u>Value</u>	<u>Shares</u>	<u>Value</u>
Sales:				
Class I	340,153	\$ 3,636,973	529,437	\$ 5,744,312
Class II	—	—	—	—
Total Sales	<u>340,153</u>	<u>\$ 3,636,973</u>	<u>529,437</u>	<u>\$ 5,744,312</u>
Dividend Reinvestment:				
Class I	20,586	\$ 219,032	47,398	\$ 511,337
Class II	—	—	130	1,406
Total Dividend Reinvestment	<u>20,586</u>	<u>\$ 219,032</u>	<u>47,528</u>	<u>\$ 512,743</u>
Redemptions:				
Class I	(251,886)	\$ (2,681,989)	(437,125)	\$ (4,750,415)
Class II	(4,509)	(48,114)	(305)	(3,336)
Total Redemptions	<u>(256,395)</u>	<u>\$ (2,730,103)</u>	<u>(437,430)</u>	<u>\$ (4,753,751)</u>

**First Trust Variable Insurance Trust
June 30, 2018 (Unaudited)**

Capital transactions for First Trust Dorsey Wright were as follows:

	Six Months Ended June 30, 2018		Year Ended December 31, 2017	
	Shares	Value	Shares	Value
Sales:				
Class I	768,279	\$ 9,144,403	1,099,884	\$ 11,844,556
Class II	2,825	34,014	—	—
Total Sales	771,104	\$ 9,178,417	1,099,884	\$ 11,844,556
Dividend Reinvestment:				
Class I	3,860	\$ 47,170	27,252	\$ 311,559
Class II	22	268	86	979
Total Dividend Reinvestment	3,882	\$ 47,438	27,338	\$ 312,538
Redemptions:				
Class I	(184,680)	\$ (2,185,322)	(209,529)	\$ (2,272,459)
Class II	(1)	(13)	—	—
Total Redemptions	(184,681)	\$ (2,185,335)	(209,529)	\$ (2,272,459)

5. Purchases and Sales of Securities

Cost of purchases and proceeds from sales of investment securities, excluding U.S. Government securities and short-term investments, for the six months ended June 30, 2018, were as follows:

	Purchases	Sales
First Trust Dow Jones	\$ 267,443,772	\$ 261,005,335
First Trust Multi Income	5,043,644	3,518,586
First Trust Dorsey Wright	13,372,730	6,248,521

Cost of purchases and proceeds from sales of U.S. Government investment securities, excluding short-term investments, for the six months ended June 30, 2018, were as follows:

	Purchases	Sales
First Trust Dow Jones	\$ 40,332,949	\$ 40,336,828
First Trust Multi Income	232,338	589,231
First Trust Dorsey Wright	—	—

6. Derivative Transactions

The following table presents the type of derivatives held by First Trust Dow Jones at June 30, 2018, the primary underlying risk exposure and the location of these instruments as presented on the Statements of Assets and Liabilities. First Trust Multi Income and First Trust Dorsey Wright did not hold any derivative instruments as of June 30, 2018.

Derivative Instrument	Risk Exposure	Asset Derivatives		Liability Derivatives	
		Statements of Assets and Liabilities Location	Value	Statements of Assets and Liabilities Location	Value
Futures	Interest rate risk	Unrealized appreciation on futures contracts*	\$ 98,594	Unrealized depreciation on futures contracts*	\$ —

* Includes cumulative appreciation (depreciation) on futures contracts as reported in the Portfolio of Investments. The current day's variation margin is reported within the Statements of Assets and Liabilities.

**First Trust Variable Insurance Trust
June 30, 2018 (Unaudited)**

The following table presents the amount of net realized gain (loss) and change in net unrealized appreciation (depreciation) recognized for the six months ended June 30, 2018, on derivative instruments held by First Trust Dow Jones, as well as the primary underlying risk exposure associated with each instrument.

Statements of Operations Location
Interest Rate Risk Exposure

Net realized gain (loss) on futures	\$ 745,772
Net change in unrealized appreciation (depreciation) on futures	4,414

During the six months ended June 30, 2018, the amount of notional values of futures contracts opened and closed were \$43,369,709 and \$49,480,202, respectively.

First Trust Dow Jones does not have the right to offset financial assets and liabilities related to futures contracts on the Statements of Assets and Liabilities.

7. Affiliated Transactions

First Trust Multi Income and First Trust Dorsey Wright invest in securities of affiliated funds. Dividend income and realized gains and losses from affiliated funds are presented on the Statements of Operations. Each Fund's investment performance and risks are directly related to the investment performance and risks of the affiliated funds.

Amounts relating to these investments in First Trust Multi Income at June 30, 2018, and for the period then ended are:

Security Name	Shares at 6/30/2018	Value at 12/31/2017	Purchases	Sales	Change in Unrealized Appreciation (Depreciation)	Realized Gain (Loss)	Value at 6/30/2018	Dividend Income
First Trust Institutional Preferred Securities and Income ETF	15,470	\$ —	\$ 325,529	\$ (13,993)	\$ (17,199)	\$ (407)	\$ 293,930	\$ 7,976
First Trust Low Duration Opportunities ETF	—	3,668	380,931	(384,518)	7	(88)	—	478
First Trust Preferred Securities and Income ETF	46,740	1,186,193	75,854	(325,963)	(57,604)	12,384	890,864	25,239
First Trust Senior Loan Fund	58,180	2,763,251	270,473	(235,069)	(14,175)	(5,221)	2,779,259	54,253
First Trust Tactical High Yield ETF	33,260	1,179,765	498,747	(66,628)	(41,632)	(4,039)	1,566,213	40,980
		<u>\$5,132,877</u>	<u>\$1,551,534</u>	<u>\$(1,026,171)</u>	<u>\$ (130,603)</u>	<u>\$ 2,629</u>	<u>\$5,530,266</u>	<u>\$ 128,926</u>

Notes to Financial Statements (Continued)

First Trust Variable Insurance Trust June 30, 2018 (Unaudited)

Amounts relating to these investments in First Trust Dorsey Wright at June 30, 2018, and for the period then ended are:

Security Name	Shares at 6/30/2018	Value at 12/31/2017	Purchases	Sales	Change in Unrealized Appreciation (Depreciation)	Realized Gain (Loss)	Value at 6/30/2018	Dividend Income
First Trust BICK Index Fund	4,784	\$ 108,141	\$ 38,727	\$ (2,953)	\$ (14,573)	\$ 591	\$ 129,933	\$ 667
First Trust Chindia ETF	3,725	108,306	42,575	(3,005)	(5,447)	1,133	143,562	992
First Trust Developed Markets ex-US AlphaDEX® Fund	8,363	389,688	142,995	(10,556)	(24,773)	3,172	500,526	4,379
First Trust Dow Jones Internet Index Fund	21,415	2,029,044	729,315	(346,845)	397,710	138,551	2,947,775	—
First Trust Emerging Markets AlphaDEX® Fund	12,852	265,731	101,487	(7,295)	(30,307)	2,737	332,353	3,824
First Trust Germany AlphaDEX® Fund	3,007	113,686	42,311	(3,108)	(15,357)	970	138,502	1,967
First Trust Industrials/Producer Durables AlphaDEX® Fund	67,636	2,050,972	738,671	(54,914)	(102,324)	12,163	2,644,568	8,755
First Trust Large Cap Growth AlphaDEX® Fund	46,220	2,242,246	781,574	(155,226)	140,789	39,750	3,049,133	3,756
First Trust Mid Cap Core AlphaDEX® Fund	45,332	2,231,742	827,195	(59,573)	88,879	14,732	3,102,975	9,383
First Trust Nasdaq Bank ETF	85,902	2,026,277	670,663	(166,933)	(114,607)	32,377	2,447,777	13,592
First Trust NASDAQ-100- Technology Sector Index Fund	34,283	2,006,766	690,933	(202,921)	71,852	75,218	2,641,848	8,397
First Trust Small Cap Growth AlphaDEX® Fund	69,118	2,165,861	902,609	(56,991)	332,629	10,189	3,354,297	1,432
First Trust Switzerland AlphaDEX® Fund	2,840	108,841	43,830	(2,933)	(8,003)	748	142,483	2,718
First Trust Technology AlphaDEX® Fund	47,521	1,906,897	688,030	(106,424)	175,492	10,012	2,674,007	1,882
		<u>\$17,754,198</u>	<u>\$6,440,915</u>	<u>\$(1,179,677)</u>	<u>\$ 891,960</u>	<u>\$ 342,343</u>	<u>\$24,249,739</u>	<u>\$ 61,744</u>

8. 12b-1 Service Plan

The Trust has adopted a plan (the “Plan”) pursuant to Rule 12b-1 under the 1940 Act, which provides that Class I shares of each of the Funds will be subject to an annual service fee.

First Trust Portfolios L.P. (“FTP”), an affiliate of First Trust, serves as the selling agent and distributor of shares of the Funds. FTP uses the service fee to compensate each Participating Insurance Company for providing account services to Contract owners. These services include establishing and maintaining Contract owners’ accounts, supplying information to Contract owners, delivering Fund materials to Contract owners, answering inquiries, and providing other personal services to Contract owners. Each Fund may spend up to 0.25% per year of the average daily net assets of its Class I shares as a service fee under the Plan. In addition, the Plan permits First Trust to use a portion of its advisory fee to compensate FTP for expenses incurred in connection with the sale of a Fund’s Class I shares including, without limitation, compensation of its sales force, expenses of printing and distributing the Prospectus to persons other than Contract owners, expenses of preparing, printing and distributing advertising and sales literature and reports to Contract owners used in connection with the sale of a Fund’s Class I Shares, certain other expenses associated with the servicing of Class I shares of a Fund, and any service-related expenses that may be authorized from time to time by the Board.

During the six months ended June 30, 2018, all service fees received by FTP were paid to the Participating Insurance Companies, with no portion of such fees retained by FTP. The Plan may be renewed from year to year if approved by a vote of the Trust’s Board and a vote of the Independent Trustees, who have no direct or indirect financial interest in the Plan, cast in person at a meeting called for the purpose of voting on the Plan.

**First Trust Variable Insurance Trust
June 30, 2018 (Unaudited)**

9. Borrowings

The Trust, on behalf of First Trust Dow Jones and First Trust Multi Income, along with First Trust Series Fund and First Trust Exchange-Traded Fund IV, has a \$200 million Credit Agreement (the “BNYM Line of Credit”) with BNYM to be a liquidity backstop during periods of high redemption volume. A commitment fee of 0.15% of the daily amount of the excess of the commitment amount over the outstanding principal balance of the loans will be charged by BNYM, which First Trust will allocate amongst the funds that have access to the BNYM Line of Credit. These fees are reflected in the Statements of Operations in the “Commitment fees” line item. To the extent that either fund accesses the BNYM Line of Credit, there would also be an interest fee charged. Neither First Trust Dow Jones or First Trust Multi Income drew on the BNYM Line of Credit during the six months ended June 30, 2018.

10. Indemnification

The Trust, on behalf of the Funds, has a variety of indemnification obligations under contracts with its service providers. The Trust’s maximum exposure under these arrangements is unknown. However, the Trust has not had prior claims or losses pursuant to these contracts and expects the risk of loss to be remote.

11. Subsequent Events

Management has evaluated the impact of all subsequent events on the Funds through the date the financial statements were issued, and has determined that there were no subsequent events requiring recognition or disclosure in the financial statements that have not already been disclosed.

**First Trust Variable Insurance Trust
June 30, 2018 (Unaudited)****Proxy Voting Policies and Procedures**

A description of the policies and procedures that the Trust uses to determine how to vote proxies and information on how the Trust voted proxies relating to portfolio securities during the most recent 12-month period ended June 30 is available (1) without charge, upon request, by calling (800) 988-5891; (2) on the Trust's website at www.ftportfolios.com; and (3) on the Securities and Exchange Commission's ("SEC") website at www.sec.gov.

Portfolio Holdings

The Trust files its complete schedule of portfolio holdings with the SEC for the first and third quarters of each fiscal year on Form N-Q. The Trust's Form N-Qs are available (1) by calling (800) 988-5891; (2) on the Trust's website at www.ftportfolios.com; (3) on the SEC's website at www.sec.gov; and (4) for review and copying at the SEC's Public Reference Room ("PRR") in Washington, DC. Information regarding the operation of the PRR may be obtained by calling (800) SEC-0330.

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Risk Considerations

Risks are inherent in all investing. The following summarizes some of the risks that should be considered for the Funds. For additional information about the risks associated with investing in the Funds, please see the Funds' prospectuses and statements of additional information, as well as other regulatory filings.

Bank Loan Risks. Certain of the Funds invest in bank loans. An investment in bank loans subjects the Fund to credit risk, which is heightened for bank loans in which the Fund invests because companies that issue such loans tend to be highly leveraged and thus are more susceptible to the risks of interest deferral, default and/or bankruptcy. Senior floating loans, in which the Fund may invest, are usually rated below investment grade but may also be unrated. As a result, the risks associated with these senior floating loans are similar to the risks of high yield fixed income instruments. An economic downturn would generally lead to a higher non-payment rate, and a senior floating rate loan may lose significant market value before a default occurs. Moreover, any specific collateral used to secure a senior floating rate loan may decline in value or become illiquid, which would adversely affect the senior floating rate loan's value. Unlike the securities markets, there is no central clearinghouse for loan trades, and the loan market has not established enforceable settlement standards or remedies for failure to settle. Therefore, portfolio transactions in senior floating rate loan may have uncertain settlement time periods. Senior floating rate loans are subject to a number of risks elsewhere in this report, including liquidity risk and the risk of investing in below grade fixed income instruments.

Call Risk. If an issuer calls higher-yielding debt instruments held by the Funds, performance could be adversely impacted.

Convertible Securities Risk. Certain of the ETFs in which certain of the Funds invest may invest in convertible securities. Convertible securities have characteristics of both equity and debt securities and, as a result, are exposed to certain additional risks. The market values of convertible securities tend to decline as interest rates increase and, conversely, to increase as interest rates decline.

However, a convertible security's market value also tends to reflect the market price of the common stock of the issuing company, particularly when the stock price is greater than the convertible security's conversion price (i.e., the predetermined price or exchange ratio at which the convertible security can be converted or exchanged for the underlying common stock). Convertible securities are also exposed to the risk that an issuer is unable to meet its obligation to make dividend or principal payments when due as a result of changing financial or market conditions. Convertible securities generally offer lower interest or dividend yields than non-convertible debt securities of similar credit quality because of their potential for capital appreciation.

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Credit Risk. The Funds are subject to credit risk. Credit risk is the risk that an issuer of a security will be unable or unwilling to make dividend, interest and/or principal payments when due and the related risk that the value of a security may decline because of concerns about the issuer's ability to make such payments.

Currency Exchange Rate Risk. Certain of the ETFs in which certain of the Funds invest may hold investments that are denominated in non-U.S. currencies, or in securities that provide exposure to such currencies, currency exchange rates or interest rates denominated in such currencies. Changes in currency exchange rates and the relative value of non-U.S. currencies will affect the value of the Funds' investment and the value of your Fund shares. Currency exchange rates can be very volatile and can change quickly and unpredictably. As a result, the value of an investment in the Funds may change quickly and without warning and you may lose money.

Cyber Security Risk. As the use of Internet technology has become more prevalent in the course of business, the Funds have become more susceptible to potential operational risks through breaches in cybersecurity. A breach in cybersecurity refers to both intentional and unintentional events that may cause the Fund to lose proprietary information, suffer data corruption or lose operational capacity. Such events could cause the Fund to incur regulatory penalties, reputational damage, additional compliance costs associated with corrective measures and/or financial loss. Cyber security breaches may involve unauthorized access to the Fund's digital information systems through "hacking" or malicious software coding, but may also result from outside attacks such as denial-of-service attacks through efforts to make network services unavailable to intended users. In addition, cyber security breaches of the Fund's third-party service providers, such as its administrator, transfer agent, custodian, or sub-advisor, as applicable, or issuers in which the Fund invests, can also subject the Fund to many of the same risks associated with direct cyber security breaches. The Fund has established risk management systems designed to reduce the risks associated with cyber security. However, there is no guarantee that such efforts will succeed, especially because the Fund does not directly control the cybersecurity systems of issuers or third-party service providers.

Depository Receipts Risk. Certain of the Funds invest in equity securities in the form of Depository Receipts, which may be less liquid than the underlying securities in their primary trading market. Any distributions paid to the holders of Depository Receipts are usually subject to a fee charged by the depository. Holders of Depository Receipts may have limited voting rights, and investment restrictions in certain countries may adversely impact the value of Depository Receipts because such restrictions may limit the ability to convert the securities into Depository Receipts and vice versa. Such restrictions may cause the securities of the underlying issuer to trade at a discount or premium to the market price of the Depository Receipts.

Dividend Risk. Certain of the Funds are subject to dividend risk. There is no guarantee that the issuers of the Funds' equity securities will declare dividends in the future or that, if declared, they will either remain at current levels or increase over time.

Energy Infrastructure Companies Risk. Certain of the Funds invest in energy infrastructure companies. These companies principally include publicly-traded MLPs and limited liability companies taxed as partnerships, MLP affiliates and their successor companies, pipeline companies, utilities, and other companies that derive at least 50% of their revenues from operating or providing services in support of infrastructure assets such as pipeline, power transmission and petroleum and natural gas storage in the petroleum, natural gas and power generation industries. The Fund invests in energy infrastructure companies and is subject to certain risks inherent in investing in these types of securities. Energy infrastructure companies may be directly affected by energy commodity prices, especially those companies that own the underlying energy commodity. A decrease in the production or availability of natural gas, natural gas liquids, crude oil, coal or other energy commodities or a decrease in the volume of such commodities available for transportation, processing, storage or distribution may adversely impact the financial performance of energy infrastructure companies. Energy infrastructure companies are subject to significant federal, state and local government regulation in virtually every aspect of their operations, including how facilities are constructed, maintained and operated, environmental and safety controls, and the prices they may charge for products and services. Various governmental authorities have the power to enforce compliance with these regulations and the permits issued under them and violators are subject to administrative, civil and criminal penalties, including civil fines, injunctions or both. Stricter laws, regulations or enforcement policies could be enacted in the future which would likely increase compliance costs and may adversely affect the financial performance of energy infrastructure companies. Natural disasters, such as hurricanes in the Gulf of Mexico, also may impact energy infrastructure companies.

Certain energy infrastructure companies in the utilities industry are subject to imposition of rate caps, increased competition due to deregulation, difficulty in obtaining an adequate return on invested capital or in financing large construction projects, limitations on operations and increased costs and delays attributable to environmental considerations, and the capital market's ability to absorb utility debt. In addition, taxes, government regulation, international politics, price and supply fluctuations, volatile interest rates and energy conservation may cause difficulties for these companies. Such issuers have been experiencing certain of these problems to varying degrees.

Equity Securities Risk. Certain of the Funds hold equity securities. The value of the Funds' shares will fluctuate with changes in the value of these equity securities. Equity securities prices fluctuate for several reasons, including changes in investors' perceptions of the financial condition of an issuer or the general condition of the relevant stock market, such as market volatility, or when political or

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economic events affecting the issuers occur. In addition, common stock prices may be particularly sensitive to rising interest rates, as the cost of capital rises and borrowing costs increase. The equity markets have experienced recent volatility that may lead to sharp declines in the value of the underlying ETFs and the Funds.

Exchange-Traded Fund (“ETF”) Risk. An ETF trades like common stock and represents a portfolio of securities. The risks of owning an ETF generally reflect the risks of owning the underlying securities, although lack of liquidity in an ETF could result in it being more volatile. ETFs have management fees and other operating expenses that increase their costs. In general, as a shareholder in other investment companies, the Funds bear their ratable share of the underlying fund’s expenses and are subject to duplicative expenses to the extent a Fund invests in other ETFs.

Extension Risk. Extension risk is the risk that, when interest rates rise, certain obligations will be paid off by the issuer (or obligor) more slowly than anticipated, causing the value of these securities to fall. Rising interest rates tend to extend the duration of securities, making them more sensitive to changes in interest rates. The value of longer-term securities generally changes more in response to changes in interest rates than shorter-term securities. As a result, in a period of rising interest rates, securities may exhibit additional volatility and may lose value.

Financial Companies Risk. Financial companies are especially subject to the adverse effects of economic recession, currency exchange rates, government regulation, decreases in the availability of capital, volatile interest rates, portfolio concentrations in geographic markets and in commercial and residential real estate loans, and competition from new entrants in their fields of business.

Fixed Income Securities Risk. An investment in the Funds involves risk associated with an investment in fixed income securities including the risk that certain of the securities in the Funds may not have the benefit of covenants that would prevent the issuer from engaging in capital restructurings or borrowing transactions in connection with corporate acquisitions, leveraged buyouts or restructurings. This limitation could reduce the ability of the issuer to meet its payment obligations and might result in increased credit risk. In addition, certain of the securities may be redeemed or prepaid by the issuer, resulting in lower interest payments by the Funds and reduced distributions to shareholders.

Floating Rate Loan Risk. Certain of the ETFs in which certain of the Funds invest may invest in floating rate loans, which may include high yield securities, or “junk” loans. An investment in floating rate loans subjects the Funds to credit risk, which is heightened for loans in which the Funds invest because companies that issue such loans tend to be highly leveraged and thus are more susceptible to the risks of interest deferral and/or bankruptcy.

The loans are usually rated below investment grade but may also be unrated. An economic downturn would generally lead to a higher non-payment rate, and a loan may lose significant market value before a default occurs. Moreover, any specific collateral used to secure a loan may decline in value or become illiquid, which would adversely affect the loan’s value. Loans are subject to a number of risks described elsewhere in this annual report, including liquidity risk and the risk of investing in below investment grade debt instruments. Floating rate loans are subject to prepayment risk. The degree to which borrowers prepay loans, whether as a contractual requirement or at their election, may be affected by general business conditions, the financial condition of the borrower and competitive conditions among loan investors, among others. Floating rate loans may also not be considered “securities” under the 1940 Act and therefore prevent the Funds from relying on the anti-fraud provisions of the Act.

Fund of Funds Risk. Certain of the Funds invest in securities of other ETFs, which involves additional expenses that would not be present in a direct investment in such ETFs. Furthermore, the Funds’ investment performance and risks are directly related to the investment performance and risks of the underlying ETFs in which the Funds invest.

High Yield Securities Risk. Certain of the Funds invest in high yield securities, or “junk” bonds, which are subject to greater market fluctuations and risk of loss than securities with higher ratings, and therefore, may be highly speculative. These securities are issued by companies that may have limited operating history, narrowly focused operations, and/or other impediments to the timely payment of periodic interest and principal at maturity. If the economy slows down or dips into recession, the issuers of high yield securities may not have sufficient resources to continue making timely payment of periodic interest and principal at maturity. The market for high yield securities is generally smaller and less liquid than that for investment grade securities. High yield securities are generally not listed on a national securities exchange but trade in the over-the-counter markets. Due to the smaller, less liquid market for high yield securities, the bid-offer spread on such securities is generally greater than it is for investment grade securities and the purchase or sale of such securities may take longer to complete.

Illiquid Securities Risk. Some of the securities held by certain of the Funds may be illiquid. Illiquid securities involve the risk that the securities will not be able to be sold at the time desired by the Fund or at prices approximately the value at which the Fund is carrying the securities on its books.

Income Risk. Income from the Funds’ fixed income investments could decline during periods of falling interest rates.

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Index Rebalance Risk. Pursuant to the methodology that First Trust Dorsey Wright Tactical Core Portfolio's index provider uses to calculate and maintain the Fund's underlying index, the Fund may own a significant portion of the First Trust ETFs included in the Fund. Such ETFs may be removed from the underlying index in the event that it does not comply with the eligibility requirements of the underlying index. As a result, the Fund may be forced to sell shares of certain First Trust ETFs at inopportune times or for prices other than at current market values or may elect not to sell such shares on the day that they are removed from the underlying index, due to market conditions or otherwise. Due to these factors, the variation between the Fund's annual return and the return of the underlying index may increase significantly. Apart from scheduled rebalances, the index provider may carry out additional ad hoc rebalances to the underlying index to, for example, correct an error in the selection of constituents. When the Fund in turn rebalances its portfolio, any transaction costs and market exposure arising from such portfolio rebalancing will be borne by the Fund and its shareholders. Unscheduled rebalances may also expose the Fund to additional tracking error risk. Therefore, errors and additional ad hoc rebalances carried out by the index provider may increase the Fund's costs and market exposure.

Interest Rate Risk. Interest rate risk is the risk that the value of the fixed-income securities in the Funds will decline because of rising market interest rates. Interest rate risk is generally lower for shorter term investments and higher for longer term investments. Mortgage-related securities are particularly subject to the risk that interest rate volatility may adversely impact the valuation and price of such securities. Additionally, the return on the floating rate loans in which the Funds may invest will decline during a period of falling interest rates.

Investment Companies Risk. The Funds may invest in the shares of other investment companies, and therefore, the Funds' investment performance and risks may be related to the investment performance and risks of the underlying funds. In general, as a shareholder in other investment companies, the Funds bear their ratable share of the underlying fund's expenses and would be subject to duplicative expenses to the extent the Funds invest in other investment companies.

Liquidity Risk. The Funds may be subject to the risks of investing in lower-quality debt issued by companies that are highly leveraged. Lower-quality debt tends to be less liquid than higher-quality debt. Moreover, smaller debt issues tend to be less liquid than larger debt issues. If the economy experiences a sudden downturn, or if the debt markets for such companies become distressed, the Funds may have particular difficulty selling their assets in sufficient amounts, at reasonable prices and in a sufficiently timely manner to raise the cash necessary to meet any potentially heavy redemption requests by shareholders.

Loan Prepayment Risk. Loans are subject to prepayment risk. The degree to which borrowers prepay loans, whether as a contractual requirement or at their election, may be affected by general business conditions, the financial condition of the borrower and competitive conditions among loan investors, among others. As such prepayments cannot be predicted with accuracy. Upon a prepayment, either in part or in full, the actual outstanding debt on which the Funds derive interest income will be reduced. The Funds may not be able to reinvest the proceeds received on terms as favorable as the prepaid loan.

Management Risk. Certain of the Funds are subject to management risk because they have actively managed portfolios. The Advisor will apply investment techniques and risk analyses in making investment decisions for the Funds, but there can be no guarantee that the Funds will achieve their investment objectives.

Market Risk. Market risk is the risk that a particular security owned by a Fund or shares of the Funds in general may fall in value. Shares are subject to market fluctuations caused by such factors as economic, political, regulatory or market developments, changes in interest rates and perceived trends in securities prices. Overall Fund share values could decline generally or could underperform other investments.

MLP Risk. Certain of the Funds invest in Master Limited Partnerships ("MLP's). Investment in MLP units involves risks which differ from an investment in common stock of a corporation. Holders of MLP units have limited control and voting rights on matters affecting the partnership. In addition, there are certain tax risks associated with an investment in MLP units and conflicts of interest may exist between common unit holders and the general partner, including those arising from incentive distribution payments. In addition, there is the risk that an MLP could be, contrary to its intention, taxed as a corporation, resulting in decreased returns from such MLP. On March 15, 2018, the Federal Energy Regulatory Commission ("FERC") changed its long-standing tax allowance policy which no longer permits MLPs to include in their cost of service an income tax allowance. This has had a negative impact on the performance of some MLPs affected by this decision. This policy change and any similar policy changes in the future could adversely impact an MLP's business, financial condition, results of operations and cash flows and ability to pay cash distributions or dividends.

Mortgage Securities Risk. Certain of the ETFs in which certain of the Funds invest may hold mortgage-related securities, including mortgage-backed securities, which may make the Funds more susceptible to adverse economic, political or regulatory events that affect the value of real estate. Changes in local, state and federal policies could negatively impact the mortgage-related securities market, which include various government initiated and sponsored homeowner assistance programs and eminent domain issues. Mortgage related securities may also face liquidity issues when a Fund seeks to sell such securities but is unable to find buyers at a bid-ask spread to make the transaction feasible. These securities are also subject to the risk that the underlying borrowers may default on their mortgages, resulting in a non-payment of principal and interest. Finally, the mortgage-related securities market may be negatively impacted by regulatory changes including those that are related to the mandate or existence of the government-sponsored enterprises, Fannie Mae,

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Freddie Mac and Ginnie Mae. Mortgage-related securities are subject to prepayment risk. The degree to which borrowers prepay loans, whether as a contractual requirement or at their election, may be affected by general business conditions, the financial condition of the borrower and competitive conditions among loan investors, among others. As such, prepayments cannot be predicted with accuracy.

Upon a prepayment, either in part or in full, the actual outstanding debt on which a Fund derives interest income will be reduced. In declining interest rate environments, the extent to which borrowers prepay a mortgage generally increases, which increase reinvestment risk, or the risk that the proceeds received are not reinvested on terms as favorable as the prepaid loan. Conversely, mortgage-related securities are subject to the risk that the rate of mortgage prepayments decreases, which extends the average life of a security and increases the interest rate risk exposure.

Municipal Bonds Risk. Certain of the ETFs in which certain of the Funds invest may invest in municipal bonds. In addition to being subject to credit, income and interest rate risk (as described in the prospectus), municipal bonds are subject to tax risk. Interest income from municipal bonds is normally not subject to regular federal income tax, but income from municipal bonds held by the underlying ETFs could be declared taxable because of, among other things, unfavorable changes in tax laws, adverse interpretations by the Internal Revenue Service or state tax authorities or noncompliant conduct of a bond issuer. Consequently, the attractiveness of municipal bonds in relation to other investment alternatives is affected by changes in federal income tax rates or changes in the tax-exempt status of interest income from municipal bonds.

Non-Correlation Risk. The Funds' returns may not match the return of an Index for a number of reasons. For example, the Funds incur operating expenses not applicable to the Indexes, and may incur costs in buying and selling securities, especially when rebalancing the Funds' portfolio holdings to reflect changes in the composition of the Indexes. In addition, the Funds' portfolio holdings may not exactly replicate the securities included in the Indexes or the ratios between the securities included in the Indexes.

Non-Diversification Risk. The First Trust Dorsey Wright Tactical Core Portfolio is classified as "non-diversified" under the 1940 Act. As a result, the First Trust Dorsey Wright Tactical Core Portfolio is only limited as to the percentage of its assets that may be invested in the securities of any one issuer by the diversification requirements imposed by the Internal Revenue Code of 1986, as amended (the "Code"). The First Trust Dorsey Wright Tactical Core Portfolio may invest a relatively high percentage of its assets in a limited number of issuers. As a result, the First Trust Dorsey Wright Tactical Core Portfolio may be more susceptible to a single adverse economic or regulatory occurrence affecting one or more of these issuers, experience increased volatility and be highly invested in certain issuers.

Non-U.S. Securities and Emerging Markets Risk. Certain of the Funds invest in securities of non-U.S. issuers. Non-U.S. securities are subject to higher volatility than securities of domestic issuers due to possible adverse political, social or economic developments; restrictions on foreign investment or exchange of securities; lack of liquidity; currency exchange rates; excessive taxation; government seizure of assets; different legal or accounting standards and less government supervision and regulation of exchanges in foreign countries. These risks may be heightened for securities of companies located in, or with significant operations in, emerging market countries.

Preferred Securities Risk. The Funds and certain of the ETFs in which certain of the Funds invest, invest in preferred securities. Preferred securities combine some of the characteristics of both common stocks and bonds. Preferred securities are typically subordinated to bonds and other debt instruments in a company's capital structure in terms of priority to corporate income, and therefore will be subject to greater credit risk than those debt instruments. Preferred securities are also subject to credit risk, interest rate risk and income risk.

REIT Risk. Certain of the Funds invest in Real Estate Investment Trusts ("REITs"), and as a result, the Fund is subject to the risks associated with investing in real estate, which may include, but are not limited to, fluctuations in the value of underlying properties; defaults by borrowers or tenants; market saturation; changes in general and local operating expenses; and other economic, political or regulatory occurrences affecting companies in the real estate industry. In addition to risks related to investments in real estate generally, investing in REITs involves certain other risks related to their structure and focus, which include, but are not limited to, dependency upon management skills, limited diversification, the risks of locating and managing financing for projects, heavy cash flow dependency, possible default by borrowers, the costs and potential losses of self-liquidation of one or more holdings, the risk of a possible lack of mortgage funds and associated interest rate risks, overbuilding, property vacancies, increases in property taxes and operating expenses, changes in zoning laws, losses due to environmental damages, changes in neighborhood values and appeal to purchases, the possibility of failing to maintain exemptions from registration under the 1940 Act and, in many cases, relatively small market capitalization, which may result in less market liquidity and greater price volatility. REITs are also subject to the risk that the real estate market may experience an economic downturn generally, which may have a material effect on the real estate in which the REITs invest and their underlying portfolio securities.

Small Fund Risk. Certain of the Funds currently have fewer assets than larger funds, and like other relatively smaller funds, large inflows and outflows may impact the Funds' market exposure for limited periods of time. This impact may be positive or negative, depending on the direction of market movement during the period affected.

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Smaller Company Risk. Certain of the Funds and certain of the ETFs in which certain of the Funds invest, invest in small- and mid-capitalization companies. Such companies may be more vulnerable to adverse general market or economic developments, and their securities may be less liquid and may experience greater price volatility than larger, more established companies as a result of several factors, including limited trading volumes, products or financial resources, management inexperience and less publicly available information. Accordingly, such companies are generally subject to greater market risk than larger, more established companies.

TIPS Risk. Certain of the Funds invest in Treasury Inflation Protected Securities (“TIPS”). TIPS are inflation-indexed fixed-income securities issued by the U.S. Department of Treasury and are subject to the same risks as other fixed income investments. In a falling inflationary environment, both interest payments and the value of the TIPS will decline.

Board Considerations Regarding Approval of Continuation of Investment Management and Investment Sub-Advisory Agreements

The Board of Trustees (the “Board”) of First Trust Variable Insurance Trust (the “Trust”), including the Independent Trustees, unanimously approved the continuation of the Investment Management Agreement (the “Advisory Agreement”) with First Trust Advisors L.P. (“First Trust” or the “Advisor”) on behalf of each of First Trust/Dow Jones Dividend & Income Allocation Portfolio, First Trust Multi Income Allocation Portfolio and First Trust Dorsey Wright Tactical Core Portfolio (each a “Fund” and together the “Funds”); the Investment Sub-Advisory Agreement (the “Stonebridge Sub-Advisory Agreement”) among the Trust, on behalf of First Trust Multi Income Allocation Portfolio, the Advisor and Stonebridge Advisors LLC (“Stonebridge”); and the Investment Sub-Advisory Agreement (the “Energy Income Partners Sub-Advisory Agreement”) among the Trust, on behalf of First Trust Multi Income Allocation Portfolio, the Advisor and Energy Income Partners, LLC (“Energy Income Partners”) for a one-year period ending June 30, 2019 at a meeting held on June 11, 2018. The Stonebridge Sub-Advisory Agreement and the Energy Income Partners Sub-Advisory Agreement are collectively referred to as the “Sub-Advisory Agreements.” Stonebridge and Energy Income Partners are individually referred to as a “Sub-Advisor” and are collectively referred to as the “Sub-Advisors.” The Sub-Advisory Agreements together with the Advisory Agreement are referred to as the “Agreements.” The Board determined that the continuation of the Advisory Agreement is in the best interests of each Fund and the continuation of the Sub-Advisory Agreements is in the best interests of First Trust Multi Income Allocation Portfolio in light of the nature, extent and quality of the services provided and such other matters as the Board considered to be relevant in the exercise of its reasonable business judgment.

To reach this determination, the Board considered its duties under the Investment Company Act of 1940, as amended (the “1940 Act”), as well as under the general principles of state law, in reviewing and approving advisory contracts; the requirements of the 1940 Act in such matters; the fiduciary duty of investment advisors with respect to advisory agreements and compensation; the standards used by courts in determining whether investment company boards have fulfilled their duties; and the factors to be considered by the Board in voting on such agreements. At meetings held on April 23, 2018 and June 11, 2018, the Board, including the Independent Trustees, reviewed materials provided by the Advisor and each of the Sub-Advisors responding to requests for information from counsel to the Independent Trustees that, among other things, outlined the services provided by the Advisor to the Funds and by the Sub-Advisors to First Trust Multi Income Allocation Portfolio (including the relevant personnel responsible for these services and their experience); the advisory fee rate payable by each Fund and the sub-advisory fee rates for First Trust Multi Income Allocation Portfolio as compared to fees charged to a peer group of funds provided by Management Practice, Inc. (“MPI”), an independent source (the “Peer Group”), and as compared to fees charged to other clients of the Advisor and the Sub-Advisor; expenses of each Fund as compared to expense ratios of the funds in the Fund’s Peer Group; performance information for each Fund; the nature of expenses incurred in providing services to the Funds and the potential for economies of scale, if any; financial data on the Advisor and each Sub-Advisor; any fall out benefits to the Advisor and its affiliate, First Trust Portfolios L.P. (“FTP”), and the Sub-Advisors; and information on the Advisor’s and each Sub-Advisor’s compliance program. The Board reviewed initial materials with the Advisor at a special meeting held on April 23, 2018, prior to which the Independent Trustees and their counsel met separately to discuss the information provided by the Advisor and each of the Sub-Advisors. Following the April meeting, independent legal counsel on behalf of the Independent Trustees requested certain clarifications and supplements to the materials provided, and the information provided in response to those requests was considered at an executive session of the Independent Trustees and independent legal counsel held prior to the June 11, 2018 meeting, as well as at the meeting held that day. The Board applied its business judgment to determine whether the arrangements between the Trust and the Advisor continue to be reasonable business arrangements from the Funds’ perspective. Similarly, the Board applied its business judgment to determine whether the arrangements among the Trust, the Advisor and each of the Sub-Advisors continue to be reasonable business arrangements from the perspective of First Trust Multi Income Allocation Portfolio. The Board determined that, given the totality of the information provided with respect to the Agreements, the Board had received sufficient information to renew the Agreements. The Board considered that shareholders chose to invest or remain invested in the Funds knowing that the Advisor manages the Funds and knowing that the Sub-Advisors serve as such for First Trust Multi Income Allocation Portfolio and knowing the advisory fee.

In reviewing the Agreements, the Board considered the nature, extent and quality of the services provided by the Advisor and each Sub-Advisor under the Agreements. With respect to the Advisory Agreement, the Board considered that the Advisor is responsible for the overall management and administration of the Trust and the Funds and reviewed all of the services provided by the Advisor to the Funds,

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including oversight of the Sub-Advisors for First Trust Multi Income Allocation Portfolio, as well as the background and experience of the persons responsible for such services. The Board noted that the Advisor oversees the Sub-Advisors' management of First Trust Multi Income Allocation Portfolio's investments, including portfolio risk monitoring and performance review. In reviewing the services provided, the Board noted the compliance program that had been developed by the Advisor and considered that it includes a robust program for monitoring the Advisor's, the Sub-Advisors' and the Funds' compliance with the 1940 Act, as well as each Fund's compliance with its investment objective, policies and restrictions. The Board also considered a report from the Advisor with respect to its risk management functions related to the operation of the Funds. Finally, as part of the Board's consideration of the Advisor's services, the Advisor, in its written materials and at the April 23, 2018 meeting, described to the Board the scope of its ongoing investment in additional infrastructure and personnel to maintain and improve the quality of services provided to the Funds and the other funds in the First Trust Fund Complex. With respect to the Sub-Advisory Agreements for First Trust Multi Income Allocation Portfolio, the Board considered the services that each Sub-Advisor provides to the Fund, noting that Energy Income Partners is responsible for the day-to-day management of a portion of the Fund's investments and that Stonebridge serves in a non-discretionary capacity for a portion of the Fund's investments. The Board noted the background and experience of each Sub-Advisor's portfolio management team and the Board's prior meetings with members of each portfolio management team. The Board also received a presentation from representatives of Energy Income Partners at the June 11, 2018 meeting. In light of the information presented and the considerations made, the Board concluded that the nature, extent and quality of the services provided to the Funds by the Advisor and to First Trust Multi Income Allocation Portfolio by the Sub-Advisors under the Agreements have been and are expected to remain satisfactory and that the Advisor and, for First Trust Multi Income Allocation Portfolio, the Sub-Advisors, have managed the Funds consistent with each Fund's respective investment objectives, policies and restrictions.

The Board considered the advisory fee rate payable by each Fund under the Advisory Agreement and, for First Trust Multi Income Allocation Portfolio, considered the sub-advisory fees paid under the Sub-Advisory Agreements for the services provided, noting that the sub-advisory fees are paid by the Advisor from its advisory fee. The Board considered that the Advisor agreed to extend the current expense caps for Class I and Class II shares of each Fund at least until May 1, 2020. The Board noted that expenses borne or advisory fees waived by First Trust are subject to reimbursement by the applicable Fund for up to three years from the date the expense was incurred or advisory fee was waived, but no reimbursement payment would be made by the Fund if it would result in the Fund exceeding an expense ratio equal to the expense cap. The Board also noted that the Advisor had extended through May 1, 2019 its agreement to reduce the advisory fee payable by First Trust Multi Income Allocation Portfolio in the amount of 0.37% of the Fund's average daily net assets. The Board received and reviewed information for each Fund showing the advisory fee rates and expense ratios of the peer funds in the Peer Group, as well as advisory and unitary fee rates charged by the Advisor and the Sub-Advisors to other fund and non-fund clients, as applicable. With respect to each Fund's Peer Group, the Board noted its prior discussions with the Advisor and MPI regarding the assembly of each Fund's Peer Group. Based on the information provided, the Board noted that the advisory fee payable by First Trust/Dow Jones Dividend & Income Allocation Portfolio was equal to the median advisory fee of the peer funds in the Fund's Peer Group, that the advisory fee payable by First Trust Multi Income Allocation Portfolio was below the median advisory fee of the peer funds in the Fund's Peer Group and that the advisory fee payable by First Trust Dorsey Wright Tactical Core Portfolio was above the median advisory fee of the peer funds in the Fund's Peer Group. The Board also noted that with respect to the total (net) expense ratio of each Fund's Class I shares, the net expense ratio of First Trust Multi Income Allocation Portfolio was below the median expense net ratio of the peer funds in the Fund's Peer Group and the net expense ratio of each of First Trust/Dow Jones Dividend & Income Allocation Portfolio and First Trust Dorsey Wright Tactical Core Portfolio was above the median net expense ratio of the peer funds in the Fund's Peer Group. With respect to fees charged to other clients, the Board considered differences between the Funds and other clients that limited their comparability. In considering the advisory fee rates overall, the Board also considered the Advisor's statement that it seeks to meet investor needs through innovative and value-added investment solutions and the Advisor's description of its long-term commitment to each Fund.

The Board considered performance information for the Funds. The Board noted the process it has established for monitoring the Funds' performance and portfolio risk on an ongoing basis, which includes quarterly performance reporting from the Advisor for the Funds and the Sub-Advisors for First Trust Multi Income Allocation Portfolio. The Board determined that this process continues to be effective for reviewing the Funds' performance. The Board received and reviewed information comparing each Fund's performance for periods ended December 31, 2017 to the performance of the peer funds in the Fund's Peer Group and to that of benchmark indexes, including one or more blended benchmarks. Based on the information provided, the Board noted that First Trust/Dow Jones Dividend & Income Allocation Portfolio (Class I shares) outperformed the Peer Group average for the three-year period ended December 31, 2017 but underperformed the Peer Group average for the one- and five-year periods ended December 31, 2017. The Board noted that First Trust Multi Income Allocation Portfolio (Class I shares) underperformed the Peer Group average for the one- and three-year periods ended December 31, 2017. The Board noted that First Trust Dorsey Wright Tactical Core Portfolio (Class I shares) outperformed the Peer Group average for the one-year period ended December 31, 2017.

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On the basis of all the information provided on the fees, expenses and performance of the Funds and the ongoing oversight by the Board, the Board concluded that the advisory fee for each Fund and the sub-advisory fees for First Trust Multi Income Allocation Portfolio continue to be reasonable and appropriate in light of the nature, extent and quality of the services provided by the Advisor to each Fund under the Advisory Agreement and provided to First Trust Multi Income Allocation Portfolio by the Sub-Advisors under the Sub-Advisory Agreements.

The Board considered information and discussed with the Advisor whether there were any economies of scale in connection with providing advisory services to each Fund and noted the Advisor's statement that it believes its expenses will likely increase over the next twelve months as the Advisor continues to make investments in infrastructure and personnel. The Board considered the revenues and allocated costs (including the allocation methodology) of the Advisor in serving as investment advisor to each Fund for the twelve months ended December 31, 2017 and the estimated profitability level for each Fund calculated by the Advisor based on such data, as well as complex-wide and product-line profitability data for the same period. The Board noted the inherent limitations in the profitability analysis and concluded that, based on the information provided, the Advisor's profitability level for each Fund was not unreasonable. The Board considered that the Advisor had identified as a fall out benefit to the Advisor and FTP their exposure to investors and brokers who, absent their exposure to the Funds, may have had no dealings with the Advisor or FTP. The Board also considered the majority ownership interest of an affiliate of the Advisor in Stonebridge and the investment by an affiliate of the Advisor in Energy Income Partners and potential fall-out benefits to the Advisor from such interests. The Board noted that FTP is compensated for services provided to the Funds through Rule 12b 1 distribution and service fees payable by Class I shares, and that the Advisor receives compensation from the Funds for providing fund reporting services pursuant to a separate Fund Reporting Services Agreement. The Board also noted that the Advisor does not utilize soft dollars in connection with its management of the Funds' portfolios. The Board concluded that the character and amount of potential fall-out benefits to the Advisor were not unreasonable.

With respect to the Stonebridge Sub-Advisory Agreement, the Board considered Stonebridge's expenses in providing sub-advisory services to the Fund and noted Stonebridge's hiring of additional personnel in recent years and commitment to add additional resources if assets increase. The Board did not review the profitability of Stonebridge with respect to the Fund. The Board noted that the Advisor pays Stonebridge from its advisory fee, and its understanding that the First Trust Multi Income Allocation Portfolio's sub-advisory fee rate was the product of an arm's length negotiation. The Board concluded that the profitability analysis for the Advisor was more relevant. The Board considered fall-out benefits that may be realized by Stonebridge from its relationship with First Trust Multi Income Allocation Portfolio, including potential fall-out benefits to Stonebridge from the ownership interest of an affiliate of the Advisor in Stonebridge. The Board noted that Stonebridge does not provide trade execution services on behalf of First Trust Multi Income Allocation Portfolio. The Board concluded that the character and amount of potential fall-out benefits to Stonebridge were not unreasonable.

With respect to the Energy Income Partners Sub-Advisory Agreement, the Board considered that Energy Income Partners' investment services expenses are primarily fixed, and that Energy Income Partners has made recent investments in additional personnel and infrastructure and expects its expenses to increase over the next twelve months as it continues to make investments in additional personnel. The Board did not review the profitability of Energy Income Partners with respect to the Fund. The Board noted that the Advisor pays Energy Income Partners from its advisory fee, and its understanding that the First Trust Multi Income Allocation Portfolio's sub-advisory fee rate was the product of an arm's length negotiation. The Board concluded that the profitability analysis for the Advisor was more relevant. The Board considered fall-out benefits that may be realized by Energy Income Partners from its relationship with First Trust Multi Income Allocation Portfolio, including the potential fall-out benefits to Energy Income Partners from the ownership interest of an affiliate of the Advisor in Energy Income Partners. The Board noted that Energy Income Partners does not provide trade execution services on behalf of First Trust Multi Income Allocation Portfolio. The Board concluded that the character and amount of potential fall-out benefits to Energy Income Partners were not unreasonable.

Based on all of the information considered and the conclusions reached, the Board, including the Independent Trustees, unanimously determined that the terms of the Agreements continue to be fair and reasonable and that the continuation of the Agreements is in the best interests of the applicable Funds. No single factor was determinative in the Board's analysis.

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