

Multi Timeframe Mastery

Checklist

Signal Pilot Education Hub

Multi-Timeframe Alignment Checklist

From Lesson 19: Multi-Timeframe Mastery

Use this checklist to ensure HTF, MTF, and LTF alignment before every trade.



Pre-Trade: 3-Timeframe Analysis

Step 1: HTF Analysis (Daily Chart)

Trend & Context:

- [] Trend direction: Uptrend / Downtrend / Range
- [] Price vs. 50 EMA: Above / Below / At
- [] Price vs. 200 EMA: Above / Below / At
- [] Volume Oracle regime: Trending / Ranging / Volatile

Key Levels:

- [] Major support: \$_

- [] Major resistance: \$
- [] Recent swing high: \$
- [] Recent swing low: \$

HTF Bias: Long / Short / Neutral

Rationale:

Step 2: MTF Structure (4H Chart)

Structure & Zones:

- [] Current swing high: \$
- [] Current swing low: \$
- [] Janus Atlas sweep zones identified: \$ / \$
- [] Plutus Flow POC (fair value): \$
- [] Recent order flow: Absorption / Exhaustion

Entry Zones Defined:

- [] Potential long entry zone: \$ - \$
- [] Potential short entry zone: \$ - \$

MTF Structure aligns with HTF bias? Yes / No

Step 3: LTF Execution (15min Chart)

Entry Timing:

- [] Setup type: Janus sweep / Breakout / POC reversion / Other:
- [] Entry trigger: Sweep reclaim / Breakout close / Absorption / Other:
- [] Footprint confirmation: +/- delta
- [] Order book supporting direction: Yes / No

Confluence check:

- [] HTF aligned? ✓
- [] MTF structure supports? ✓

- [] LTF trigger confirmed? ✓
- [] Order flow (Plutus) confirms? ✓
- [] Volume Oracle supports? ✓

Total alignment: ____/5



Alignment Scoring

3/3 Perfect Alignment (Highest Probability):

- [] HTF trend = Uptrend/Downtrend (clear direction)
- [] MTF structure = Aligned (pullback to support in uptrend, etc.)
- [] LTF trigger = Confirmed (sweep reclaim, breakout close)
- **Action:** Trade with high conviction, 2% risk

2/3 Partial Alignment (Moderate Probability):

- [] HTF supportive but near resistance
- [] MTF structure good
- [] LTF trigger confirmed
- **Action:** Trade with reduced size, 1-1.5% risk, tight target

1/3 or 0/3 Conflicting (Low Probability):

- [] HTF downtrend but LTF long setup
- [] Fighting higher timeframe
- **Action:** SKIP (Don't trade against HTF)



Trade Execution

Entry:

- [] Timeframe: 15min / 5min
- [] Entry price: \$____
- [] Entry reason: _____

Stop Loss (MTF-based):

- [] Stop price: \$____ (below swept low / above swept high)

- [] Based on: MTF structure / ATR: __ points
- [] Risk: \$__ = __% of account

Targets (HTF/MTF-based):

- [] Target 1 (MTF level): \$__ = __R
- [] Target 2 (HTF level): \$__ = __R
- [] Scaling plan: % at T1, % at T2

Position size: __ shares/contracts



Trade Management (Use MTF)

DO NOT manage on LTF (exit too early):

- [] Using MTF for targets (4H resistance, not 15min)
- [] Using HTF for final target (Daily level)
- [] Trailing stop based on MTF structure breaks

Management plan:

- [] At T1 (\$__): Exit % or trail stop
- [] At T2 (\$__): Exit % or trail stop
- [] Stop moved to breakeven when: _____

🚫 Invalidation Criteria (Exit Immediately)

- [] HTF structure breaks (Daily support/resistance violated)
- [] MTF structure breaks against position
- [] Volume Oracle regime shift (Trending → Volatile)
- [] Failed to move favorably within __ candles/hours
- [] Stop loss hit



Post-Trade Review

Alignment quality:

- Alignment score at entry: ____/3
- Did HTF support the trade throughout? Yes / No
- Were targets based on HTF/MTF levels? Yes / No
- Did I manage on MTF (not LTF)? Yes / No

What went right:

- _____

What could be improved:

- _____

Lesson learned:

- _____

Win/Loss: _ R-multiple: _

Remember:

- HTF guides (trend, bias)
- MTF indicates (structure, entry zones)
- LTF executes (precise timing)
- Never trade against HTF

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