

# Multi Timeframe Mastery Checklist

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Signal Pilot Education Hub

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## Multi-Timeframe Alignment Checklist

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### From Lesson 19: Multi-Timeframe Mastery

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

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### 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:**

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## 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

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## 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

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## **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)
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## **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

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## 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
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# 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: \_**

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## Remember:

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

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