

# Timeframe Alignment Checklist

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Signal Pilot Education Hub

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## Multi-Timeframe Alignment Checklist

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**From Lesson 11: The Chart Timeframe Illusion (5-Min Charts Create Gambling Addicts)**

Use this checklist to ensure HTF/MTF/LTF alignment before trading and break timeframe addiction.

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### Pre-Trade: 3-Timeframe Alignment Analysis

#### **Step 1: HTF (Higher Timeframe) - Trend & Context**

- [ ] Timeframe used: \_\_ (Daily or Weekly)
- [ ] Trend direction:
  - Uptrend (price above major EMAs, higher highs/lows)

- Downtrend (price below major EMAs, lower highs/lows)
- Range (price chopping through EMAs, sideways)
  - Major support/resistance levels: \$\_ and \$\_
  - My bias from HTF: \_ (bullish / bearish / neutral)
  - Screenshot HTF saved:  YES

## Step 2: MTF (Medium Timeframe) - Structure & Setups

- Timeframe used: \_ (4H or 1H)
- Swing structure identified:
- Key highs: \$\_
- Key lows: \$\_
- Janus sweep zones: \$\_
  - Volume Oracle regime: \_ (trending / ranging / volatile)
  - MTF structure aligns with HTF trend:  YES  NO
  - Screenshot MTF saved:  YES

## Step 3: LTF (Lower Timeframe) - Execution Timing

- Timeframe used: \_ (15min or 1H - NOT 1-5min)
- Entry trigger identified:
- Sweep confirmation:  YES  NO
- Reversal candle:  YES  NO
- Absorption/exhaustion:  YES  NO
  - LTF setup aligns with MTF and HTF:  YES  NO

## Step 4: Alignment Verification

- HTF + MTF + LTF all agree:  3/3  2/3  1/3
- Minimum requirement: 2/3 alignment (ideally 3/3)
- If 1/3 or mixed signals:  SKIP TRADE

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# ✓ Timeframe Entry Criteria (All Must Be Met)

- [ ] HTF trend identified (uptrend, downtrend, or range)
- [ ] Trading WITH HTF trend (never against it)
- [ ] MTF structure provides clear entry area and stop placement
- [ ] LTF provides specific entry timing (not just "feeling")
- [ ] Minimum 2/3 timeframe alignment (ideally 3/3)
- [ ] NOT trading on 1-5min charts (addiction timeframes)

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## 🎯 Trade Execution by Timeframe

### HTF Analysis (Daily/Weekly):

- [ ] HTF trend: \_ (up / down / range)
- [ ] Trade direction: \_ (WITH HTF trend only)

### MTF Structure (4H/1H):

- [ ] Entry zone from MTF: \$\_\_
- [ ] Stop placement from MTF: \$\_\_
- [ ] Target from MTF: \$\_\_

### LTF Execution (15min/1H):

- [ ] Specific entry price: \$\_\_
- [ ] Entry trigger: \_\_\_\_
- [ ] Timeframe alignment: \_\_\_\_ / 3

### Position Details:

- [ ] Position size: \_ (based on MTF stop distance)
- [ ] Stop price: \$\_\_ (from MTF structure, NOT LTF noise)
- [ ] Target price: \$\_\_ (from MTF/HTF resistance/support)

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# 🚫 Timeframe Addiction Red Flags (Break These Habits)

- [ ] Trading on 1-5min charts (dopamine addiction, not trading)
- [ ] Making 10+ trades per day (overtrading LTF noise)
- [ ] Can't look away from screen (timeframe addiction symptom)
- [ ] Analyzing HTF but executing on 1min (timeframe mismatch)
- [ ] No HTF screenshot saved (skipping context = guessing)
- [ ] Ignoring HTF trend because "LTF looks good" (alignment failure)

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## Post-Trade: Timeframe Performance Review

### Alignment accuracy:

- Timeframe alignment used: \_ / 3
- Did alignment hold throughout trade?  YES  NO
- Which timeframe gave best signal (HTF/MTF/LTF)? \_\_\_\_\_

### Execution timeframe:

- What timeframe did I execute on? \_\_\_\_\_
- Was it 15min or higher?  YES  NO
- Did I check HTF BEFORE entering?  YES  NO

### Timeframe discipline:

- Did I trade against HTF trend?  YES  NO
- Did I overtrade LTF noise?  YES  NO
- How many trades today? \_\_\_\_\_ (ideal: 1-3 per day)

### Lessons learned:

- \_\_\_\_\_

**Win/Loss: \_ R-multiple: \_**



# Timeframe Selection Guide

## Small Account (\$1k-\$10k):

- HTF Analysis: Daily / 4H
- MTF Structure: 4H / 1H
- LTF Execution: 1H / 15min
- Why: Lower transaction costs, fewer trades

## Medium Account (\$10k-\$100k):

- HTF Analysis: Weekly / Daily
- MTF Structure: Daily / 4H
- LTF Execution: 4H / 1H
- Why: Swing trades, less time commitment

## Large Account (\$100k+):

- HTF Analysis: Monthly / Weekly
- MTF Structure: Weekly / Daily
- LTF Execution: Daily / 4H
- Why: Position trades, liquidity matters

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# Breaking Timeframe Addiction (4-Week Plan)

## Week 1: Track Your Timeframe

- [ ] Log every trade's execution timeframe
- [ ] Calculate: \_\_\_\_ % of trades are on 1-5min charts

## Week 2: Force HTF Screenshots

- [ ] Before ANY trade, screenshot Daily and 4H
- [ ] Does LTF setup align with HTF? If NO → Skip

## Week 3: Increase Execution Timeframe

- [ ] If trading 1min → move to 5min

- [ ] If trading 5min → move to 15min
- [ ] If trading 15min → move to 1H

### **Week 4: HTF-Only Challenge**

- [ ] Trade ONLY Daily or 4H setups for 1 week
- [ ] No LTF execution allowed
- [ ] Track: Fewer trades, better R:R, less stress?

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#### **Remember:**

- HTF guides (trend), MTF structures (entry), LTF executes (timing)
- Never trade against HTF trend (recipe for losses)
- Lower timeframes = more costs, more stress, lower returns
- Minimum 2/3 alignment (ideally 3/3)
- Stop placement from MTF structure (not LTF noise)
- Timeframe addiction is psychological (dopamine hits, not trading)

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