

Timeframe Alignment Checklist

Signal Pilot Education Hub

Multi-Timeframe Alignment Checklist

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.



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



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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