

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
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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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