

# 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

**This is for educational purposes only. Not financial advice.**

---

© Signal Pilot Education Hub

---

© 2025 Signal Pilot Labs, Inc. | [education.signalpilot.io](https://education.signalpilot.io)

This material is for educational purposes only. Not financial advice.