

# Timeframes



## Higher timeframes (HTF)

- **Higher timeframes (HTF)** like the monthly and weekly charts show the bigger picture of the market.
- Monthly timeframe shows long-term trends over weeks or months
- Weekly timeframe shows medium-term direction over several days to weeks
- Traders use HTFs to understand the overall market direction, key levels, and major trends before looking for entries on smaller timeframes.

## Daily (Bias)

- The daily timeframe shows the market's short-to-medium term direction.
- Traders use it to set their bias, meaning whether they are generally looking for buys or sells based on the current trend and structure.
- It helps bridge the gap between higher timeframes (like weekly/monthly) and lower timeframes used for entries, giving a clearer view of what the market is likely doing overall.

## 4H & 1H Entry Zones

- Lower timeframes traders use to find precise trade entries after identifying direction on higher timeframes.
- **(4H) chart** helps identify strong areas of interest (like support, resistance, or supply and demand zones) where price is likely to react.
- **(1H) chart** is then used to refine the entry more precisely inside those zones.
- Help traders move from a bigger market idea (direction) into a specific entry point with better timing and lower risk.

## 15M & 5M Entry

- 15-minute (15M) and 5-minute (5M) entries are used to fine-tune with more precision.
- 15M chart helps you spot short-term structure and potential entry setups within a trend or zone
- 5M chart is used to time the exact entry with more accuracy, often after confirmation or a small pullback
- They help traders refine their entry from a broader setup into a precise execution point with better timing and reduced risk.

## 1M & 2M Precision

- 1-minute (1M) and 2-minute (2M) timeframes are used for precise trade timing and execution.
- 2M chart helps spot short-term movement and micro-structure within a setup.
- 1M chart is used for exact entry timing, often after confirmation or a final pullback
- Focused on precision, helping traders fine-tune entries for better timing and tighter risk control once a setup has already been identified on higher timeframes.

Horizon

# Multi-Timeframe Structure (MTF)

*“Your entry timeframe is the last thing you look at. Never the first”*

## Step 1

**Weekly/Monthly:** Start on higher timeframe (HTF)  
*Identify the overall trend (up, down, or range). Mark Key Levels (Highs, lows, supply/demand, major zones)*

## Step 2

**Daily:** Drop to mid timeframe (MTF)  
*Confirm the bias, where is price in the daily structure? Is it at a discount or premium?*

## Step 3

**4H:** Drop to lower timeframe (MTF)  
*Zoom in, find your key area of interest. Where would smart money want to enter?*

## Step 4

**1H/15M:** Drop to lower timeframe (MTF)  
*Look for CHoCH or BO confirming your direction. Wait for the setup.*

## Step 5

**5M:** Use precise timing with controlled risk  
*Execute entry. Precise entry with tight SL at this level.*