

Multi-Timeframe Grid Analysis: Companion Worksheet

Trade Planning Checklist

1. Higher Timeframe (1D or Weekly):

- What is the overall trend? _____
- Key support/resistance levels? _____

2. Mid Timeframe (4H):

- Trend direction: _____
- Any chart patterns (flags, ranges, etc.)? _____

3. Lower Timeframe (1H/15M):

- Trigger/entry pattern? _____
- Confirmation signal (candle, breakout, retest)? _____

4. Trade Plan:

- Entry Price: _____
- Stop Loss: _____
- Target(s): _____
- Risk-to-Reward Ratio: _____

Self-Assessment After Trade

Did all timeframes align with the trade direction? Yes / No

Was the setup clear before entering? Yes / No

Did you follow your stop/target rules? Yes / No

Emotional state before entry: _____

What can be improved next time? _____