

Swing Points Checklist

This worksheet is designed to help you confidently identify and analyze swing highs and lows-key components of market structure and trend recognition. Use this checklist as a part of your technical analysis routine.

What Is a Swing High?

A peak that is higher than the bars immediately before and after it.

Occurs in an uptrend-signals potential resistance or a pullback.

Confirmation: The candles before and after have lower highs.

What Is a Swing Low?

A trough that is lower than the bars immediately before and after it.

Occurs in a downtrend-signals potential support or reversal.

Confirmation: The candles before and after have higher lows.

Swing Point Checklist

- Are there at least 2 candles before and after confirming the swing?
- Does the swing high/low align with a key support/resistance level?
- Is the swing forming in the direction of the higher timeframe trend?
- Is volume or volatility supporting the significance of the swing?
- Is the swing point near a round number or psychological level?

Practice Activity

Mark 3 swing highs and 3 swing lows on a recent chart of your choice.

Label each swing point and note if it meets the full checklist criteria.

Screenshot and review your chart at the end of the week.