

Peace – Here are charts from a 5-1-26 MNQ journaling. I worked through some ideas for the MFB indicators, and tried a few trades. I learned the difference between Higher Time Frame (HTF) 5 min chart trading focus, and Lower Time Frame (LTF) 1 min chart trading clarity - Either taking an HTF trade or an LTF trade.

I was checking the charts all morning, and that was wayyyy too much “Screen time” for me. I plan to focus on the NY session open until around 11:30am EST (or so), then also let the MFB indicators scan for Higher Time Frame (5 min) trades after 11am or so. Peace.



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