ChatGPT description of strategy -

MFB — Simple 5-Minute Trade-Session Checklist

1. TREND — Establish Direction

- 12 completed 5-minute candles (60 minutes).
- Confirm higher highs/higher lows or lower highs/lower lows.
- Minimum 35% directional efficiency.
- Dashboard: Bullish / Bearish / Neutral.

2. LOCATION — Key Level Touch

- Previous day/week highs and lows.
- Asia, London, overnight or Initial Balance levels.
- Optional FRVP levels: POC, VAH, VAL.
- Default touch tolerance: 4 ticks.

3. RESPONSE — Market Decision

REV — Failed Auction: Sweep the key level by at least 2 ticks and close back across it.

CN — Continuation: Established trend aligns with a retest and hold of the key level.

4. STRUCTURAL CONFIRMATION

- Confirm a 5-minute CISD or FVG-123.
- A key-level touch alone is not a trade.
- Wait for completed structural evidence.

5. SIGNAL — Entry and Risk

- Indicator displays REV or CN.

- Entry, stop and target guides appear.
- Default target: 2R.
- Verify that the stop distance and risk are acceptable.

One important distinction from our conversations

We also discussed a 30-minute versus 60-minute trend measurement on October 30.

Measurement	Purpose
6 completed 5m candles	Earlier momentum recognition, potentially useful for smaller IB and Asia ranges
12 completed 5m candles	More established trend, potentially fewer signals
35% directional efficiency	Filters out some sideways, inefficient movement

We agreed that these are trade-offs worth testing rather than assuming one is universally better.

Where the Footprint Reading Fits

Our October 29 discussion also established that the footprint reading should qualify the structural signal, not create it.

The indicator measures cumulative price movement and delta from the original key-level touch through the completed structural response, then classifies the relationship as:

- Agreement: Price movement and delta support the same direction.
- Divergence: Delta and price progress disagree, potentially suggesting absorption or exhaustion.
- Balanced: Neither relationship is sufficiently convincing.

These readings provide context, not proof of absorption or guaranteed trade quality.

Our central principle remains:

Location → Response → Confirmation → Entry

Footprint = Trade Qualification

One question from our earlier work that may be worth revisiting: Would you prefer to keep the 60-minute established trend as the primary directional filter, while using the 30-minute trend as an early momentum awareness reading?

That would preserve the simplicity of the checklist while potentially making it more adaptable to the Asia session and smaller Initial Balance ranges.

Peace -