TIMEFRAMES: THE SAME MARKET, DIFFERENT STORIES

Vajgrt Labs - Education - Lesson 22 of 72 - 5 min read - Updated Oct 21, 2026

TL;DR

- A timeframe is the period each candle summarises - 5 minutes, a day, a week. The data underneath never changes; the summary does, and each summary hides something different.

- One real day, three stories: Oct 15, 2026 is a single daily candle (766.25 / 771.91 / 764.44 / 770.49), sixty-six 5-minute candles with a plot - gap down, washout, recovery - and one quarter of a still-forming weekly candle.

- This course's division of labour: weekly for context, daily for the plan and the levels, 5-minute for reading the day itself. Zooming in adds detail about the past - never information about the future.

THE TAKEAWAYS

- The weekly view, real numbers: the week of Oct 5, 2026 is ONE candle - open 769.69, high 781.62, low 769.63, close 778.57. That single calm green bar hides the year's highest high (781.62, Oct 6), a stall at the top, and a week of fighting over the same ground Lesson 4 maps.

- The daily view of the same week shows five candles and the stall in detail; the 5-minute view of one of its days shows 78 candles. Each step down multiplies the detail by an order of magnitude - and multiplies the noise by at least as much, because most small candles are just the market breathing.

- Aggregation is arithmetic, not interpretation: a weekly candle's open is Monday's open, its close is Friday's close, its high and low are the week's extremes. The week of Oct 12 (still forming at this lesson's capture) read open 778.78, high 779.40, low 764.44, close 770.49 - the low is Oct 15's intraday washout, invisible in the weekly summary except as a wick.

- Rules of engagement: decide the timeframe from the decision, before looking. Context questions ('what kind of market is this?') belong on the weekly and daily. Today questions ('is this morning's move holding?') belong on the 5-minute. And a small-timeframe signal pointing against the larger trend is a coin-flip until the larger chart agrees - a convention, but one that keeps beginners out of the traffic.

RULE: Pick the timeframe from the decision, not from the answer you want. Weekly for context, daily for the plan, 5-minute for the day - and if you catch yourself switching zooms mid-decision, the decision was already made and the chart is just being bullied into agreeing.

COMMON MISTAKES

- Planning a multi-day hold off a 5-minute chart - or timing an intraday decision off the weekly. The zoom must match the decision's lifespan.

- Counting candles instead of reading them: sixty-six 5-minute bars feel more 'advanced' than one daily bar. They contain the same day, sliced thinner - plus more noise.

- Switching timeframes after entering, to find the one that says hold. That's timeframe shopping with a position attached.

- Trusting a still-forming candle: the weekly bar of Oct 12 changed its story every day it

absorbed. A forming candle is a draft, not a record.

DO IT - ONE DAY, THREE ZOOMS

Pick yesterday’s SPY session. Write its story three times in your journal: once from the weekly chart (one clause), once from the daily candle (the four prints), once from the 5-minute (the plot: where it opened, where it turned, where it closed). Then write which zoom you’d use for each decision: planning tomorrow, judging this morning’s open, deciding whether the month is trending. File it - the gate asks for this cold, on an unseen day.

Education only - not financial advice. Chart figures: SPY daily and 5-minute bars via Yahoo Finance, checked Oct 15, 2026, cross-verified against the SPY Sheet (Oct 14, 2026 close 769.60). Level snapshot: the SPY Sheet’s own, Oct 15, 2026, 1:54pm CT. Vajgrt Labs - Education.