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The StarTheory
15-Minute Range Model

A complete, step-by-step breakdown of the exact process used to find, confirm and execute intraday setups: from higher-timeframe bias down to the one-minute trigger, logged and proven inside Beyond Journal.

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THE RULE BEFORE THE TRADE

Never trade without a trading plan.

Every session starts the same way, before a single chart is even opened: the plan. If price doesn't check every box below, there is no trade. Skipping a step isn't a shortcut. It's the difference between trading a strategy and gambling.

The four checkpoints, in order

Each one has to be confirmed on its own timeframe before moving to the next. The plan never runs backwards. You don't look for a 1-minute trigger before the higher timeframes have told you which direction is even worth trading.

The live pinned trading-plan checklist, ticked off in real time during the session.

STEP 1

Read the higher-timeframe bias

Everything starts on the Daily. The question is simple: has price already reached liquidity in one direction? If the previous day's low is already swept and the high isn't, there's no case for trading higher. Only continuation lower is left on the table.

Daily

Check whether recent liquidity (prior day high/low) is already taken. Whatever side is untouched is the side with no reason to trade toward. That alone sets bias.

4-Hour

Confirm the same bias one level down. Look for a Fair Value Gap (FVG) forming in that direction. This becomes the zone the lower timeframes will react from.

Daily chart: recent lower liquidity already taken. Bias set to bearish before dropping any lower.

STEP 2

Mark the 15-minute range

Drop down to the 15-minute chart and mark out the current range: its high and its low. This range is the battlefield. With the higher-timeframe bias already set, the only open question is whether price is more likely to reach the range low or the range high next.

Why the range matters

The range low/high becomes the take-profit target later, and the FVG sitting inside it becomes the exact zone the entry model waits to react from. No range, no target, no trade.

15-minute range marked, with bias already pointing toward the range low.

STEP 3

Wait for the 1-minute trigger

This is the part most traders rush, and the part this model refuses to skip. Two things have to happen on the 1-minute chart, in order, before any entry is even considered:

1. A liquidity raid: price sweeps a minor 1-minute high or low.
2. A movement candle: one clean, decisive candle back in the opposite direction, real body and wick.

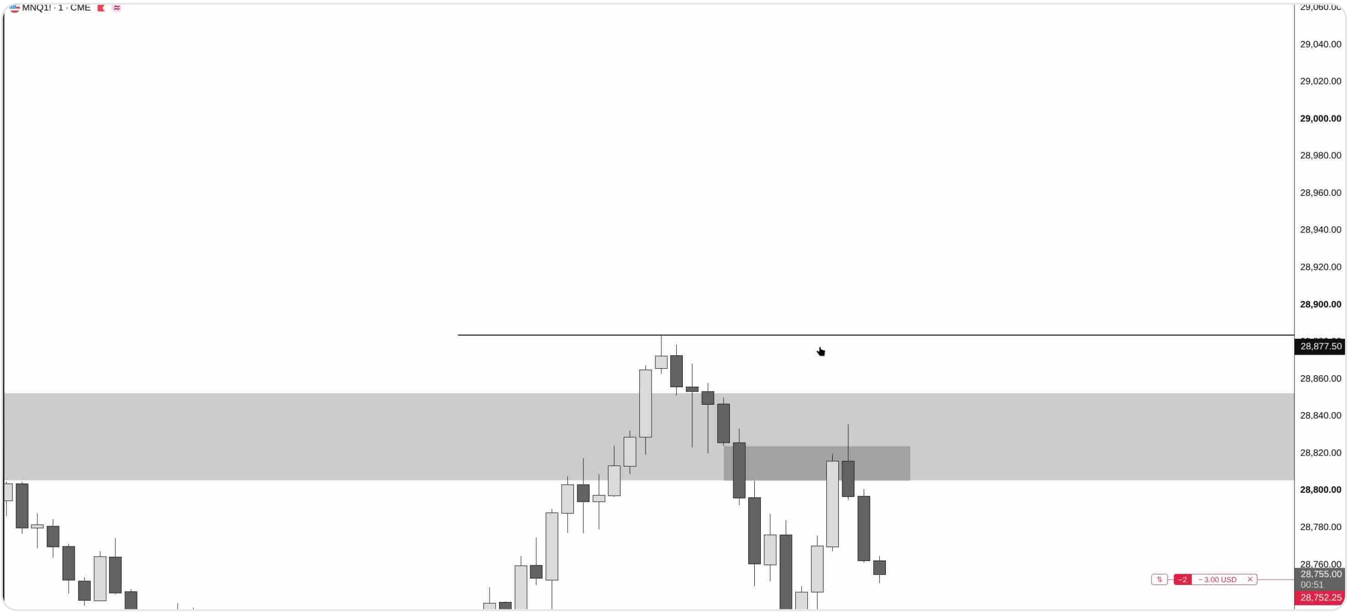
Most of the session isn't spent trading. It's spent waiting for this exact sequence. If price instead breaks through the opposing high, the setup is invalidated and the plan resets.

Liquidity raid followed by the movement candle, the confirmation the model waits for.

STEP 4

Execute, manage, log every time

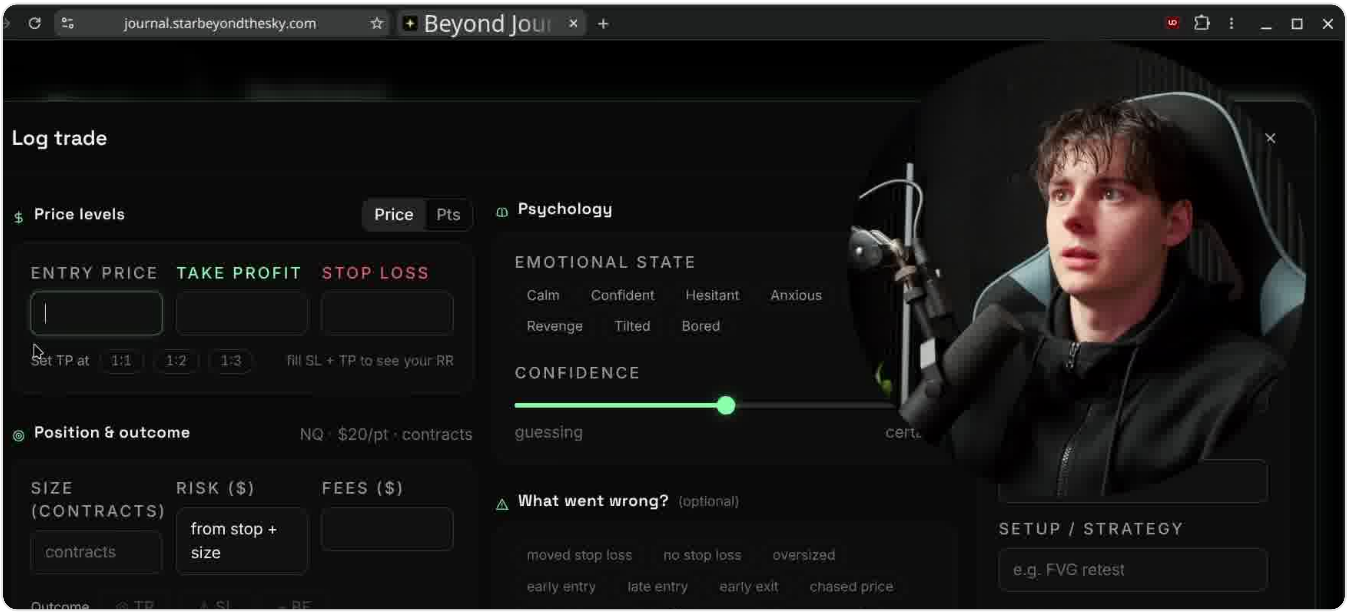
Entry is taken right after the movement candle closes. Stop loss sits just beyond that candle's high or low. Take profit is the 15-minute range extreme, sometimes further if price rejects the FVG cleanly. The stop only tightens when price gives a real reason, never out of fear during normal consolidation.



Short filled at the movement-candle confirmation, stop above the raid high, target at the range low.

Logged the moment it’s closed

Entry, stop loss, take profit, screenshot and notes go straight into Beyond Journal before moving on. No trade goes unrecorded, win or lose.



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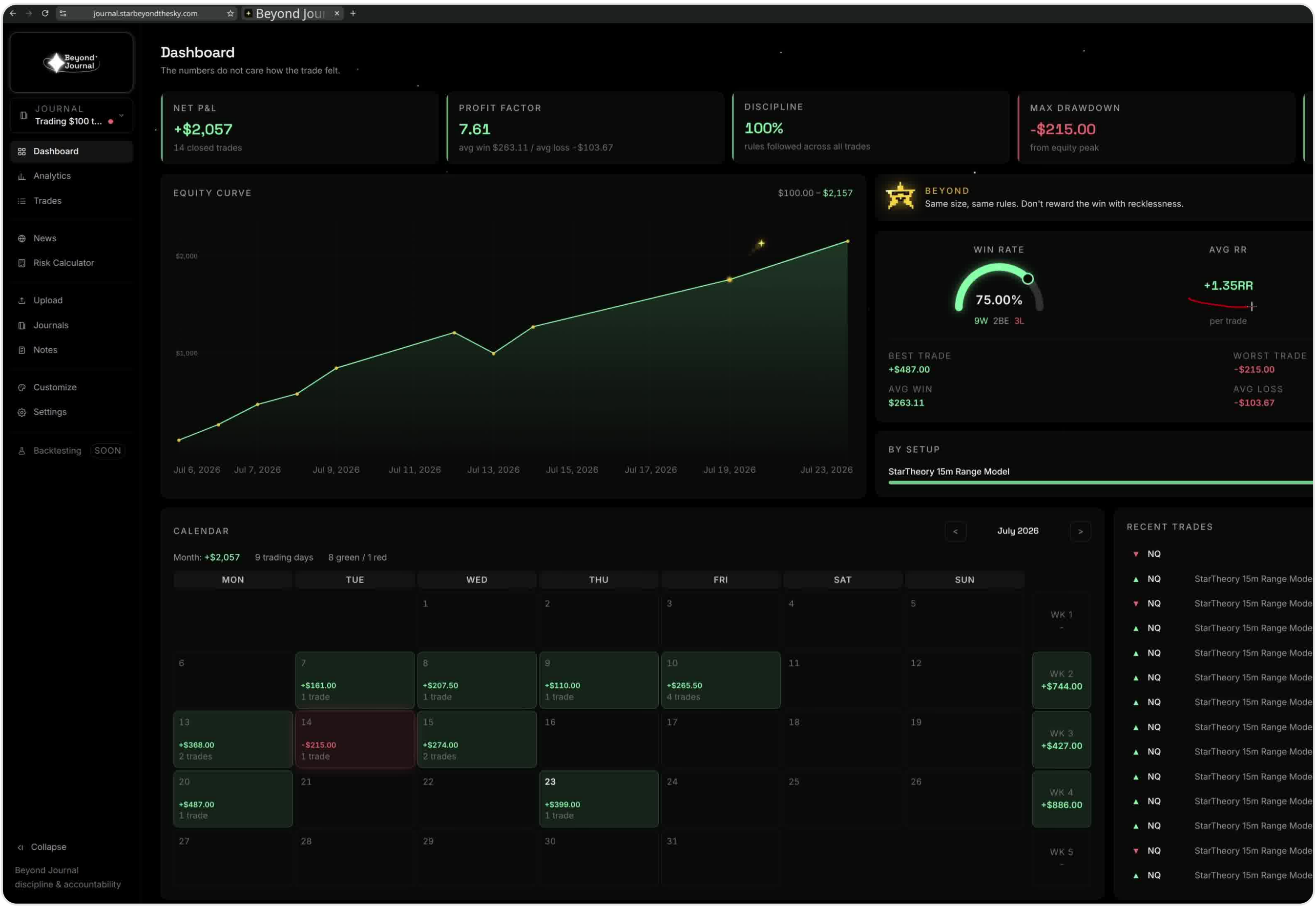
THE RESULT

Trade based on data, not guesses.

The edge isn't in predicting the market. It's in repeating the same four checkpoints every single session and letting the data prove whether it works. Here's what that discipline looks like on the dashboard.



75% win rate · +1.35 average RR · +$2,057 net. StarTheory 15m Range Model, logged in Beyond Journal.

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