

The best time frames for trading

Here's an overview of the best time frames for different types of trading:

Trading Strategy	Best time frame	When to check prices
Scalping	Minutes/Hourly	Every 1 to 15 minutes
Day trading	Hourly/Four-Hour periods	Every 60 minutes
Swing trading	Hourly/Daily	Every 4 Hours
Position trading	Daily/weekly	Every day (closing-opening prices) + over time frame spanning several weeks

Time Frames

Lingsheng Yao



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