

{quote} hello pres78..i want to ask if i want to use the short charts...like 15 mins...for picking UHVB....that is vza...those it still make a good way of picking the zones....i am asking because i believe you have done alot of work on VZA....and would be able to tell which time frame is best to pick the zones.....maybe 1hr.or any time frame....thanks in advance.....

Any TF works and has it advantages. 4hour zones are usually wide enough to trade inside while 5min zones are smaller so really only good from trading from the high and low. One of my favorites is to put on 4hr and 1hr zones and take 5min entries both into the high and low but also trading inside the zone from the low to 50% to high etc..

You have to decide what type of trader are you. Scalper, intraday, swing trader etc... Then build the plan around this. Perhaps you will find out you are like me and depending on how much screen times you can put in you may trade a mixture.