

# 4Xlounge X Meter

## Symbol Key and User Guide

Our 4Xlounge X Meter is our most "reactive" trading tool. Our X Meter does not suffer from time lag like many other trading tools. The data displayed can be taken as "current value". This makes our 4Xlounge X Meter invaluable to traders. The data is displayed from 17 currency pair and across 7 time frames per pair;

- ✓ 1 Minute
- ✓ 5 Minute
- ✓ 15 Minute
- ✓ 30 Minute
- ✓ 1 Hour
- ✓ 4 Hour
- ✓ Daily

Our 4Xlounge X Meter Dashboard is part of our Live Web Charts. You can find our 4Xlounge X Meter under the "Market Barometers" menu section. You can also load our X Meter Dashboard and our X Meter histograms. Our X Meter histograms are available in 7 time frames (1 min thru Daily).

Currency	1Min	5Min	15Min	30Min	60Min	4Hours	Daily
EURUSD	1.6	3.0	4.7	3.1	2.7	0.4	0.1
GBPUSD	4.7	0.5	1.6	2.4	1.5	0.1	0.1
AUDUSD	2.2	3.0	5.2	1.3	2.1	6.1	2.6
NZDUSD	2.9	2.6	5.4	1.7	1.1	3.8	2.6
USDCHF	3.1	5.2	7.8	8.5	9.1	9.9	12.6
USDCAD	2.2	1.6	5.4	2.3	0.9	5.9	1.6
USDJPY	6.4	2.9	3.0	4.8	6.9	2.6	6.3
GBPJPY	7.3	2.7	3.3	5.0	6.1	2.2	5.4
EURJPY	6.0	0.9	1.4	0.8	2.2	1.7	4.5
AUDJPY	5.5	0.9	3.3	0.6	4.2	5.7	6.2
NZDJPY	5.5	0.6	3.6	0.1	3.2	4.3	1.4
CADJPY	3.5	0.9	2.6	0.7	4.5	5.2	5.6
GBPCHF	1.1	3.9	7.5	8.5	8.9	9.3	12.4
EURCHF	3.5	5.4	4.9	6.1	6.5	8.7	10.9
EURGBP	3.5	3.5	7.1	5.4	5.2	0.7	0.1
EURCAD	2.9	0.1	2.1	0.1	3.9	5.0	1.5
GBPAUD	0.2	3.7	6.2	2.4	1.6	6.5	3.1

**The X Meter Dashboard monitors the 17 most traded currency pairs.**

Our X Meter Dashboard is a fantastic tool for all trading styles. The grid layout makes it extremely easy to use and navigate. Each time frame was designed for a specific purpose:

**Scalpers** – The 1 minute and 5 minute time frames are perfect for scalping. A 1 minute value of 18.0 or greater and/or a 5 minute value of 14.0 or greater signal a possible reversal.

**Day Traders** – The 5 minute time frame is perfect for day traders. A 5 minute value of 14.0 or greater signals a possible reversal.

**Swing Traders** – The 15 minute and 30 minute are perfect for swing trading. A 15 and 30 minute value of 12.5 or greater signal a possible reversal.

**Position Traders** – The 60 minute thru Daily are critical for position traders. If any of these values become highlighted, you might consider taking profits early.

Currency	1Min	5Min	15Min	30Min	60Min	4Hours	Daily
EURUSD	1.8	2.8	4.7	3.1	2.7	8.4	0.1
GBPUSD	4.7	0.5	1.6	1.4	1.5	0.1	0.1
AUDUSD	2.2	3.0	5.2	7.1	2.1	6.1	2.6
NZDUSD	2.9	2.6	5.4	7.7	1.1	3.8	2.6
USDCHF	3.1	5.2	7.8	1.5	9.1	9.9	12.6
USDCAD	2.2	1.6	5.4	2.3	8.9	5.9	1.6
USDJPY	6.4	2.9	3.0	4.8	6.9	2.6	6.3
GBPJPY	7.3	2.7	3.3	5.0	6.1	2.2	5.4
EURJPY	6.0	0.9	1.4	0.8	2.2	1.7	4.5
AUDJPY	5.5	0.8	3.3	0.6	4.2	5.7	6.2
NZDJPY	5.5	0.6	3.6	0.1	3.2	4.3	1.4
CADJPY	3.5	0.9	2.6	0.7	4.5	5.2	5.6
GBPCHF	1.1	3.9	7.5	8.5	8.9	9.3	12.4
EURCHF	1.8	5.4	4.9	6.1	6.5	8.7	10.9
EURGBP	3.5	3.5	7.1	6.4	5.2	8.7	0.1
EURCAD	2.9	8.1	2.1	8.1	3.9	6.8	1.5
GBPAUD	0.2	3.8	6.2	2.4	1.6	6.5	3.1

**The X Meter Dashboard monitors 7 time frames per currency pair. Perfect for scalpers, day traders, swing traders and position traders.**

Currency	1Min	5Min	15Min	30Min	60Min	4Hours	Daily
EURUSD	1.6	3.0	4.7	3.1	2.7	0.4	0.1
GBPUSD	4.7	0.5	1.6	2.4	1.5	0.1	0.1
AUDUSD	2.2	3.0	5.2	1.3	2.1	6.1	2.6
NZDUSD	2.9	2.6	5.4	1.7	1.1	3.8	2.6
USDCHF	3.1	5.2	7.8	8.5	9.1	9.9	12.6
USDCAD	2.2	1.6	5.4	2.3	0.9	5.9	1.6
USDJPY	6.4	2.9	3.0	4.8	6.9	2.6	6.3
GBPJPY	7.3	2.7	3.3	5.0	6.1	2.2	5.4
EURJPY	6.0	0.9	1.4	0.8	2.2	1.7	4.5
AUDJPY	5.5	0.9	3.3	0.6	4.2	5.7	6.2
NZDJPY	5.5	0.6	3.6	0.7	3.2	4.3	1.4
CADJPY	3.5	0.9	2.6	1.7	4.5	5.2	5.6
GBPCHF	1.1	3.8	7.5	3.5	8.9	9.3	12.4
EURCHF	1.0	5.4	4.9	6.1	6.5	8.7	10.9
EURGBP	3.5	3.5	7.1	6.4	5.2	6.7	0.1
EURCAD	2.9	0.1	2.1	0.1	3.0	6.0	1.5
GBPAUD	0.2	3.8	6.2	2.4	1.1	6.5	3.1

**The X Meter Dashboard will identify over extended time frames with a white box highlight. This is impossible to miss and it makes it very easy to spot over-extended markets.**

Our X Meter Dashboard should be incorporated into every trading system. The data is mission critical to both trend trading and counter trend trading. Here are just a few reasons to use X Meter:

- ❖ X Meter will prevent trend traders from entering at the end of a move. Even if the move is not over, the smaller time frame might be ready to consolidate. Example: if 1 minute data is over-extended, wait for a small pull-back before entering your trade.
- ❖ X Meter can pinpoint market bounces and turns. By combining our Market Barometers and X Meter, we can pick the exact price where markets will turn. The larger the time frame, the larger the bounce or consolidation.
- ❖ X Meter can tell us when to take profits. Example; if we are holding a EURUSD buy and the EURUSD 5 minute is showing an over-extended value, we should consider taking profits. With a little practice we can learn to "time the bounces". Meaning, if we know that a pair is going long, wait for the shorts to over-extend before we enter. These are excellent trades.

Our X Meter Dashboard is also available as histograms via our Traders Desktop software. Our X Meter histograms add valuable historical data to an already powerful tool. The historical data provides valuable insight and can help us find turns in the market. We can even predict the next bounce.

