

THE ENDURA ASSET PROFILES

Every Market + What It Means

ENDURA CHEAT SHEET ADD-ON

Session Map | Daily Cycles | Candle Timing | Weekly + Monthly | Correlation Map

Every Endura add-on, read together for each market

Revisionaries

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Start Here

One profile for each market in the Endura add-ons: the 34 FX, metal, oil and index markets, plus Bitcoin, Ether, XRP and Solana. Four pages each: when it moves; the day; the week and the month; news, odds and partner markets. Mostly tables; each table says what its numbers mean right under it.

Where every number comes from

Add-on	Window	Feed
Session Map	2006-2026 (sessions by window: last year, 5 years, full history); news 2024-2026	four broker feeds; crypto: Binance USDT perpetual
Daily Cycles	2023-2026, and the last 250 days	OANDA; crypto: Binance USDT perpetual
Candle Timing	2021-2026 (crypto Aug 2024-Jul 2026)	OANDA; crypto: Binance USDT perpetual
Weekly + Monthly Cycles	full history; tests from April 2020	OANDA; crypto: Binance spot
Correlation Map	January 2020 to September 2026	each pair's main source

No number here is new research. Each one is read from an add-on's number log or from the table that add-on was built from, and checked again with separate code.

Sessions (New York time)

Asia 18:00-01:00, Pre-London 01:00-03:00, London Open 03:00-06:00, London Mid 06:00-08:00, Overlap 08:00-12:00, Late NY 12:00-16:00, Transition 16:00-18:00. Transition holds the daily close, so it is always the slowest: it is shown faded and never ranked.

The three labels

Use it worth acting on. **Lean on it lightly** a tilt, not a rule.
Not an edge matches chance or is no signal: know it, don't trade it.

"Best time to trade" means when a market moves most: its share of the day's movement (the part of the day's total one-minute movement in that window) and its pace (that share per hour against the day's average hour), never tick volume. Blue marks the highest figure in a row or column, red the lowest.

What This Means for Your Trading

Each conclusion below holds across the profiles that follow. The label says how far to trust it: **Use it** worth acting on, **Lean on it lightly** a tilt, not a rule, **Not an edge** matches chance or is no signal, so know it and do not trade it. Every market has its own box on its second page.

What to do	Why (the numbers)	Page
Use it Plan the setups that need movement for each market's fastest session; it is Overlap for every one.	Overlap is the fastest session in 38 of 38 markets	p6
Use it Size New York from London, and the week from the week before.	New York runs larger after a busy London in 38 of 38; next week runs larger after a busy week in 38 of 38	p10
Use it In a Trend candle, look for the pullback early, or not at all.	The early low beats a random order by 3 in 100 or more in 38 of 38	p6
Use it Plan NFP, CPI and FOMC as big sessions.	All three make their session 1.2x or more in 32 of 34 FX, metal and index markets	p10

Trend candle: breaks the last candle's high or low and closes past it. **Random order:** the same minutes of the candle, shuffled: what chance alone gives.

At a Glance

When each market moves

Market	Asia	London	Overlap	Late NY	Typical day	Early pullback vs random
EURUSD	0.60x	1.31x	1.69x	0.90x	70	69% vs 64%
GBPUSD	0.59x	1.30x	1.63x	0.90x	85	69% vs 63%
AUDUSD	0.84x	1.10x	1.50x	0.86x	60	69% vs 63%
NZDUSD	0.83x	1.11x	1.49x	0.85x	58	70% vs 64%
USDCAD	0.66x	1.05x	1.75x	1.05x	74	68% vs 63%
USDCHF	0.61x	1.35x	1.69x	0.87x	54	68% vs 63%
USDJPY	0.92x	1.13x	1.45x	0.75x	117	69% vs 63%
AUDCAD	0.87x	1.06x	1.44x	0.87x	52	67% vs 63%
AUDCHF	0.85x	1.20x	1.39x	0.82x	47	68% vs 63%
AUDNZD	1.00x	1.05x	1.23x	0.84x	42	67% vs 63%
CADCHF	0.64x	1.25x	1.63x	0.94x	44	68% vs 63%
EURAUD	0.88x	1.17x	1.39x	0.82x	104	67% vs 62%
EURCAD	0.61x	1.22x	1.67x	0.97x	84	67% vs 63%

Pace: share of the day's movement per hour, 1.00x = an average hour, 2021-2025; blue = fastest, red = slowest of the four. Typical day: 2021-2025, pips (points for indices, % of price for crypto). Early pullback: Trend candles that set their low (or high) in the first 10 minutes, vs a random order (Candle Timing).

Pace: share of the day's movement per hour against the day's average hour; 1.0x = average, 2.0x = twice as fast. **Share of movement:** the part of the day's (week's, month's) total one-minute movement that came in that window. **Typical:** the middle value; half were bigger, half smaller. **Trend candle:** breaks the last candle's high or low and closes past it. **Random order:** the same minutes of the candle, shuffled: what chance alone gives.

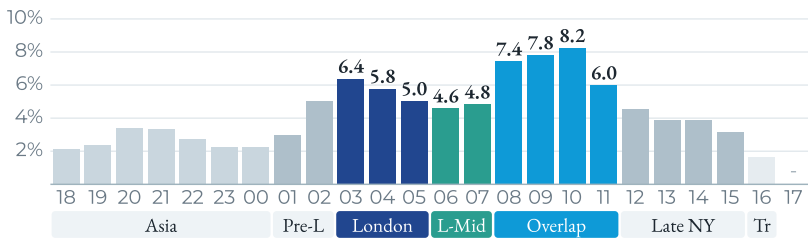
EUR/USD

By session Session Map, four broker feeds

Session	NY time	Share of the day's movement			5 years	
		Last year 2025	5 years 2021-25	Full history 2006-26	Pace	Typical pips
Asia	18:00-01:00	21%	18%	19%	**0.60x**	20
Pre-London	01:00-03:00	**8%**	**8%**	**8%**	0.90x	**17**
London Open	03:00-06:00	16%	17%	17%	1.31x	27
London Mid	06:00-08:00	9%	9%	10%	1.07x	19
Overlap	08:00-12:00	**27%**	**30%**	**28%**	**1.69x**	**43**
Late NY	12:00-16:00	16%	16%	16%	0.90x	22
Transition	16:00-18:00	2%	2%	2%	0.45x	5.0
Typical day (pips)		**74**	**70**	**75**		**70**

Share of the day's movement: add up every one-minute price move of the day; this is the part that happened in the session (the seven add to 100%). **Pace:** that share per hour, against the day's average hour; 1.50x = it moves one and a half times as much per hour. **Typical:** the middle value; half the days are bigger, half smaller. In each column, blue = highest, red = lowest; Transition (the daily close) is faded and not ranked. Last year = 2025, the last full year.

By hour share of the day's movement, 2021-2025



NY hour. Coloured: the three fastest sessions by pace, each hour labelled. 17:00 = daily close.

The five fastest hours 2021-2025

Hour (NY)	Session	Share of the day	vs an average hour	Typical pips	1-hour candles (Candle Timing)	
					Trend	Manipulation
10:00-11:00	Overlap	8.2%	1.98x	23	45%	44%
09:00-10:00	Overlap	7.8%	1.87x	19	42%	43%
08:00-09:00	Overlap	7.4%	1.78x	19	48%	46%
03:00-04:00	London Open	6.4%	1.53x	18	45%	48%
11:00-12:00	Overlap	6.0%	1.44x	17	35%	39%
An average hour					**42%**	**43%**

Trend candle: a 1-hour candle that takes out the last candle's high or low and closes beyond it. **Manipulation candle:** takes out the last candle's high or low, then closes back inside or through the other side. Candle Timing, OANDA, July 2021 to July 2026.

EUR/USD

Where the day's high and low form Session Map, full history

Session	NY time	Sets the day's high	Sets the day's low
Asia	18:00-01:00	22%	23%
Pre-London	01:00-03:00	8%	6%
London Open	03:00-06:00	15%	13%
London Mid	06:00-08:00	6%	6%
Overlap	08:00-12:00	28%	30%
Late NY	12:00-16:00	17%	17%
Transition	16:00-18:00	4%	5%

Share of days whose high (or low) formed in that session. A market with no memory (the same one-minute moves, random direction) gives the same to within 2.8 in 100 days: highs and lows land where the movement is. Not an edge

Candle Timing: the day's low (or high) is most often at **3 AM** on Trend days (+6.7), **8 AM** on Manipulation days (+4.9) ET, in 100 vs shuffled hours. Lean on it lightly

London sets up New York Daily Cycles, OANDA, 2023-2026

London session was	How often	Then New York			
		Typical pips	Busy	Quiet	Same way as London
Busy (Impulsive)	17%	51	30%	9%	45%
Normal	38%	40	15%	23%	48%
Wick-shaped (Manipulation)	23%	41	21%	27%	49%
Quiet (Consolidation)	22%	35	9%	26%	57%
Any day	**100%**	**41**	**17%**	**22%**	**50%**

Each session is ranked against this market's last 250 of the same session. **Busy (Impulsive):** top 25%. **Quiet (Consolidation):** bottom 25%. **Wick-shaped (Manipulation):** closes within a quarter of its range from the open. London 01:00-09:00, New York 09:00-16:50 NY.

By weekday Session Map; share of the week: Weekly + Monthly Cycles

Typical day (pips)	Mon	Tue	Wed	Thu	Fri
5 years	57	66	69	82	66
Full history	68	76	77	82	75
Share of the week's movement	18%	20%	21%	21%	20%

By month typical day, pips

pips	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
5 years	72	70	80	83	65	69	66	68	62	63	61	70
Full history	80	70	87	83	75	86	80	77	74	69	77	73

In each table, blue = biggest (most), red = smallest (least). A day runs 17:00 to 17:00 NY.

Share of movement: the part of the day's (week's, month's) total one-minute movement that came in that window. **Typical:** the middle value; half were bigger, half smaller. **Trend candle:** breaks the last candle's high or low and closes past it. **Same way:** New York closes in the direction London closed; a coin flip gives 50%.

EUR/USD

What next week does Weekly + Monthly Cycles, OANDA, full history

This week was	Next week, typical pips	Next week busy again
Busy (Impulsive)	227	39.1%
Any week	196	22.8%
Quiet (Consolidation)	169	

A week runs Sunday 17:00 to Friday 17:00 NY. **Busy (Impulsive):** as big as or bigger than 75% of the previous 52 weeks; **Quiet (Consolidation):** 25% or fewer. **Busy again:** how often the next week is busy too. Lean on it lightly

The week, day by day

How often each day	Mon	Tue	Wed	Thu	Fri
Sets the week's high	26.5%	13.5%	14.1%	18.6%	27.3%
Sets the week's low	26.7%	14.1%	12.7%	15.1%	31.3%
First takes last week's high or low	49.7%	24.3%	11.3%	9.6%	5.2%

Share of all weeks whose high, low or first break of last week's range came that day. Blue = most, red = least.

The three fastest 4-hour blocks of the week

4-hour block (NY)	Pace	
Thu 09:00-13:00	1.55x	
Fri 09:00-13:00	1.55x	
Wed 09:00-13:00	1.44x	

Pace: the block's share of the week's movement against its share of the week's minutes; 1.50x = one and a half times an average 4 hours.

The month, week by week

Week of the month	Week 1	Week 2	Week 3	Week 4	Week 5
Share of the month's movement	17%	23%	23%	22%	14%
Sets the month's high	27%	18%	16%	18%	20%
Sets the month's low	31%	15%	17%	18%	20%
First takes last month's high or low	59%	20%	12%	6%	3%
A failed sweep turns	30%	23%	26%	16%	5%

Week 1 holds the month's first trading day, so weeks 1 and 5 are often short. **A failed sweep turns:** in months that take last month's high or low and close back inside, the week the turn comes.

Share of movement: the part of the day's (week's, month's) total one-minute movement that came in that window. **Typical:** the middle value; half were bigger, half smaller. **Sweep:** takes out last week's (month's) high or low; **back inside:** first hourly close back in.

EUR/USD

News days Session Map, 2024 onward

Release	Session	Release day	Normal weekday	How much bigger
NFP	Overlap	71 pips	30 pips	2.35x
CPI	Overlap	56 pips	30 pips	1.84x
FOMC	Late NY	38 pips	19 pips	2.00x

Typical (middle value) size of the session on the release day vs a weekday with no major US release.

After last week's high or low is swept Weekly + Monthly Cycles

Swept on	How far past last week's level when the sweep day closed			Back inside within 4 hours
	<10% of the range	10-25% of the range	25-50% of the range	
Mon	56% vs 52%	46% vs 46%	41% vs 38%	68.8%
Tue	57% vs 52%	39% vs 45%	35% vs 36%	66.1%
Wed	57% vs 55%	38% vs 46%	53% vs 39%	75.9%
Thu	57% vs 58%	39% vs 40%	few	73.9%
Fri	54% vs 52%	20% vs 28%	few	87.0%

A sweep takes out last week's high or low. How often the week closed back inside its range vs the **fair odds** (the rest of the week simulated 1,000 times with no direction). Columns: how far price had run past the level, as a share of last week's range. **Within 4 hours:** of the weeks that came back. Grey: under 30 weeks; a day with none is left out. Not an edge

Top correlations Correlation Map, main source per pair

Partner	Moves	Correlation			Tier	Use for divergence?
		2020-26	12 months	3 months		
Dollar index	Opposite	97	98	97	Elite	No: built from it
Dollar basket	Opposite	76	83	81	Good	Yes, Late NY
USDCHF	Opposite	73	81	82	Viable	Yes, Overlap
GBPUSD	Same	71	81	84	Viable	Yes, Late NY
NZDUSD	Same	64	73	75	Viable	No: under 70

Correlation x100: 100 = always together; Opposite = one rises as the other falls. Tier: Elite 85+, Excellent 80+, Good 75+, Viable 60+. **Use for divergence:** passes every Correlation Map test; read it in its best session. A divergence is a state, not a forecast.

Edge or chance

Question	EURUSD	Chance	Read
A Trend candle (breaks the last candle's high or low and closes past it) makes its pullback low (or high) in its first 10 minutes	69%	64%	Use it
New York closes the way London closed	50%	50%	Not an edge
The week closes back inside after last week's level is swept	50.2%	48.3%	Not an edge

Chance: a random order of the same minutes, a coin flip, or the fair odds. None of these says which way price will go.