



THE ENDURA WEEKLY + MONTHLY CYCLES

How Weeks + Months Unfold

ENDURA CHEAT SHEET ADD-ON

Revisionaries

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How to Read This Book

This book takes the Daily Cycles method up two levels, to the week and the month, and asks what traders ask about those candles: when the high and low form, how often last week's (or last month's) high or low gets taken, what usually happens after it is taken, and whether a busy week tells you anything about the next one.

How a week and a month are built

A week runs from Sunday 5 PM to Friday 5 PM New York time, the same clock as TradingView's FX charts. The first hour of every trading day (4:50 to 6:00 PM ET) is left out everywhere, as in the Candle Timing book: brokers widen their prices then and print highs and lows that never traded. A month is every trading day whose date falls in that calendar month. Crypto weeks run all seven days.

What the numbers are

Every rate is shown against the same rate on **any week** (or any month), so you can see what a condition adds. "35.7% vs 23.4%" means: after that condition, 35.7 weeks in every 100; on any week, 23.4. Groups (FX majors, FX crosses, metals, oil, indices) weight each market equally. "All 33" is every market in this book except crypto and UK oil, which was added in October 2026: it has its own pages and rows but joins no group, so every group figure and test is unchanged. Distances are in pips (index points for NAS100, SPX500, US30), crypto in US dollars.

Where the data comes from

OANDA one-minute prices, January 2005 to September 2026 (gold and silver from 2006): 36,869 market-weeks and 8,463 market-months. Crypto: Binance spot, 2017 to September 2026. Every finding was checked again on IC Markets, StoicFX and Vantage. Nothing here includes spread or commission.

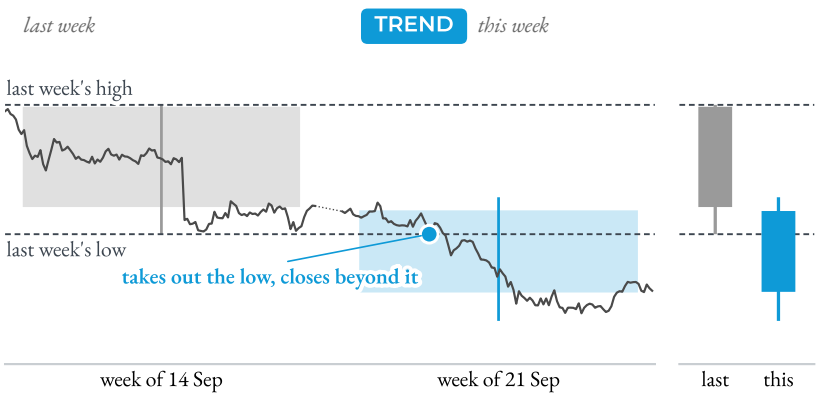
Results are checked twice: on the years before April 2020 and on the years after, which were held back. A finding counts as SUPPORTED only if it holds in both, survives a correction for the number of claims tested, and keeps its direction on at least two of the three broker feeds.

Three States

A week can do three things to last week's range: break it and hold, break it and come back, or stay inside. Three real EURUSD weeks:

Trend

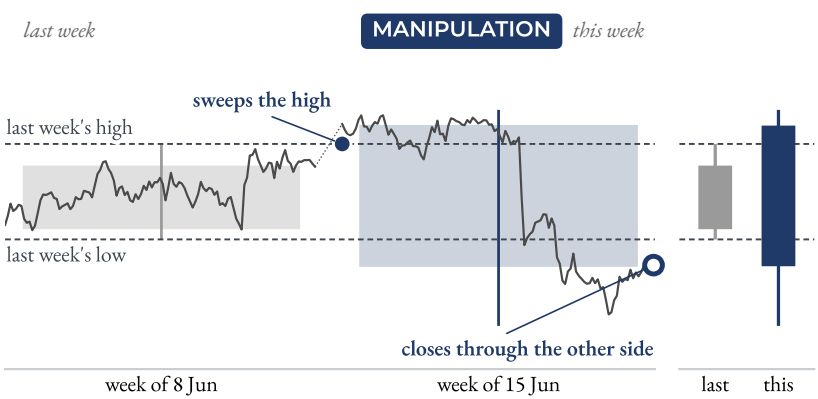
A decision. The week takes out last week's high (or low) and closes beyond it, without first taking the other side.



EURUSD, week of 21 Sep 2026.

Manipulation

The sweep that flips. The week takes out last week's high (or low), then closes back inside it or through the other side.



EURUSD, week of 15 Jun 2026.

Four Types

The state says what a week did to last week's range. The type says how big and what shape the week was, using the Daily Cycles rule one level up. Two checks, in order:

1. Shape. Is the closing move (open to close) under a quarter of the week's range?

Yes: **Manipulation**
price went both ways; size does not matter

No: go to step 2

2. Size. Compare the range with this market's last 52 weeks (last 36 months for a month).

Biggest quarter
Impulsive

Middle half**Normal**

Smallest quarter
Consolidation

Two of the names are shared with the states. When this book means the type, it says "an Impulsive week" or "a Consolidation-type week"; when it means the state, it says "a Trend week", "a Manipulation week", or "a week that stayed inside".

How often each one happens (All 33)

Week	Trend	Manipulation	Stayed inside
State	44.5%	43.6%	11.9%

Week	Impulsive	Normal	Consolidation	Manipulation
Type	23.4%	32.8%	18.3%	25.5%
Month	22.3%	32.4%	19.1%	26.2%

Impulsive and Consolidation are not exactly a quarter each because Manipulation is checked first and takes some of the biggest and smallest weeks.

Trend / Manipulation / stayed inside: takes last week's high or low and closes past it / closes back inside / takes neither.

KEY FINDING 1

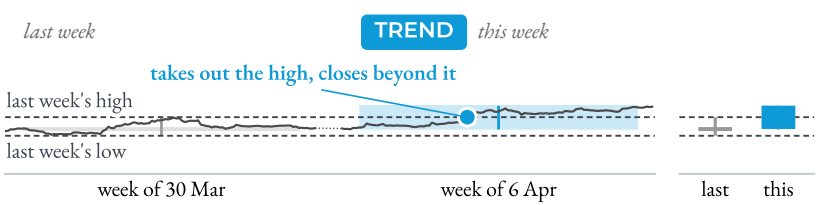
Busy Weeks Follow Busy Weeks

35.7% vs 23.4% SUPPORTED

After an Impulsive week, the next week is Impulsive 35.7 times in 100, against 23.4 on any week.

An Impulsive week sits in the top quarter of the previous 52 by size; a Consolidation week in the bottom quarter. Quiet follows quiet too: after a Consolidation-type week, the next one is also small 27.5% vs 18.3%. It is higher than on any week in every one of the 33 markets. It holds in the held-back years after April 2020 and on all three broker feeds. The next page shows why it happens and how solid it is. Direction does not carry over (Key Finding 6). The next week is likely to be busy, not likely to go the same way.

Group	Impulsive after Impulsive	Small after small
FX majors	34.3% vs 23.1%	26.0% vs 19.3%
FX crosses	35.3% vs 22.8%	27.7% vs 18.5%
Metals	35.4% vs 26.0%	25.8% vs 16.7%
Oil	34.3% vs 23.8%	29.2% vs 17.3%
Indices	42.1% vs 25.9%	30.5% vs 15.7%
Crypto (4)	47.6% vs 24.1%	44.2% vs 20.6%



EURUSD, week of 6 Apr 2026: an Impulsive week.

FOR YOUR TRADING

Use it After a busy week, plan for a wide week; after a quiet one, a smaller one. Treat it the way you treat ATR: it sets how far to aim and where to put a stop, not which way to trade.

Don't read this as: a busy week tells you which way next week will go (Key Finding 6).

KEY FINDING 3

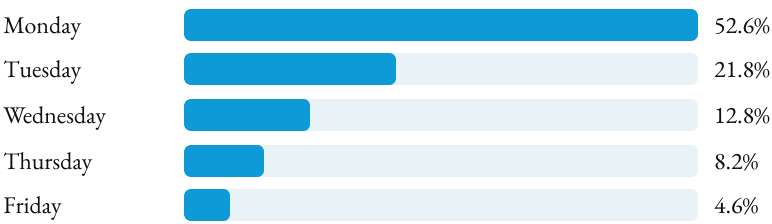
Sweeps Come Early

52.6%

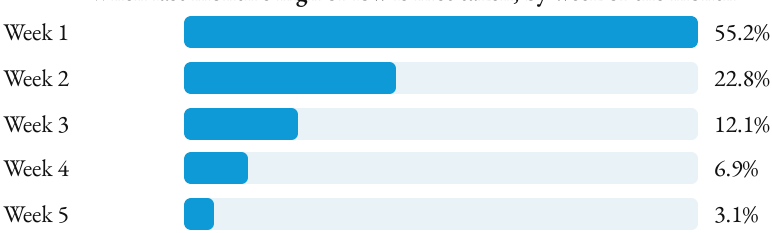
88.1% of weeks take out last week's high or low, and more than half of those first sweeps happen on Monday.

Months work the same way: 87.4% of months take out last month's high or low, and 55.2% of first sweeps come in the first week. This is mostly arithmetic, not a pattern to trade: a new week opens near last week's close, and the side that is closest gets reached first.

When last week's high or low is first taken (All 33)



When last month's high or low is first taken, by week of the month



FOR YOUR TRADING

Use it Expect last week's high or low to be tested early, most often on Monday. A Monday break of last week's level is normal; plan for it instead of reacting to it.

Don't read this as: a Monday break shows the week's direction: those weeks close beyond the level about half the time.

Sweep: takes out last week's (month's) high or low; **back inside:** first hourly close back in.

EURUSD

FX majors · OANDA 2005-2026

Range	Quiet	Typical	Busy	Big
Week	142 pips	196 pips	275 pips	380 pips
Month	311 pips	410 pips	574 pips	759 pips

State	Trend	Manipulation	Stayed inside	Full reversal of swept
Week	44.4%	44.3%	11.3%	6.6%
Month	43.1%	42.7%	14.2%	7.6%

Weekly	Mon	Tue	Wed	Thu	Fri
Day of the high	26.5%	13.5%	14.1%	18.6%	27.3%
Day of the low	26.7%	14.1%	12.7%	15.1%	31.3%
Day of first sweep	49.7%	24.3%	11.3%	9.6%	5.2%

Month: back inside vs fair odds	under 10%	10-25%	25-50%	50%+
By distance past the level	57% vs 54% · 112	42% vs 44% · 60	*33% vs 37% · 15*	*few (1)*

WHAT IT MEANS FOR EURUSD

Use it **Size.** Impulsive after Impulsive 39.1% vs 22.8% (248 weeks, proven here alone). After an Impulsive week the next week's typical range is 227 pips, against 196 pips for any week and 169 pips after a small week: plan targets and stops for it.

Use it **Timing.** Last week's level is first taken on Monday 49.7% of the time: normal, not news. Busiest 4-hour candles: Thu 9 AM (1.5x), Fri 9 AM (1.5x), Wed 9 AM (1.4x).

Use it **High and low.** Usually set on Monday (26.5% / 26.7%) or Friday (27.3% / 31.3%); mid-week is less common.

Lean on it lightly **Month.** Impulsive after Impulsive 32.7% vs 24.1% (55 months, not proven alone). Last month's high or low is first taken in week 1 58.7% of the time; week 1 sets the month's high 27.2% and low 30.7% of the time.

Not an edge **Sweeps.** Back inside after a sweep 50.2% vs 48.3% fair odds: don't fade or chase a sweep on its own.

Not an edge **Reversals.** When a sweep fails here, the turn most often comes on Tuesday (24.6%) and price is back inside within 4 hours 70.3%; full reversals (66 weeks) most often finish on Friday (34.8%). Months: the turn most often in week 1 (29.7%), back inside the same day 71.2%.

Trend / Manipulation / stayed inside: takes last week's high or low and closes past it / closes back inside / takes neither. **Impulsive / Consolidation (type):** top / bottom quarter by size of the previous 52 weeks (36 months). **Quiet / Typical / Busy / Big:** the 25th, 50th, 75th and 90th percentile range of the week (month). **Fair odds:** the rest of the week (month) replayed 1,000 times with no direction. **Sweep:** takes out last week's (month's) high or low; **back inside:** first hourly close back in. **Full reversal:** the week takes both sides of last week's range.

EURUSD: sweeps and reversals

OANDA

Chance the week closes back inside, at the close of the sweep candle

Swept on	under 10%	10-25%	25-50%	50%+
Monday	56% vs 52% · 306	46% vs 46% · 120	41% vs 38% · 39	*few (7)*
Tuesday	57% vs 52% · 135	39% vs 45% · 76	*35% vs 36% · 26*	*few (1)*
Wednesday	57% vs 55% · 58	38% vs 46% · 34	*53% vs 39% · 15*	*few (3)*
Thursday	57% vs 58% · 54	39% vs 40% · 31	*few (9)*	-
Friday	*54% vs 52% · 28*	*20% vs 28% · 10*	*few (5)*	*few (1)*

Each cell: back inside vs fair odds (the rest of the week replayed 1,000 times, no direction) · weeks. Columns: how far past last week's level price was, as a share of last week's range. Grey: under 30 weeks; "few": under 10.

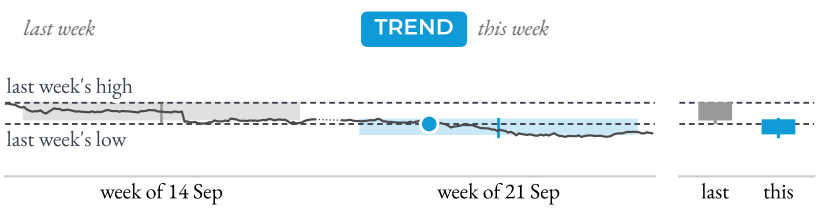
When a failed sweep turns, by the day of the sweep

Swept on	Turn under 4 h	4-24 h	24-48 h	48 h+	Back inside under 4 h	Weeks
Monday	27.3%	29.7%	18.8%	24.2%	68.8%	256
Tuesday	33.1%	27.1%	22.0%	17.8%	66.1%	118
Wednesday	36.2%	51.7%	10.3%	1.7%	75.9%	58
Thursday	58.7%	30.4%	10.9%	0.0%	73.9%	46
Friday	*91.3%*	*8.7%*	*0.0%*	*0.0%*	*87.0%*	*23*

FOR YOUR TRADING

Use it The further past the level, the less likely a close back inside here: 56.5% when the sweep candle closes under 10% past, 39.4% at 25-50%. Don't hold a fade on a far run.

Not an edge Turn timing follows the sweep day, as in a market with no memory; this market has too few late sweeps to time them on their own.



EURUSD, week of 21 Sep 2026: a Trend week (Normal type).

Trend / Manipulation / stayed inside: takes last week's high or low and closes past it / closes back inside / takes neither. **Sweep:** takes out last week's (month's) high or low; **back inside:** first hourly close back in. **No memory:** the same moves in random direction (chance).