

Macro Update – CryptoCycle Signal Tracker™ v2

Student User Guide

How to Use the Macro Update GPT for Weekly Crypto Cycle Clarity

Welcome

The Macro Update – CryptoCycle Signal Tracker™ v2 is a weekly macro intelligence tool designed to help you understand where we may be in the crypto market cycle.

Instead of guessing, reacting emotionally, or following hype online, this system helps you look at the market through five major lenses:

1.  Macro Top Signals
2.  Bitcoin Bottom Signals
3.  Altcoin Rotation
4.  Macro Liquidity Pulse
5.  Structural Access & Utility Score

Together, these five frameworks help you answer the most important investor questions:

Should I be accumulating?

Should I be holding?

Should I be rotating?

Should I be taking profits?

Should I be reducing risk?

This tool is not designed for short-term trading. It is designed for cycle awareness, long-term positioning, portfolio discipline, and emotional control.

The Core v2 Idea

In earlier crypto cycles, excess liquidity lifted almost everything.

When central banks printed money, cut rates, or expanded liquidity, risk assets usually benefited. Bitcoin moved first, Ethereum followed, then altcoins and speculative assets eventually ran.

That still matters.

But in the new macro landscape, liquidity alone is not enough.

The upgraded v2 model is:

Liquidity + Access + Utility + Productivity

This means:

Liquidity tells us how much fuel exists.

Access tells us whether that fuel can enter crypto.

Utility tells us which assets deserve the fuel.

Productivity tells us whether the broader economy can support risk assets without relying only on cheap money.

The goal is not to say the old model is dead. The goal is to understand that the old model is now incomplete by itself.

The Five Frameworks

1. Macro Top Signals

The Macro Top Signals framework helps identify late-cycle risk.

It looks for signs that the market may be getting overheated, such as:

- Retail euphoria
- Meme mania
- Extreme leverage
- High funding rates
- Overheated on-chain valuation
- Stablecoin outflows
- ETF inflow exhaustion
- Macro tightening risk
- CryptoCycle upper-cycle zones

The goal is not to call an exact top.

The goal is to recognize when risk is rising so you can follow a profit-taking plan instead of making emotional decisions.

Use this framework when asking:

- Are we getting close to a cycle top?
- Should I start trimming profits?
- Are too many people getting euphoric?
- Is leverage becoming dangerous?
- Are macro conditions turning against risk assets?

2. Bitcoin Bottom Signals

The Bitcoin Bottom Signals framework helps identify deep-value accumulation zones.

It looks at:

- Bitcoin valuation
- On-chain capitulation
- Fear and sentiment
- Liquidity stabilization
- Stablecoin recovery
- ETF flow stabilization
- Bank reserves
- Real yields
- CryptoCycle BTC DCA zones

The goal is to help you decide whether the market is still defensive, starting to recover, or entering a stronger accumulation zone.

Use this framework when asking:

- Is Bitcoin near a long-term accumulation zone?
- Should I stay defensive?
- Should I begin light DCA?
- Is this a strong DCA opportunity?
- Are bottom signals improving or getting worse?

3. Altcoin Rotation Detector

The Altcoin Rotation Detector helps identify whether capital is moving from Bitcoin into Ethereum and altcoins.

It tracks:

- Bitcoin dominance
- ETH/BTC strength
- TOTAL3 market cap
- Altcoin momentum
- Narrative strength
- Institutional vs retail rotation

In v2, altseason is split into two types:

Institutional Altseason

This is when capital flows into stronger infrastructure and utility assets first.

Examples may include:

- Ethereum
- Solana
- Chainlink
- Avalanche
- Aave
- RWA assets
- DePIN infrastructure
- AI infrastructure
- Stablecoin rails
- Tokenization infrastructure

This can happen before retail mania fully returns.

Retail Altseason

This is when capital flows into more speculative areas.

Examples may include:

- Memes
- Gaming tokens
- Microcaps
- NFT-style speculation
- Low-liquidity moonshots
- Hype narratives

Retail altseason usually requires stronger risk appetite, more liquidity, more euphoria, and more retail participation.

Use this framework when asking:

- Are altcoins starting to outperform Bitcoin?
- Is this an institutional altseason or retail altseason?
- Are quality alts moving first?
- Are speculative assets heating up?
- Should I rotate into alts or stay heavier in core assets?

4. ● Macro Liquidity Pulse

The Macro Liquidity Pulse checks whether the broader money environment is supportive, neutral, or restrictive for crypto.

It looks at:

Global money supply

DXY

Treasury yields

Central bank policy

Fed liquidity

China liquidity

Stablecoin issuance

Risk appetite

Equity market tone

Liquidity is still the base layer of the crypto cycle.

When liquidity improves, crypto has more fuel.

When liquidity tightens, risk assets become more vulnerable.

Use this framework when asking:

Is liquidity expanding or tightening?

Is the macro environment supportive for crypto?

Is the dollar helping or hurting risk assets?

Are yields creating pressure?

Is this a risk-on or risk-off environment?

5. Structural Access & Utility Score

The Structural Access & Utility Score is the new v2 framework.

It tracks whether crypto is gaining easier access to capital and showing real usage, even if the Fed is not aggressively printing money.

It looks at:

- Stablecoin supply
- BTC and ETH ETF flows
- RWA growth
- DeFi TVL quality
- Protocol fees
- Bank access and custody
- Payment rail integration
- Regulatory clarity
- AI and productivity themes
- On-chain utility

This framework helps answer a new question:

Is crypto becoming easier for institutional capital to access, and are the strongest networks proving real utility?

Use this framework when asking:

- Is capital gaining easier access to crypto?
- Are stablecoin rails expanding?
- Are ETF flows supportive?
- Are RWA and DeFi trends improving?
- Are protocol fees showing real usage?
- Are infrastructure assets separating from hype coins?

The Conversation Starters

1. Run Macro Top Signals + Exit Plan

Use this when you want to check whether the market is showing signs of overheating.

This prompt helps you understand whether it is time to hold, prepare, trim profits, or follow a stronger exit plan.

2. Show Bitcoin Bottom Signals + DCA Bias

Use this when you want to know whether Bitcoin is in a defensive, neutral, or accumulation-friendly zone.

This prompt helps you decide whether to hold capital, begin light DCA, or accumulate more aggressively.

3. Check Altcoin Rotation: Institutional vs Retail

Use this when you want to know whether money is moving from Bitcoin into Ethereum, quality altcoins, or speculative retail-driven assets.

This prompt helps you identify the type of altseason forming.

4. Give Weekly Macro Liquidity Pulse

Use this when you want to know whether the macro environment is supportive, neutral, or restrictive.

This prompt helps you understand whether crypto has enough liquidity fuel behind it.

5. Run Structural Access & Utility Score

Use this when you want to know whether crypto is gaining institutional access and real-world utility.

This prompt helps separate quality infrastructure assets from pure speculation.

6. Run Full Macro Update v2 Dashboard

Use this when you want the complete weekly view.

This prompt runs all five frameworks together and gives you the clearest overall market read.

7. Compare Today vs Last Week

Use this when you want to track changes over time.

This prompt helps you see whether conditions are improving, worsening, or staying neutral.

8. Show Portfolio Action Bias

Use this when you want to turn the macro reading into a practical portfolio stance.

This prompt helps connect the data back to your Green, Yellow, and Red Bucket strategy.

Understanding the Output

Most reports will include:

- A top-line summary
- A data table
- A score or meter
- An interpretation
- A portfolio action bias
- An educational reminder

Do not focus on one signal by itself.

The power of the system comes from confluence.

Confluence means multiple signals are pointing in the same direction.

For example:

If Bottom Signals improve, Liquidity Pulse improves, and Structural Access improves, that is stronger than only one bottom signal flashing.

If Top Signals heat up, leverage rises, retail mania returns, and liquidity starts tightening, that is stronger than one isolated warning.

How to Use the Scores

Macro Top Signals

Low score: Market not overheated
Medium score: Risk building
High score: Begin serious profit-taking discipline
Extreme score: Late-cycle danger zone

Bitcoin Bottom Signals

Low score: Stay defensive
Medium score: Light DCA possible
High score: Stronger accumulation zone

Altcoin Rotation

BTC-led: Stay heavier in core assets
ETH transition: Watch for early alt rotation
Institutional altseason: Quality infrastructure assets leading
Retail altseason: Speculation and hype expanding
Mania phase: Take profit discipline becomes more important

Liquidity Pulse

Tight: Risk-off or defensive
Neutral: Base-building
Expanding: Supportive for crypto
Overheated: Late-cycle caution

Structural Access & Utility

Weak: Crypto still mostly liquidity-dependent
Developing: Some access and utility signs improving
Strong: Institutional and utility trends supportive
Structural tailwind: Access and utility are meaningfully supporting crypto

Green, Yellow, and Red Bucket Reminder

The Macro Update GPT should always connect back to the Crypto Wealth Playbook bucket system.

Green Bucket

Core foundation assets with the strongest survivability and long-term conviction.

Examples:

BTC
ETH
SOL
LINK
AVAX
BNB

Yellow Bucket

High-conviction growth assets with strong upside but more timing, sector, or execution risk.

Examples may include:

RENDER
AIOZ
ONDO
PENDLE
NEAR
GRT
TAO
ARB
OP

Red Bucket

Speculative, high-risk, high-upside assets.

These may include:

Memes
Microcaps
Early narratives
Low-liquidity plays
Moonshot assets

Red Bucket assets require smaller sizing, stricter exits, and more caution.

How You Should Think About the Tool

This GPT is not here to predict the future with certainty.

It is here to help you build a disciplined process.

The goal is to ask better questions:

Where are we in the cycle?

Is liquidity improving or tightening?

Are bottom signals forming?

Are top signals heating up?

Is capital rotating into alts?

Is the rotation institutional or retail?

Are real utility assets gaining strength?

What should my portfolio bias be right now?

When you use the tool consistently, you begin to build macro awareness.

That awareness helps you avoid emotional buying, emotional selling, and random decision-making.

Best Weekly Workflow

Run the GPT once per week, ideally on the same day.

A good rhythm is:

Monday: Run the full Macro Update v2 Dashboard

Monday: Record the scores in your tracking sheet

Midweek: Check only if major market news happens

Weekend: Review your portfolio action bias

Avoid checking too often.

This system works best as a weekly macro compass, not a minute-by-minute trading tool.

Final Student Reminder

The purpose of the Macro Update GPT is not to chase every move. The purpose is to build conviction, patience, and discipline. You are learning to think like a cycle-based investor.

Accumulate when conditions are deeply favorable.

Hold when the trend is healthy.

Rotate when capital flow changes.

Take profits when euphoria and risk rise.

Stay disciplined when emotions get loud.