

liftoffr

Read the Bitcoin Cycle Yourself

The nine weighted components behind the LiftOffr Score, what each one read at every cycle turn since 2013, and how to recompute the number without me.

No trigger prices. No allocations. No instructions.

by Torin — LiftOffr

Last updated: 21 September 2026

Everything in here is checkable free at liftoffr.com

Your first cycle review

Use this guide to check the LiftOffr Score yourself: identify the data date, inspect the nine inputs, reproduce the weighted average, and examine historical outcomes. No signup or paid software is required. The five-step checklist is at **liftoffr.com/checklist**.

Start with one dated reading. Write down its source date, which components are available, and the total weight used. Then compare your calculation with **liftoffr.com/score**. If they differ, check dates, normalization and missing inputs before drawing a conclusion.

The Score describes a set of measurements. It does not establish the next top or bottom, an appropriate allocation, or a guaranteed investment result. This guide supplies the method; it contains no buy levels or instructions to place an order.

The nine components, and what each one is worth

The Score is a weighted average of nine public indicators, normalised 0-100. The weights are fixed, published, and the only thing that turns nine readings into one number.

Component	Weight	What it measures
RHODL Ratio	20%	Where value sits between recently-moved and long-dormant coins
Puell Multiple	20%	Miner revenue against its own yearly average
Trolololo trend line	15%	Price against a long-run logarithmic regression
MVRV Z-Score	15%	Market value against realised value, in standard deviations
Pi Cycle Top	10%	The 111-day MA against twice the 350-day MA
2-Year MA Multiplier	5%	Price between its two-year mean and five times that mean
Reserve Risk	5%	Holder conviction against the reward for abandoning it
Woobull Top Cap	5%	Price as a fraction of a modelled long-run ceiling
RUPL / NUPL	5%	Aggregate net unrealized profit/loss relative to market cap

They sum to 100%. Nothing else feeds the number — not sentiment, not search interest, not anything proprietary.

The weights are design choices informed by historical observations. The selected turning dates on the next page are known with hindsight; they do not establish an out-of-sample predictive edge.

The Phase Matrix

What each component read on the day of each cycle turn, normalised 0-100, from the same daily series the live number is built from.

Component	Wt	2013	2017	2021	2025		2015	2018	2022
		top	top	top	top		bot	bot	bot
RHODL Ratio	20%	100	100	93	89		0	2	3
Puell Multiple	20%	99	100	76	95		0	0	17
Trolololo trend line	15%	100	100	100	86		0	4	0
MVRV Z-Score	15%	97	100	88	92		0	0	0
Pi Cycle Top	10%	95	100	58	71		0	17	11
2-Year MA Multiplier	5%	98	100	81	96		0	6	0
Reserve Risk	5%	96	100	91	99		0	7	0
Woobull Top Cap	5%	96	100	92	93		0	0	0
RUPL	5%	100	100	98	96		5	0	0

Read down a column to see what a cycle turn looked like across the whole model at once. Read across a row to see how one component has behaved over four tops and three bottoms.

The thing the columns show that no single indicator can. No component reads at its extreme at every turn. Pi Cycle read 100 in 2017 and 71 in 2025. Puell read 76 at the 2021 top against 99 in 2013. A reading that would have been decisive in one cycle was unremarkable in the next. That is the entire case for weighting nine of them instead of trusting one — and it is also the reason the weighted number is a description of where you are, not a forecast of where you are going.

The six bands

Band	Range	What the record shows
Exit zone	85–100	Selected historical tops printed here; the band also persisted while price rose.
Warning	70–below 85	A higher model reading, not a forecast.
Mid-cycle	50–below 70	The middle range of this scale.
Re-accumulation	30–below 50	A band label; it does not establish that a bottom has passed.
Accumulation	15–below 30	A lower model reading, not an instruction to buy.
Deep accumulation	0–below 15	The lowest band this model produces.

Every one of those descriptions is a statement about the past. None is a prediction, and none of them tells you what to do at any reading.

I am not printing today's Score here, because a number in a PDF is wrong by the time you read it. The live one is free, forever, at **liftoffr.com/score**.

The divisor rule — the part everyone gets wrong

Some days a source publishes no reading for a component. Pi Cycle alone has no published value on roughly 349 days of the 5,533-day source series, so any date you pick has a real chance of being one where something is missing.

A missing reading is excluded. It is never counted as a zero. When a 5% component does not report, you divide by 0.95, not by 1.00.

For example, eight weighted readings sum to 34.5 and the available weights sum to 0.95. The Score is $34.5 \div 0.95 = 36.3$, rounded to one decimal place. Dividing by 1.00 would incorrectly treat the missing component as zero. Match the data date as well as the formula.

Recompute it yourself, in about ten minutes

Do this once and you never have to take my word for a number again.

1. Open **colintalkscrypto.com/cbbi** — the public daily data source. Free, no account.
2. Read off the nine component values. They are already normalised to 0-100.
3. Multiply each by its weight from the nine-component table earlier in this document.
4. Add the products.
5. Divide by the weight you actually used — 1.00 if all nine reported, less if any did not.
6. Compare against **liftoffr.com/score**.

You should land on the same number.

If you run it properly and get something materially different, tell me and I will fix it. That offer is the entire reason the weights are public, and it has been taken up and been correct at least once.

To check a past date instead of today, pick any row from the 64-crossing log at liftoffr.com/receipts and recompute that date. The same divisor rule applies.

What carries zero weight, and why

Three well-known indicators are deliberately not inputs. They are worth looking at. They are not part of the number, and confusing the two is how people end up unable to reproduce a figure they were told they could check.

CBBI is the *source*, not a component. The Score reads its nine component values from CBBI's public data. Including CBBI's own composite as a tenth input would count the same underlying readings twice.

The Fear & Greed Index measures how people feel; the Score measures what the chain and the price structure are doing. At the October 2025 top, Fear & Greed never reached Extreme Greed. A framework that required a sentiment extreme to confirm that top was waiting for a confirmation that never arrived.

Google Trends measures retail attention, which historically follows price rather than leading it, and its scale is relative to whatever window you chose — a "100" in one date range is not a "100" in another. There is no stable level to weight. At the October 2025 top it sat well below its 2021 levels.

Where it has been wrong

A model you can check has to survive being checked, so here is the part most people leave out.

Directional accuracy, over 64 dated zone crossings from 2011 to 2025:

Horizon	Right	Rate
30 days	21 of 46	46%
90 days	21 of 46	46%
180 days	25 of 46	54%

Eighteen neutral crossings are excluded, leaving 46 directional observations. Under an illustrative model of independent outcomes with a 50% success probability, 21 and 25 successes have the same two-sided exact-binomial p-value, approximately 0.659. In that simplified model, 31 of 46 would be the first result above half to pass a 5% threshold.

Those assumptions are not established for this record. Overlapping forward-return windows, shared market moves and historical model design complicate inference. The counts do not prove equivalence to chance, and 31 successes would not by itself validate a trading edge. They are not realized trading returns or a forecast.

The whipsaw. Between 16 November 2024 and 21 October 2025 the Score moved in and out of the exit zone six times:

16 Nov 2024	into exit zone	BTC \$90,568
18 Feb 2025	back out	BTC \$95,444
8 May 2025	into exit zone	BTC \$103,070
19 Jun 2025	back out	BTC \$104,710
27 Jun 2025	into exit zone	BTC \$107,091
21 Oct 2025	back out	BTC \$108,700

Three entries, three retreats — six transitions, not six signals. Counting all six as "the model said sell six times" describes a stronger signal than the log contains, and I made exactly that error on my own site before correcting it. Two of the three entries did not contain a top. The top was 6 October 2025 at \$124,824, and the Score left the exit zone for the last time fifteen days *after* it.

Any rule of the form "above X, do something" will flip back and forth around X. That is not a broken threshold, it is what thresholds do — which is why a threshold model is only usable if you have decided in advance what a crossing means to you.

All 64 crossings, with the 30-, 90- and 180-day outcome beside each, are at liftoffr.com/receipts. Free, no email required, including every one that went the wrong way.

What this is for, then

Not prediction. A number that is the same every morning, computed the same way, published with its weights, that tells you roughly where in a cycle you are — plus a written record of every time it has been early, late or wrong.

What you do with that is yours, and I am not going to pretend otherwise. If you want to see how I turned it into a ladder with my own money — the tiers, the fallback dates, the override log, and a worksheet for building your own at whatever size you are actually working with — that is **My Bear Market Buy Plan**, \$29 once, at liftoffr.com/plan. It is a description of what I did, not an instruction for what you should.

If you never buy it, you still have everything in this document, and the live number, and the full record. That was the point.

Using this guide

Educational content only. **This is not financial advice, I am not a registered investment adviser, and nothing here is personalised to you.** Nothing in this document is an instruction to buy, sell, size or time a position.

Every dated signal referenced here is the LiftOffr Score computed over public historical price and on-chain data — a backtest, not a record of trades placed or calls published at the time. Past performance does not predict future results.

Bitcoin can fall further than you expect, stay down longer than you expect, and can go to zero. Do your own research. Never deploy money you cannot afford to lose. 18+ only.

LiftOffr LLC (Montana). Full disclaimer at liftoffr.com/disclaimer.