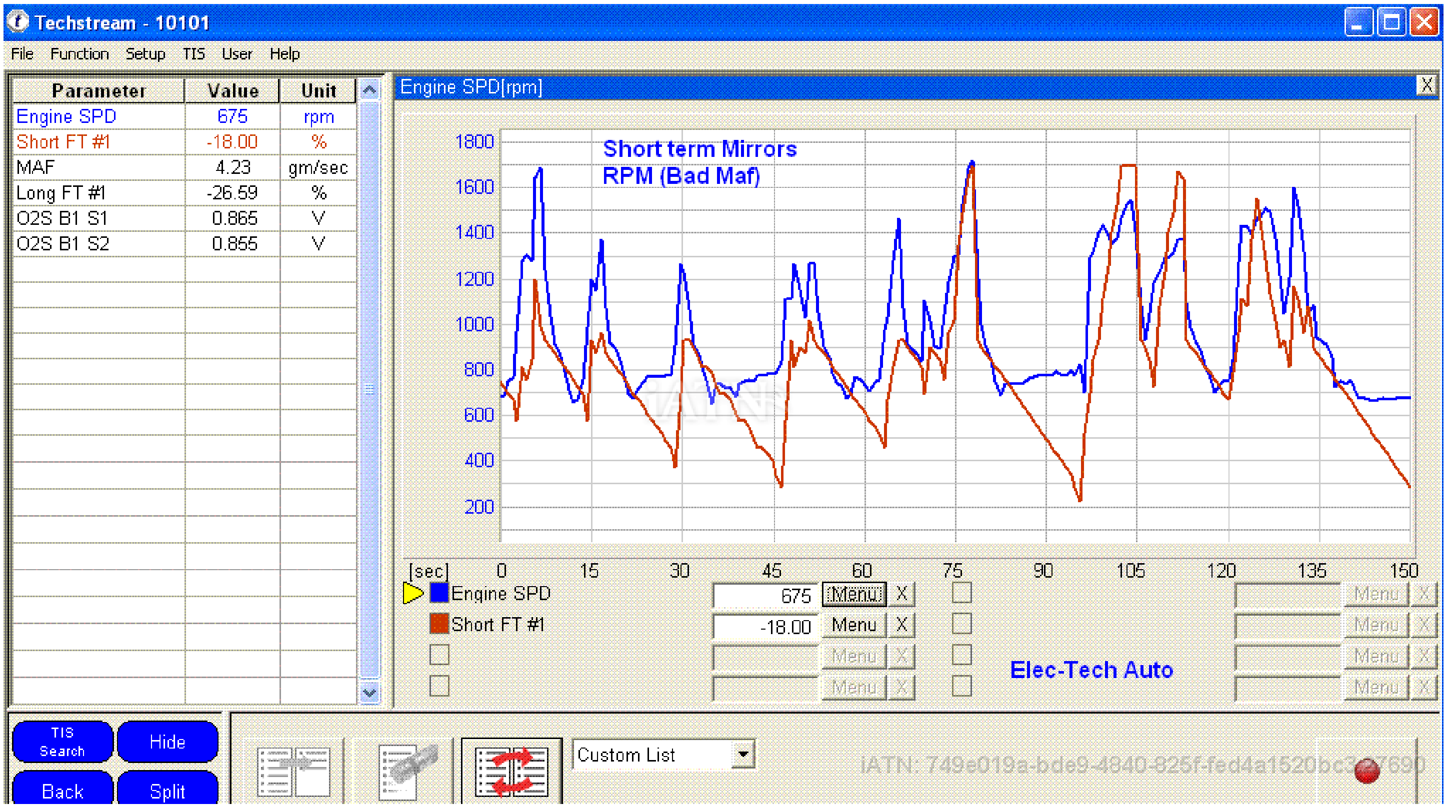
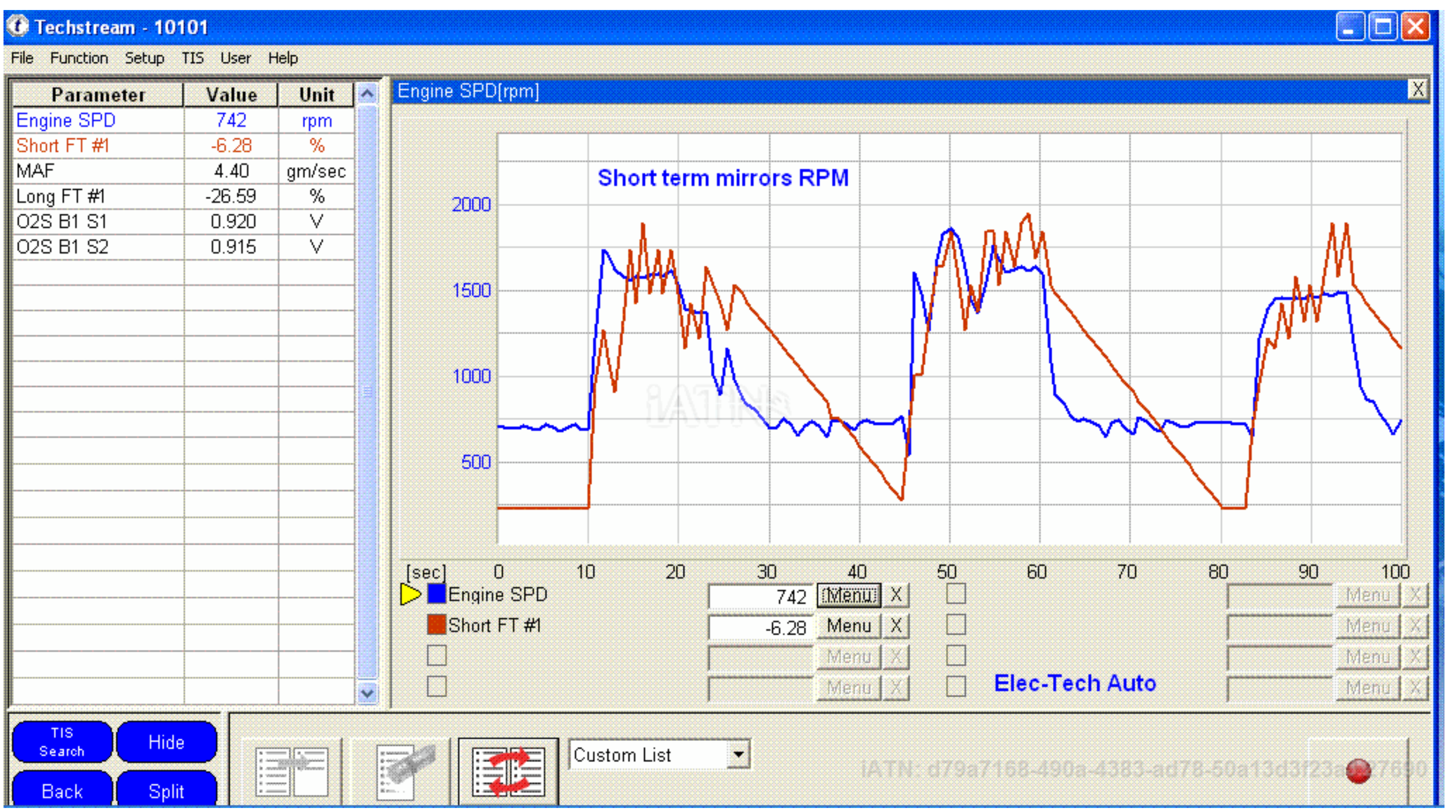
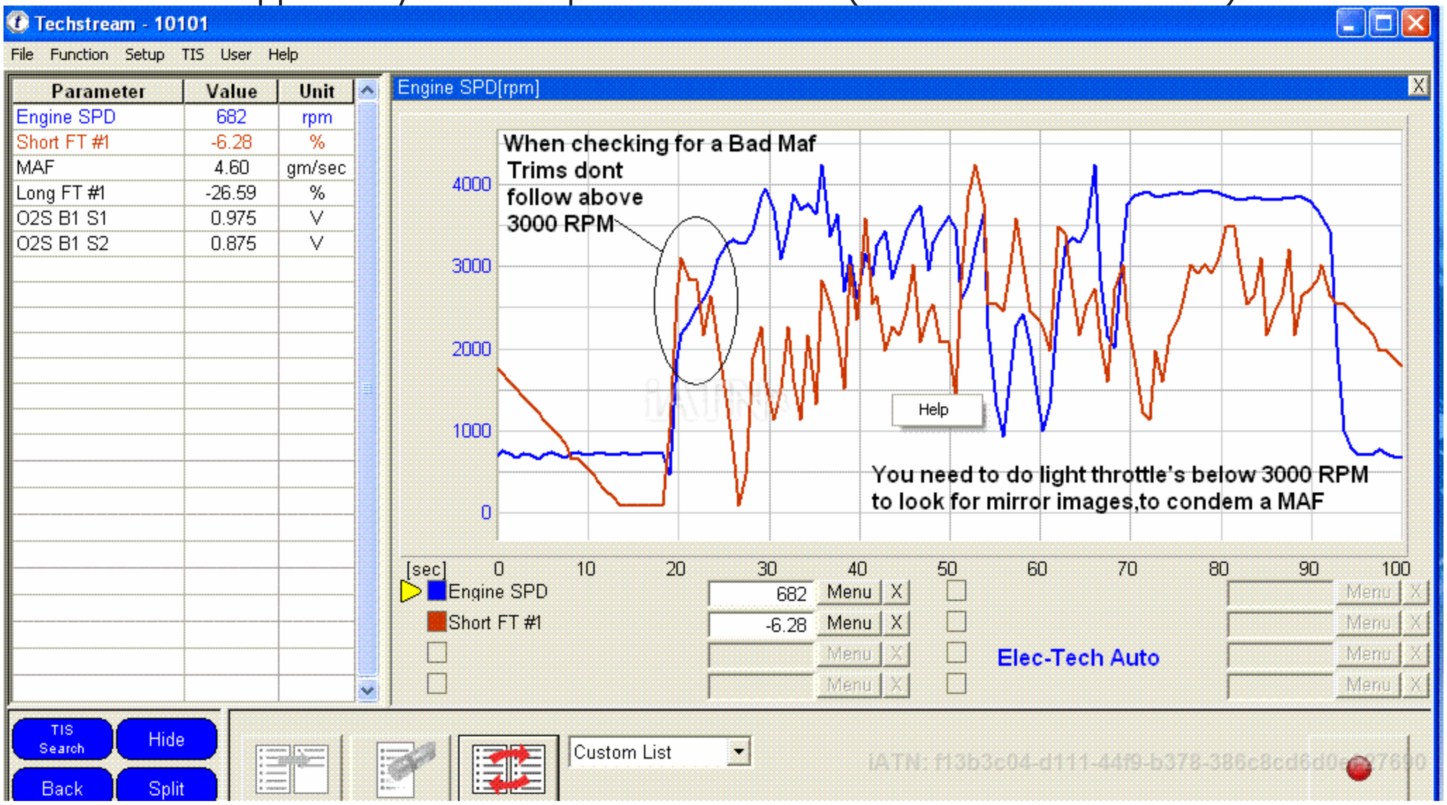
The test involves graphing 2 PIDs: STFT and RPM.
The test is done during light cruise speeds at gentle throttle tip In's below 3000 rpm.
If the Short term fuel trim is mimicking the RPM I have found this indicates a skewed MAF sensor

Bad MAF sensor





Here is what happens if you raise rpms above 3000 (with a bad MAF sensor)



Here is waveform with a new MAF sensor