

## FOREX TRADING JOURNAL

- the following spreadsheet represents a simple and yet effective trading journal displaying all the important KPIs for trading forex
- history of trades are just copied from the trading platform (metatrader 4) and the formulae take care of the rest
- the first screenshot shows the populated fields while the second screenshot shows the empty spreadsheet before inserting the trades

|    | A     | B    | C                   | D   | E                   | F       | G    | H          | I        | J        | K         | M         | N      | O | P                | Q        | R         | S       | T        | U       |
|----|-------|------|---------------------|-----|---------------------|---------|------|------------|----------|----------|-----------|-----------|--------|---|------------------|----------|-----------|---------|----------|---------|
| 1  | Order | Type | Open Time           | SL  | Close Time          | P/L     | Pips | Commission | Drawdown | Duration | WeekDay   | Session   | Week # |   | KPIs             |          |           |         |          |         |
| 2  | 1     | Sell | 2023-02-06 08:01:00 | 3.0 | 2023-02-06 12:37:32 | 1791.54 | 53.8 | -9.99      | -56.61   | 04:36:32 | Monday    | Asian     | 6      |   |                  | Asia     | Frankfurt | London  | New York | Total   |
| 3  | 2     | Sell | 2023-02-06 08:22:04 | 2.5 | 2023-02-06 12:37:33 | 1968.00 | 49.2 | -12.00     | -44      | 04:15:29 | Monday    | Asian     | 6      |   | Trades           | 5        | 4         | 8       | 9        | 26      |
| 4  | 3     | Sell | 2023-02-06 09:32:02 | 4.2 | 2023-02-06 12:37:32 | 1001.98 | 42.1 | -7.14      | -76.16   | 03:05:30 | Monday    | Frankfurt | 6      |   | Losses           | 2        | 2         | 4       | 4        | 12      |
| 5  | 4     | Sell | 2023-02-06 15:11:01 | 3.0 | 2023-02-06 15:52:10 | 772.56  | 23.2 | -9.99      | -9.99    | 00:41:09 | Monday    | New York  | 6      |   | Wins             | 3        | 2         | 4       | 5        | 14      |
| 6  | 5     | Buy  | 2023-02-06 20:15:36 | 3.0 | 2023-02-06 23:45:00 | 409.59  | 12.3 | -9.99      | -29.97   | 03:29:24 | Monday    | New York  | 6      |   | BE's             | 0        | 0         | 2       | 3        | 5       |
| 7  | 6     | Buy  | 2023-02-07 03:41:01 | 2.0 | 2023-02-07 03:42:53 | -100.00 | -2.0 | -15.00     | -100     | 00:01:52 | Tuesday   | Asian     | 6      |   | Win Rate         | 60.0%    | 50.0%     | 50.0%   | 55.6%    | 53.85%  |
| 8  | 8     | Sell | 2023-02-07 08:57:03 | 3.5 | 2023-02-07 09:06:20 | -99.75  | -3.5 | -8.55      | -99.75   | 00:09:17 | Tuesday   | Asian     | 6      |   | Nett P/L         | 4459.7   | 1161.8    | 4494.93 | 2698.09  | 12814.6 |
| 9  | 9     | Sell | 2023-02-07 11:02:00 | 5.0 | 2023-02-07 11:09:39 | -100.00 | -5.0 | -6.00      | -100     | 00:07:39 | Tuesday   | London    | 6      |   | Avg SL           | 2.9      | 2.8       | 2.9     | 3.3      | 3.0     |
| 10 | 10    | Sell | 2023-02-07 11:51:03 | 2.4 | 2023-02-07 15:27:55 | 1410.24 | 33.9 | -12.48     | -20.8    | 03:36:52 | Tuesday   | London    | 6      |   | Avg TP           | 44.23333 | 26.5      | 28.9    | 16.7     | 29.0    |
| 11 | 11    | Sell | 2023-02-07 11:54:00 | 3.9 | 2023-02-07 15:27:55 | 829.44  | 32.4 | -7.68      | -51.2    | 03:33:55 | Tuesday   | London    | 6      |   | Overall Win Rate |          |           |         |          |         |
| 12 | 12    | Buy  | 2023-02-07 15:56:11 | 3.0 | 2023-02-07 16:15:19 | 0.00    | 0.0  | -9.99      | -3.33    | 00:19:08 | Tuesday   | New York  | 6      |   | 53.85%           |          |           |         |          |         |
| 13 | 13    | Buy  | 2023-02-07 16:45:29 | 3.4 | 2023-02-07 16:46:10 | -99.96  | -3.4 | -8.82      | -99.96   | 00:00:41 | Tuesday   | New York  | 6      |   | % Gain           |          |           |         |          |         |
| 14 | 14    | Sell | 2023-02-07 19:23:00 | 3.8 | 2023-02-07 19:41:52 | 0.00    | 0.0  | -7.89      | -18.41   | 00:18:52 | Tuesday   | New York  | 6      |   | 854.30%          |          |           |         |          |         |
| 15 | 15    | Buy  | 2023-02-08 14:01:00 | 2.2 | 2023-02-08 14:52:37 | 0.00    | 0.0  | -13.62     | -4.54    | 00:51:37 | Wednesday | London    | 6      |   | Winning Streak   |          |           |         |          |         |
| 16 | 16    | Sell | 2023-02-08 17:59:00 | 3.9 | 2023-02-08 18:54:00 | 0.00    | 0.0  | -7.68      | -92.16   | 00:55:00 | Wednesday | New York  | 6      |   | 5                |          |           |         |          |         |
| 17 | 17    | Buy  | 2023-02-09 08:02:49 | 3.3 | 2023-02-09 12:59:59 | 899.91  | 29.7 | -9.09      | -9.09    | 04:57:10 | Thursday  | Asian     | 6      |   | Losing Streak    |          |           |         |          |         |
| 18 | 18    | Sell | 2023-02-10 13:00:00 | 2.0 | 2023-02-10 15:19:04 | 0.00    | 0.0  | -15.00     | -80      | 02:19:04 | Friday    | London    | 6      |   | 3                |          |           |         |          |         |
| 19 | 19    | Buy  | 2023-02-10 14:36:55 | 3.5 | 2023-02-10 14:57:18 | -99.75  | -3.5 | -8.55      | -99.75   | 00:20:23 | Friday    | London    | 6      |   | Average RR       |          |           |         |          |         |
| 20 | 20    | Buy  | 2023-02-10 21:02:59 | 2.8 | 2023-02-10 23:45:00 | 242.76  | 6.8  | -10.71     | -28.56   | 02:42:01 | Friday    | New York  | 6      |   | 4.9              |          |           |         |          |         |
| 21 | 21    | Buy  | 2023-02-13 12:44:30 | 2.0 | 2023-02-13 16:58:57 | 1565.00 | 31.3 | -15.00     | -10      | 04:14:27 | Monday    | London    | 7      |   |                  |          |           |         |          |         |
| 22 | 22    | Sell | 2023-02-14 09:33:00 | 1.7 | 2023-02-14 09:33:56 | -99.96  | -1.7 | -17.64     | -99.96   | 00:00:56 | Tuesday   | Frankfurt | 7      |   |                  |          |           |         |          |         |
| 23 | 23    | Sell | 2023-02-14 09:35:00 | 2.3 | 2023-02-14 09:36:23 | -99.82  | -2.3 | -13.02     | -99.82   | 00:01:23 | Tuesday   | Frankfurt | 7      |   |                  |          |           |         |          |         |
| 24 | 24    | Sell | 2023-02-14 09:38:04 | 3.0 | 2023-02-14 09:43:07 | 359.64  | 10.8 | -9.99      | -13.32   | 00:05:03 | Tuesday   | Frankfurt | 7      |   |                  |          |           |         |          |         |
| 25 | 25    | Buy  | 2023-02-14 10:38:01 | 2.0 | 2023-02-14 14:22:25 | 890.00  | 17.8 | -15.00     | 0        | 03:44:24 | Tuesday   | London    | 7      |   |                  |          |           |         |          |         |
| 26 | 26    | Sell | 2023-02-14 15:21:24 | 2.3 | 2023-02-14 15:30:01 | 985.18  | 22.7 | -13.02     | -78.12   | 00:08:37 | Tuesday   | New York  | 7      |   |                  |          |           |         |          |         |
| 27 | 27    | Sell | 2023-02-14 15:30:00 | 4.7 | 2023-02-14 15:30:01 | 387.96  | 18.3 | -6.36      | -2.12    | 00:00:01 | Tuesday   | New York  | 7      |   |                  |          |           |         |          |         |

|    | A     | B    | C         | D  | E          | F   | G    | H          | I        | J        | K        | M       | N      | O | P                | Q    | R         | S      | T        | U     |
|----|-------|------|-----------|----|------------|-----|------|------------|----------|----------|----------|---------|--------|---|------------------|------|-----------|--------|----------|-------|
| 1  | Order | Type | Open Time | SL | Close Time | P/L | Pips | Commission | Drawdown | Duration | WeekDay  | Session | Week # |   | KPIs             |      |           |        |          |       |
| 2  |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   |                  | Asia | Frankfurt | London | New York | Total |
| 3  |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   | Trades           | 26   | 0         | 0      | 0        | 26    |
| 4  |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   | Losses           | 0    | 0         | 0      | 0        | 0     |
| 5  |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   | Wins             | 0    | 0         | 0      | 0        | 0     |
| 6  |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   | BE's             | 0    | 0         | 0      | 0        | 0     |
| 7  |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   | Win Rate         | 0.0% | 0.0%      | 0.0%   | 0.0%     | 0.00% |
| 8  |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   | Nett P/L         | 0    | 0.0       | 0      | 0        | 0.0   |
| 9  |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   | Avg SL           | 0.0  | 0.0       | 0.0    | 0.0      | 0.0   |
| 10 |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   | Avg TP           | 0    | 0.0       | 0.0    | 0.0      | 0.0   |
| 11 |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   | Overall Win Rate |      |           |        |          |       |
| 12 |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   | 0.00%            |      |           |        |          |       |
| 13 |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   |                  |      |           |        |          |       |
| 14 |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   | % Gain           |      |           |        |          |       |
| 15 |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   | 0.00%            |      |           |        |          |       |
| 16 |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   |                  |      |           |        |          |       |
| 17 |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   | Winning Streak   |      |           |        |          |       |
| 18 |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   | 0                |      |           |        |          |       |
| 19 |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   |                  |      |           |        |          |       |
| 20 |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   | Losing Streak    |      |           |        |          |       |
| 21 |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   | 0                |      |           |        |          |       |
| 22 |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   |                  |      |           |        |          |       |
| 23 |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   | Average RR       |      |           |        |          |       |
| 24 |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   | 0.0              |      |           |        |          |       |
| 25 |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   |                  |      |           |        |          |       |
| 26 |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   |                  |      |           |        |          |       |
| 27 |       |      |           |    |            |     |      |            |          |          | Saturday | Asian   | 0      |   |                  |      |           |        |          |       |