

Please access one of the links below, and *make a copy* of the template to your Google Account.

*** You can find the answer to any question you may have regarding this journal template on [page 3](#) of this document.**

Please follow these steps:

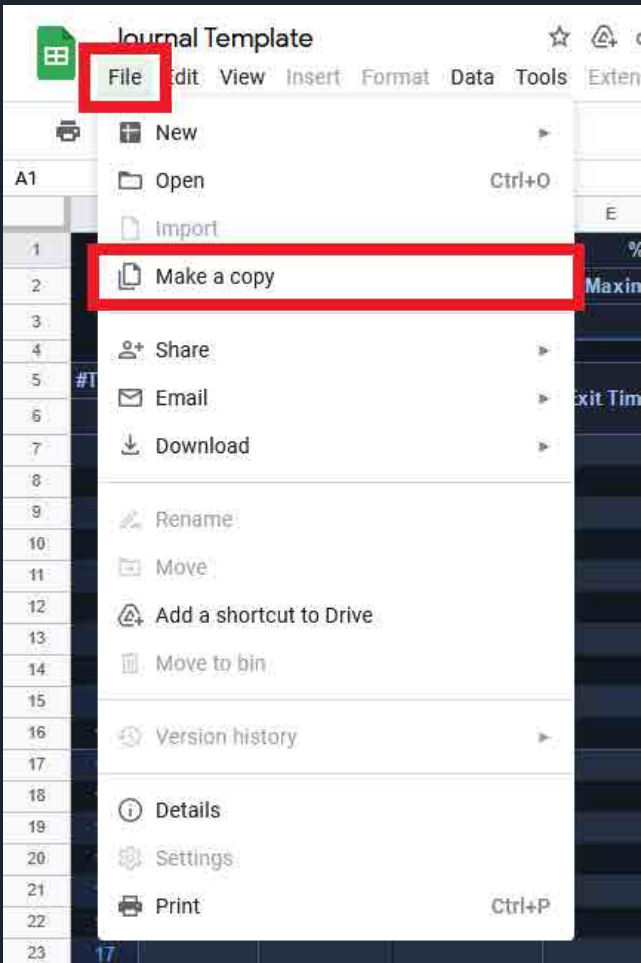
1. Click on one of the links below to access the desired journal template:

\$ https://docs.google.com/spreadsheets/d/15MbEr2XLBz5tgGhFSKCwBJQcJFZCEN_Vr4-fWmFmeTM/

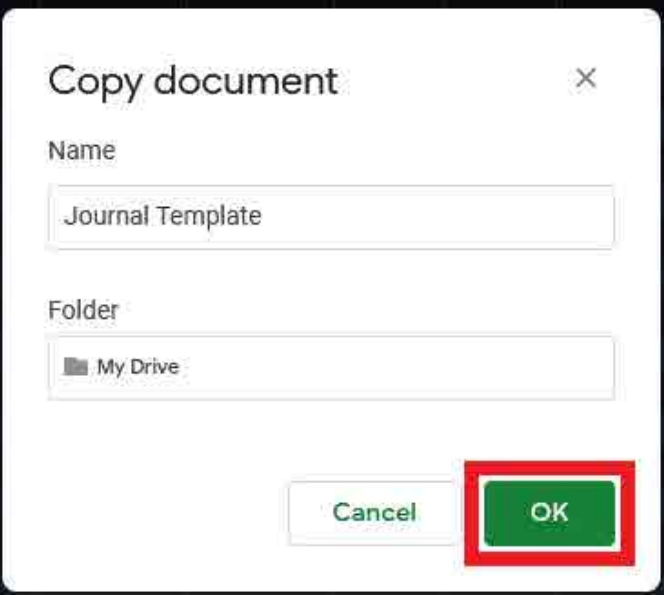
€ https://docs.google.com/spreadsheets/d/1rwjxNPR8GU7v_Ynn0EnBbFg2-yqfU7uVNey7daFwVno/

£ https://docs.google.com/spreadsheets/d/1TqSkJZ_LwiFJVLILVHqd854XArY6oVkyzAcw3TGUfpo/

2. Click on "File", then click on "Make a copy"



3. Rename the journal and select the location where you would like to save it in your Google Drive
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4. The Journal is now ready for use, and you can access it from your Google Sheets or Google Drive.

We suggest you make multiple copies, and always have a backup copy of the template.

Please access one of the links below, and *make a copy* of the template to your Google Account.

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Please follow these steps:

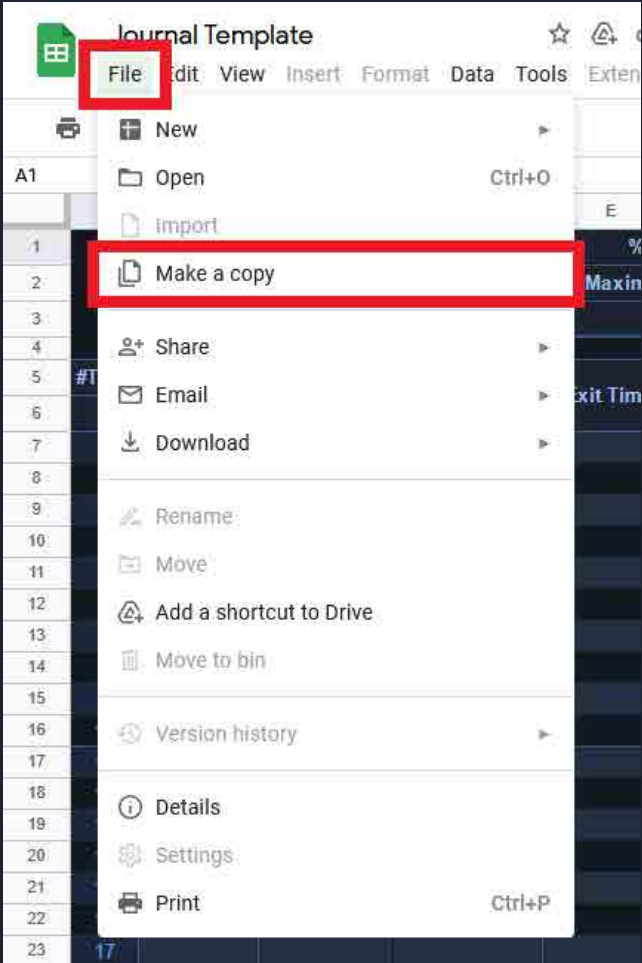
1. Click on one of the links below to access the desired journal template:

\$ https://docs.google.com/spreadsheets/d/1j_4Gu6MQ-PBgzlx9ZyrNIDhVTxkT41YLPtieMAXobjg/

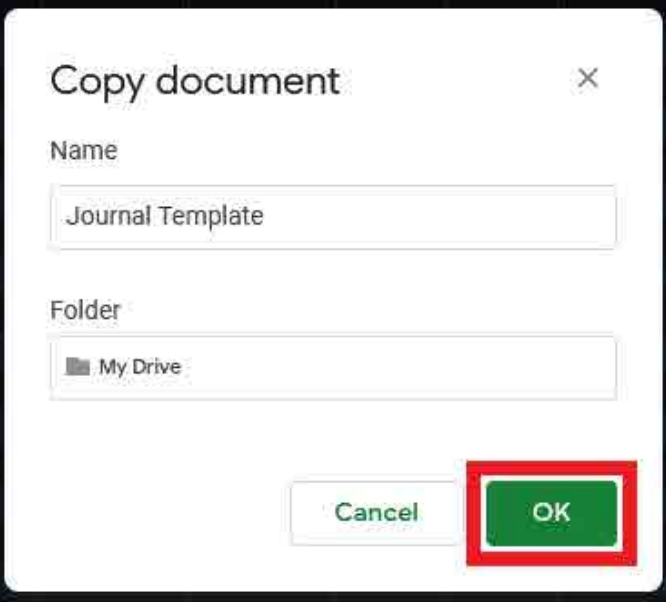
€ <https://docs.google.com/spreadsheets/d/1bdIF4HVg-jSGt8RaAfJdKm1Y5rbmnVIEYGzLtIDoLUk/>

£ https://docs.google.com/spreadsheets/d/1au9V0Qj8VVev5YAHMWY7feA-CIGY3PPxai10QyiYw_0/

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Instructions of Crypto/Forex/Stocks Backtesting Trading Journal & Stats Template (Dark Theme)

Disclaimer: This template is just a tool to help you improve your trading plan/strategy. However, past results do not predict future results!

Journal page

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	T	V	X	Y	Z	AA	AB	AC	AD	AE	AF
1			Deposit	\$1,000.00	Balance		\$1,000.00	Win%	0	---		%Risk/Trade	1.00%																
2			Profit	\$0.00	%Gain		0.00%	Loss%	0	---		R - Gain	0																
3			Maximum Drawdown	---	Absolute Drawdown	---	---	Break Even:	0	---		1R = %Risk/Trade																	
4																													
5	#trades																												
6	0	Symbol	Entry Time	Entry Date	Exit Time	Exit Date	Trade Duration	S/L Range (pips)	Position Type	Order Type	Trend Direction	Trend Phase	Strategy	Comments		IMG-URL H-TF Entry	IMG-URL L-TF Entry	IMG-URL L-TF Exit	IMG-URL H-TF Exit		R - Gain		\$PnL	%PnL	\$Balance	Drawdown	Status		
7	1																												
8	2																												
9	3																												
10	4																												
11	5																												

- green zone: basic details about the trades - *Details from this area have no effect on the automated results*
- blue zone: deposit, %Risk/Trade and R - Gain - *Details from this area will have effect on the automated results*
- red zone: automated results *This area must never be edited manually*

Green zone:

Symbol -> the symbol of the market for each trade that you take (e. g. EURUSD, TSLA, BTCUSD, etc.)

Entry Time/Date -> the time and date you enter a trade

Exit Time/Date -> the time and date you exit a trade

Trade Duration -> the amount of time you have been in a trade

S/L Range -> the number of pips in the Stop Loss range (from the entry level to the stop loss level)

Position Type -> the type of your position for the trade: Long or Short

Order Type -> the type of the order for a trade: Market Execution, Buy/Sell Stop, Buy/Sell Limit

Trend Direction -> the direction of the market trend when you enter a trade: Up or Down

Trend Phase -> the phase of the trend when you enter a trade: Push Phase or Pullback Phase

Strategy -> the strategy that you use to enter a trade

Comments -> any comments you may have regarding a trade

IMG-URL H-TF Entry -> Image Link for the Higher - Time Frame when you enter a trade

IMG-URL L-TF Entry -> Image Link for the Lower - Time Frame when you enter a trade

IMG-URL L-TF Exit -> Image Link for the Lower - Time Frame when you exit a trade

IMG-URL H-TF Exit -> Image Link for the Higher - Time Frame when you exit a trade

this section can be ignored if it doesn't apply to your strategy and/or you don't need this information

Blue zone:

Deposit (top left corner) -> the amount of money you would deposit in your account before you start trading

%Risk/Trade -> here you set a percentage of the Balance that you will risk per trade

Please note: apart from the first trade you enter, this is the % from your Balance (not your original deposit), when the Balance increases your %risk/trade will increase, when your Balance decreases your %risk/trade will decrease also.

e. g. \$Balance = \$1500 => 1% Risk/trade = \$15 -> \$Balance goes up to \$2000 => 1% Risk/trade = \$20

R - Gain -> The profit/loss per trade is measured in R - Gain - where 1R = %Risk/Trade.

e. g. if you set the risk at 2% Risk/trade, and you win 3% in one trade that is 1.5R Gain (1R = 2%, 0.5R = 1% => 1.5R = 3% gain).

(S/L range = 20 pips (risk 2% | 1R), Take Profit = 30 pips (3%) => 1.5R Gain)

Please note, the R - Gain has to include also any comissions and fees you may have on the live market.

e. g. the comission and fees for the trade was 0.1R (0.1R = 0.2%) => 3% - 0.2% = 2.8% profit => 1.4R Gain for that trade.

Red zone:

\$PnL -> Profit and Loss is the amount of money you have gained or lost for the trade

e. g. \$Balance = \$2500, %Risk/trade = 3%, R - Gain = -1 => \$PnL= - \$75 (1% of \$2500 = \$25 => 3% = \$75)

%PnL -> the % Profit and Loss is the % Gain/Loss in relation to your previous Balance

e. g. \$Balance = \$1200, %Risk/trade = 1%, R - Gain = 2, \$PnL = \$24 => %PnL = 2% (1% of \$1200 = \$12 => 2% = \$24)

\$Balance -> The current Account Balance after each trade

Maximum Drawdown -> the difference between the highest value (the peak) and the biggest decline (the lowest point after the peak) of the balance during a trading period

(*Absolute Drawdown - top left corner - the difference between the initial deposit and the lowest point below the deposit level)

Status -> The result status of each trade: Win, Loss or B/E (Break Even)

Overview page

Enter the details for your journal: journal name/number, strategy and trade management

Journal Name/Number:

Strategy:

Trade Management:

e. g.

Journal Name/Number:

Strategy:

Trade Management:

04 M15 Journal

BOS15/MS15

1:3 RRR - BE at 1:1 RRR

"Journal" section (left side of the panel) - you can see the general results from the Journal page.

"Statistics" section (right side of the panel) - you can see the results from the Stats page.

Below these two sections, you can see the graph charts for Account Balance and Maximum Drawdown.

In the "Trades reviewed by criteria", you can see the total number of trades you have recorded in the Wins/Losses/BE pages.

The number of trades that you have in this section should be equal to the number of trades recorded in the Journal page.

Journal

Journal Name/Number:

Strategy:

Trade Management:

Total trades:

Wins:

Losses:

Break Even:

0

0

0

0

Deposit

Profit

Maximum Drawdown

%Risk/Trade

\$1,000.00

\$0.00

—

1.00%

Balance

%Gain

Absolute Drawdown

R Gain

\$1,000.00

0.00%

—

0

Statistics

Trades reviewed by criteria

Wins

Losses

B/E

Total

0

0

0

0

Selected criteria: 0

Number of trades matching by the selected criteria:

0

0

0

0

Gain

NO DATA

- of the total win/loss/even trades

- of the total number of trades

—

—

—

—

SHOULD BE EQUAL

Next, you can see how many criteria are currently selected in the Stats page and the number of trades that are matching the selected criteria as well as the win rate.

Journal

Journal Name/Number:

Strategy:

Trade Management:

Total trades:

Wins:

Losses:

Break Even:

0

0

0

0

Deposit

Profit

Maximum Drawdown

%Risk/Trade

\$1,000.00

\$0.00

—

1.00%

Balance

%Gain

Absolute Drawdown

R Gain

\$1,000.00

0.00%

—

0

Statistics

Trades reviewed by criteria

Wins

Losses

B/E

Total

0

0

0

0

Selected criteria: 0

Number of trades matching by the selected criteria:

0

0

0

0

Gain

NO DATA

- of the total win/loss/even trades

- of the total number of trades

—

—

—

—

On the bottom side of the Statistics section, you can see how much % of the total wins/losses/BE represent the trades matching the selected criteria.

Statistics

Trades reviewed by criteria

Wins

Losses

B/E

Total

23

41

36

100

23.00%

41.00%

36.00%

Selected criteria: 2

Number of trades matching by the selected criteria:

6

4

5

15

40.00%

26.67%

33.33%

Win

Loss

B/E

33.3%

40.0%

26.7%

- of the total win/loss/even trades

- of the total number of trades

26.09%

9.76%

13.89%

6.00%

4.00%

5.00%

15.00%

Below that, you can see how much % of the total trades represent the number of trades matching the criteria.

Statistics

Trades reviewed by criteria

Wins

Losses

B/E

Total

23

41

36

100

23.00%

41.00%

36.00%

Selected criteria: 2

Number of trades matching by the selected criteria:

6

4

5

15

40.00%

26.67%

33.33%

Win

Loss

B/E

33.3%

40.0%

26.7%

- of the total win/loss/even trades

- of the total number of trades

26.09%

9.76%

13.89%

6.00%

4.00%

5.00%

15.00%

Statistics

Trades reviewed by criteria

Wins

Losses

B/E

Total

23

41

36

100

23.00%

41.00%

36.00%

Selected criteria: 2

Number of trades matching by the selected criteria:

6

4

5

15

40.00%

26.67%

33.33%

Win

Loss

B/E

33.3%

40.0%

26.7%

- of the total win/loss/even trades

- of the total number of trades

26.09%

9.76%

13.89%

6.00%

4.00%

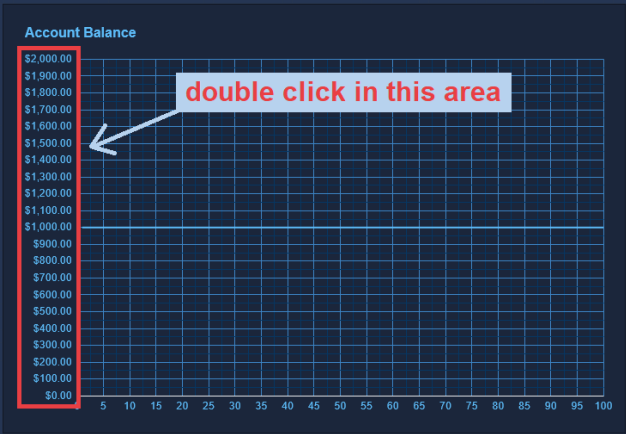
5.00%

15.00%

How to edit the graph charts for the Account Balance and Maximum Drawdown

When you change the Deposit amount on the Journal page, in order to see the line on the graph chart for the Account Balance, you need to edit the Vertical Axis of the chart for the range.

1. Double click on the area of the range



2. In the Chart Editor window --> Vertical Axis section, enter the minimum and maximum amount for the range

*Note: The value you enter for "Min" should be 0 and for "Max" should be two times bigger than your Deposit

The same steps applies for editing the Max. Drawdown graph chart.

Stats page

For each section, enter the criteria according to your trading strategy

Note: when you enter the criteria, they will be automatically updated on the pages Wins/Losses/BE

e. g.

11	Higher Time Frame Patterns	<input type="checkbox"/>	One exhaustion candle w/ wick rejection	
12		<input type="checkbox"/>	Two side by side candles w/ wick rejection	
13		<input type="checkbox"/>	Mini range exhaustion w/ wick rejection	
14		<input type="checkbox"/>	Strong breakout momentum candle	
15		<input type="checkbox"/>	Not a clear pattern/range	
16	Lower Time Frame Patterns	<input type="checkbox"/>	Retest	
17		<input type="checkbox"/>	Retest & 50% retracement	
18		<input type="checkbox"/>	Retest & DT/DB	
19		<input type="checkbox"/>	Retest, DT/DB & 50% retracement	
20		<input type="checkbox"/>	DT/DB	
21		<input type="checkbox"/>	DT/DB & 50% retracement	
22		<input type="checkbox"/>	Missed DT/DB	
23		<input type="checkbox"/>	50% Retracement	
24		<input type="checkbox"/>	Less than 50% retracement	
25		<input type="checkbox"/>	Not a clear pattern/range	

* The criteria in the sections 'Position Type' and 'Setup' cannot be changed. *

Please note: When you edit the criteria and see the "Heads up!" message, tick "Don't show this again for 5 minutes" and then click "OK".

But during this time, make sure you do not edit by mistake any other cells from the template other than the criteria field from Stats page. This measure is in place so you won't edit accidentally any cells that are not supposed to be edited regularly.

Heads up!

You're trying to edit part of this sheet that shouldn't be changed accidentally. Edit anyway?

☒ Don't show this again for 5 minutes.

CancelOK

How to check the win rate by the criteria:

On the Stats page, next to each criteria you will see the number of Wins, Losses, Break Even and Total trades you have for that specific criteria.

You will also be able to see the win rate, losing rate and B/E rate for each criteria.

Criteria		Win							Matching the selected criteria						
		Win	Loss	B/E	Total	% Win	% Loss	% B/E	Win	Loss	B/E	Total	% Win	% Loss	% B/E
1 Position Type	<input type="checkbox"/> Long	0	0	0	0	—	—	—	0	0	0	0	—	—	—
	<input type="checkbox"/> Short	0	0	0	0	—	—	—	0	0	0	0	—	—	—
3 Setup	<input type="checkbox"/> Uptrend	0	0	0	0	—	—	—	0	0	0	0	—	—	—
	<input type="checkbox"/> Downtrend	0	0	0	0	—	—	—	0	0	0	0	—	—	—
	<input type="checkbox"/> Push phase	0	0	0	0	—	—	—	0	0	0	0	—	—	—
	<input type="checkbox"/> Pullback phase	0	0	0	0	—	—	—	0	0	0	0	—	—	—
	<input type="checkbox"/> Higher Time Frame - clear	0	0	0	0	—	—	—	0	0	0	0	—	—	—
	<input type="checkbox"/> Higher Time Frame - unclear	0	0	0	0	—	—	—	0	0	0	0	—	—	—
9	<input type="checkbox"/> Lower Time Frame - clear	0	0	0	0	—	—	—	0	0	0	0	—	—	—
	<input type="checkbox"/> Lower Time Frame - unclear	0	0	0	0	—	—	—	0	0	0	0	—	—	—

How to check what set of (combined) criteria has the highest win rate:

For every criteria there is a box that allows you to select it. ☐

When you tick the box, that criteria will turn purple and on the right side of the screen in the "Matching the selected criteria" section, the results will update automatically. There you can see for each criteria, how many trades are matching the one that you have selected as well as the win rate.

Please note: Apart from the section Setup (where the criteria are in groups of two), you can select only one criteria per section.

If more than one criteria is selected per section, the results will be blank.

Example:

In the section Position Type I have selected Long.

On the right side of the screen at "Matching the selected criteria" we see for every criteria how many trades were in a Long Position and the win rate.

In the example below, we notice that from the total trades (Long and Short) where the H4 Setup is Clear we have a win rate of 29.03%.

But for the same criteria, on Long Positions the win rate is up to 40.00%.

Criteria		Win							Matching the selected criteria						
		Win	Loss	B/E	Total	% Win	% Loss	% B/E	Win	Loss	B/E	Total	% Win	% Loss	% B/E
1 Position Type	<input checked="" type="checkbox"/> Long	11	17	19	47	23.40%	36.17%	40.43%	11	17	19	47	23.40%	36.17%	40.43%
	<input type="checkbox"/> Short	12	24	17	53	22.64%	45.28%	32.08%	0	0	0	0	—	—	—
3 Setup	<input type="checkbox"/> Uptrend	15	25	22	62	24.19%	40.32%	35.48%	11	17	19	47	23.40%	36.17%	40.43%
	<input type="checkbox"/> Downtrend	8	16	14	38	21.05%	42.11%	36.84%	0	0	0	0	—	—	—
	<input type="checkbox"/> Push phase	19	32	33	84	22.62%	38.10%	39.29%	11	16	19	46	23.91%	34.78%	41.30%
	<input type="checkbox"/> Pullback phase	4	9	3	16	25.00%	56.25%	18.75%	0	1	0	1	0.00%	100.00%	0.00%
	<input type="checkbox"/> H4 - clear	9	12	10	31	29.03%	38.71%	32.26%	6	4	5	15	40.00%	26.67%	33.33%
	<input type="checkbox"/> H4 - unclear	14	29	26	69	20.29%	42.03%	37.68%	5	13	14	32	15.63%	40.63%	43.75%
9	<input type="checkbox"/> M15 - clear	15	11	15	41	36.59%	26.83%	36.59%	8	4	10	22	36.36%	18.18%	45.45%
	<input type="checkbox"/> M15 - unclear	8	30	21	59	13.56%	50.85%	35.59%	3	13	9	25	12.00%	52.00%	36.00%

We can further select another criteria, from the section Setup in this case H4 - Clear to combine it with Long from the section Position Type and see the results.

Below we can see that for M15 Setup - Clear (where the position was Long, and H4 Setup - Clear) 44.44% of the trades have won.

Criteria		Win							Matching the selected criteria						
		Win	Loss	B/E	Total	% Win	% Loss	% B/E	Win	Loss	B/E	Total	% Win	% Loss	% B/E
1 Position Type	<input checked="" type="checkbox"/> Long	11	17	19	47	23.40%	36.17%	40.43%	6	4	5	15	40.00%	26.67%	33.33%
	<input type="checkbox"/> Short	12	24	17	53	22.64%	45.28%	32.08%	0	0	0	0	—	—	—
3 Setup	<input type="checkbox"/> Uptrend	15	25	22	62	24.19%	40.32%	35.48%	6	4	5	15	40.00%	26.67%	33.33%
	<input type="checkbox"/> Downtrend	8	16	14	38	21.05%	42.11%	36.84%	0	0	0	0	—	—	—
	<input type="checkbox"/> Push phase	19	32	33	84	22.62%	38.10%	39.29%	6	4	5	15	40.00%	26.67%	33.33%
	<input type="checkbox"/> Pullback phase	4	9	3	16	25.00%	56.25%	18.75%	0	0	0	0	—	—	—
	<input checked="" type="checkbox"/> H4 - clear	9	12	10	31	29.03%	38.71%	32.26%	6	4	5	15	40.00%	26.67%	33.33%
	<input type="checkbox"/> H4 - unclear	14	29	26	69	20.29%	42.03%	37.68%	0	0	0	0	—	—	—
9	<input type="checkbox"/> M15 - clear	15	11	15	41	36.59%	26.83%	36.59%	4	2	3	9	44.44%	22.22%	33.33%
	<input type="checkbox"/> M15 - unclear	8	30	21	59	13.56%	50.85%	35.59%	2	2	2	6	33.33%	33.33%	33.33%

Therefore we can conclude that on Long Positions, when both H4 and M15 Setups are Clear, there is a much higher probability to have a winning trade.

Please note: The more trades you have recorded in your journal, the more accurate the results.

My suggestion is to have a minimum of 100 trades.

How to enter and record your trades by the criteria they meet in order to have accurate statistics:

Based on the result of the trade, go to one of the three pages - Wins, Losses or BE

Enter number "1" in the cell where the trade meets the criteria for each section.

e. g.

		Position Type		Trend				Market Structure			
Journal No.	Trade No.	Long	Short	Direction		Phase		Higher TF		Lower TF	
				Up	Down	Push	Pullback	Clear	Unclear	Clear	Unclear
		1	0	1	0	0	1	1	0	0	1
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
01	01	1		1			1	1			1

Please note: You must always enter number "1" in the cell where the trade meets the criteria.

If you enter a higher or lower value, the Stats page won't work.

Also, if you enter a different value accidentally, the cell will turn to color red to let you know that the value is not "1".

2		0		3		1	
X		X		X		✓	

Note 2: the first two columns - Journal No. and Trade No. - have no effect on the automated results, but it is important that you make sure you enter the right journal number and trade number for future reference when you review your trades and compare them by the criteria they meet.

Only 1 cell per section should be filled for each trade.

If you fill more than 1 cell per section, a red cell will show up next to the section name.

Higher Time Frame				
H-TF pattern 1	H-TF pattern 2	H-TF pattern 3	H-TF pattern 4	H-TF pattern 5
1	0	0	0	0
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1				

✓

Higher Time Frame				
H-TF pattern 1	H-TF pattern 2	H-TF pattern 3	H-TF pattern 4	H-TF pattern 5
1	1	0	0	0
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	1			

← X

Please note: When you start recording a trade, as soon as you fill the Position Type Section you will see the red cell next to all the other sections until you finish with every criteria. This is also to let you know what sections haven't been completed yet.

If you have a scenario where your trade meets two criteria from the same section you should have a separate criteria for that type of situation.

e. g. - the trade has a combination of two patterns: Break and retest and Double top

your criteria should be set as follows: Pattern 1 - Break and retest, Pattern 2 - Double Top/Bottom, Pattern 3 - Break and retest & Double Top/Bottom

In this scenario we put "1" for the criteria "Pattern 3 - Break and retest & Double Top/Bottom"

* The more accurate and consistent you are when recording your trades, the more accurate results you will have in the Stats page. *

When you finish all the criteria, the row will change to a brighter color to let you know you have completed that trade.

1	01	01	1			1		1		1		1					1				
2																					
3																					

When using the Stats to select the criteria (see previous page), in the Wins/Losses/BE pages the rows where there is a match will turn to color purple.

1	04	2	1		1		1		1		1					1					
2	04	5	1		1		1		1		1					1					
3	04	10		1		1	1			1	1			1							
4	04	12		1		1	1			1						1					
5	04	15		1	1			1		1						1					
6	04	18		1		1				1	1					1					
7	04	19	1		1		1									1					
8	04	20		1		1	1			1				1				1			
9	04	21		1		1	1			1				1							
10	04	24	1		1		1			1	1			1							1

e. g. If the selected criteria is: Long Position and H4 Time Frame

On the Wins/Losses/BE pages, you will see highlighted with purple the trades that meet these two criteria

* Very important! * - When you record your trades by criteria, please make sure you do not edit the narrow columns between the sections as this will mess up the formulas and the Stats page will no longer work.

50																					
51																					
52																					
53																					
54																					

DO NOT EDIT THESE COLUMNS

Instructions of Crypto/Forex/Stocks Trading Journal & Stats Template (Dark Theme)

Disclaimer: This template is just a tool to help you improve your trading plan/strategy. However, past results do not predict future results!

Journal page

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	X	Z	AB	AC	AD	AE	AF	AG	AH	AI	AJ	AK	AL	AM	AN
		Deposit	\$1,000.00		Balance	\$1,000.00	Win%	0	---																												
		Profit	\$0.00		%Gain	0.00%	Loss%	0	---																												
		Maximum Drawdown	0.00%		Absolute Drawdown	---	Drawn Down	0	---																												
#Row		Symbol	Entry Time	Entry Date	Exit Time	Exit Date	Entry Price	Exit Price	S/L Price	S/L Range (pips)	Position Size (Qty)	Position Type	Order Type	Trend Direction	Trend Phase	Trade Duration	Strategy	Comments		IMG-URL H-TF Entry	IMG-URL L-TF Entry	IMG-URL L-TF Exit	IMG-URL H-TF Exit	\$Risk/Trade	\$Commission/Fees	\$Gross/Trade	\$PnL	%PnL	R:R	%Risk/Trade	\$Balance	Max. Drawdown	Status				
0																																					
1																																					
2																																					
3																																					
4																																					
5																																					

- green zone: basic details about the trades - *Details from this area have no effect on the automated results*
- blue zone: monetary details for the account and the trades - *Details from this area will have effect on the automated results*
- red zone: automated results *This area must never be edited manually*

Green zone:

Symbol -> the symbol of the market for each trade that you take (e. g. EURUSD, TSLA, BTCUSD, etc.)

Entry Time/Date -> the time and date you enter a trade

Exit Time/Date -> the time and date you exit a trade

Entry Price -> the price of the market when you enter a trade

Exit Price -> the price of the market when you exit a trade

S/L Price -> the price that was set for Stop Loss when you enter a trade

S/L Range -> the number of pips in the Stop Loss range (from the entry level to the stop loss level)

Position Size -> the quantity of units bought/sold when you enter a trade (e. g. lots, shares)

Position Type -> the type of your position for the trade: Long or Short

Order Type -> the type of the order for a trade: Market Execution, Buy/Sell Stop, Buy/Sell Limit

Trend Direction -> the direction of the market trend when you enter a trade: Up or Down

Trend Phase -> the phase of the trend when you enter a trade: Push Phase or Pullback Phase

Trade Duration -> the amount of time you have been in a trade

Strategy -> the strategy that you use to enter a trade

Comments -> any comments you may have regarding a trade

IMG-URL H-TF Entry -> Image Link for the Higher - Time Frame when you enter a trade

IMG-URL L-TF Entry -> Image Link for the Lower - Time Frame when you enter a trade

IMG-URL L-TF Exit -> Image Link for the Lower - Time Frame when you exit a trade

IMG-URL H-TF Exit -> Image Link for the Higher - Time Frame when you exit a trade

this section can be ignored if it doesn't apply to your strategy and/or you don't need this information

Blue zone:

Deposit (top left corner) -> the amount of money you deposit in your account before you start trading

\$Risk/Trade -> the amount of money you risk for a trade

The value that you enter in this field MUST be greater than 0!

\$Commissions/Fees -> the amount of money you pay for comissions and other fees that may apply to a trade (e. g. swap fees)

The value that you enter in this field MUST have " - " (minus) before the number (unless it's 0) !

\$Gross/Trade -> the gross amount of money you have gained or lost on a trade

This amount MUST NOT include the comissions or any other fees!

Red zone:

\$PnL -> Profit and Loss is the amount of money you have gained or lost for the trade (Gross minus Fees)

e. g. \$Commissions/Fees = - \$5 \$Gross/Trade = \$20 => \$PnL = \$15

%PnL -> the % Profit and Loss is the % Gain/Loss in relation to your previous Balance

e. g. After 10 trades the balance is \$1200, on the 11th trade the \$PnL = +\$12 => %PnL = 1% (1% of \$1200 = \$12)

R:R -> Risk to Reward is the \$PnL divided to the \$Risk/Trade (how many times of your risk is your profit/loss)

e. g. (1) \$Risk/Trade = \$100, \$PnL = \$200 => R:R = 2 R e. g. (2) \$Risk/Trade = \$50, \$PnL = - \$25 => R:R = - 0.50 R

%Risk/Trade -> the % Risk for the trade in relation to the previous Balance

e. g. After 20 trades the balance is \$1500, on the 21st trade \$Risk/Trade = \$30 => %Risk/Trade = 2% (2% of \$1500 = \$30)

\$Balance -> The current Account Balance after each trade

Maximum Drawdown -> the difference between the highest value (the peak) and the biggest decline (the lowest point after the peak) of the balance during a trading period

(*Absolute Drawdown - top left corner - the difference between the initial deposit and the lowest point below the deposit level)

Status -> The result status of each trade: Win, Loss or B/E (Break Even)

Overview page

Enter the details for your journal: journal name/number, strategy and trade management

Journal Name/Number:

Strategy:

Trade Management:

e. g.

Journal Name/Number:

Strategy:

Trade Management:

04 M15 Journal

BOS15/MS15

1:3 RRR - BE at 1:1 RRR

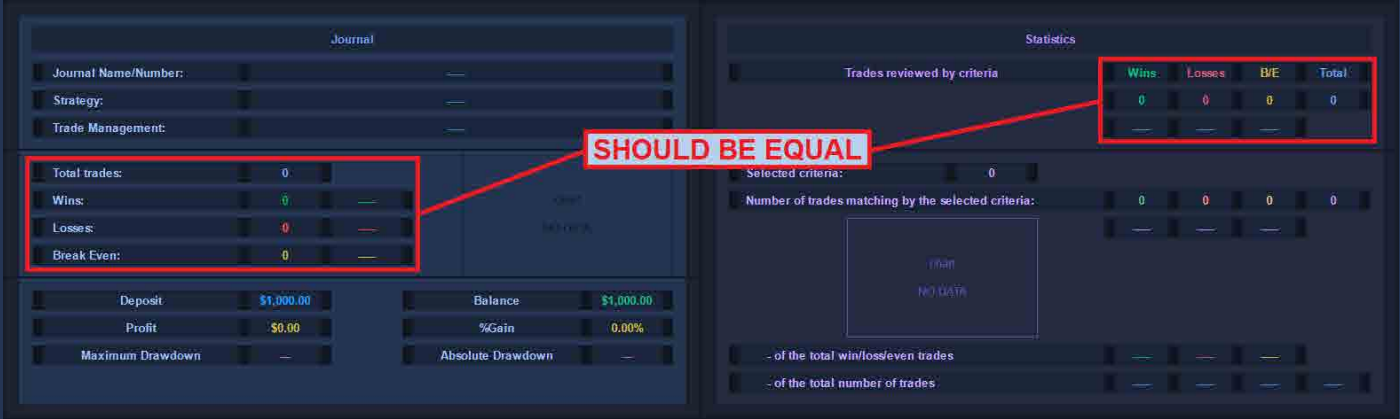
"Journal" section (left side of the panel) - you can see the general results from the Journal page.

"Statistics" section (right side of the panel) - you can see the results from the Stats page.

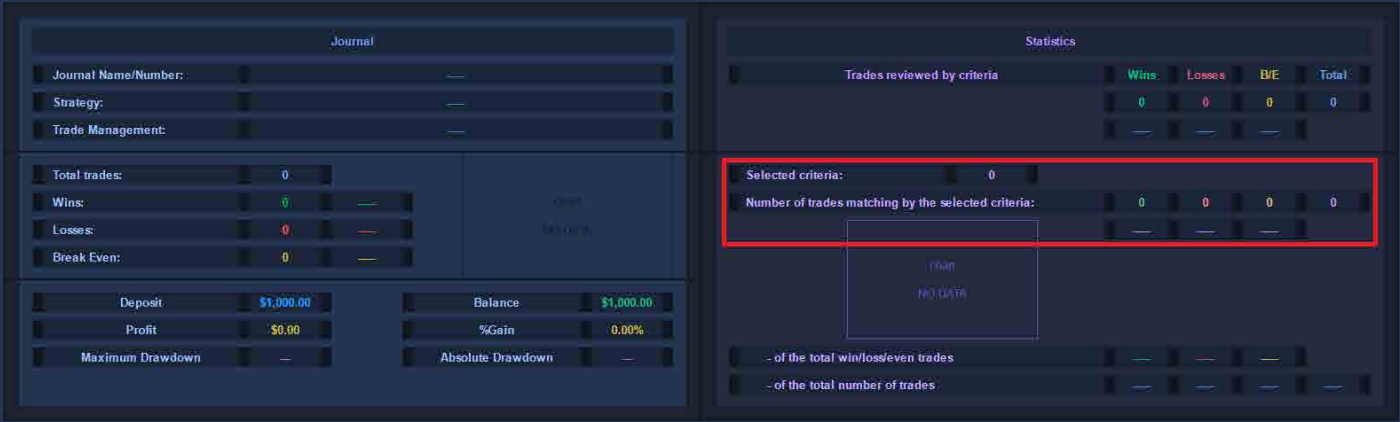
Below these two sections, you can see the graph charts for Account Balance and Maximum Drawdown.

In the "Trades reviewed by criteria", you can see the total number of trades you have recorded in the Wins/Losses/BE pages.

The number of trades that you have in this section should be equal to the number of trades recorded in the Journal page.

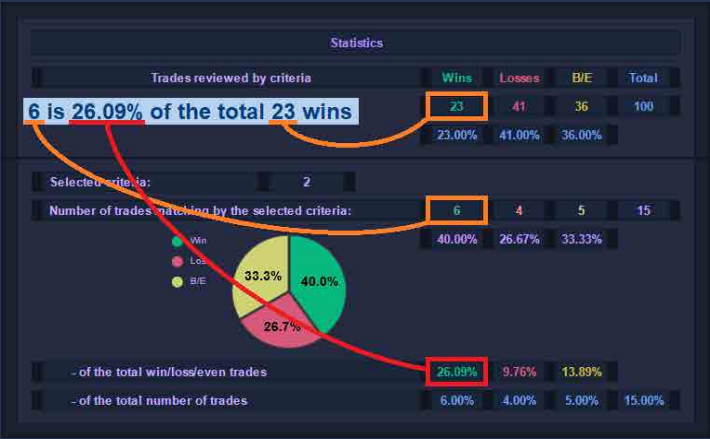


Next, you can see how many criteria are currently selected in the Stats page and the number of trades that are matching the selected criteria as well as the win rate.



On the bottom side of the Statistics section, you can see how much % of the total wins/losses/BE represent the trades matching the selected criteria.

e. g.



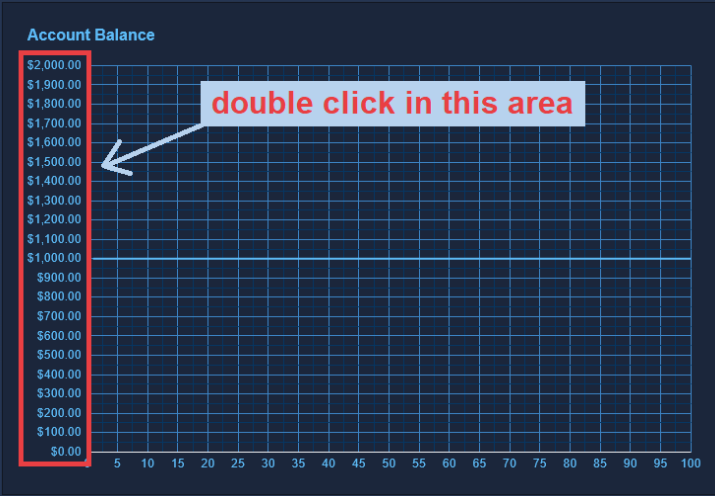
Below that, you can see how much % of the total trades represent the number of trades matching the criteria.



How to edit the graph charts for the Account Balance and Maximum Drawdown

When you change the Deposit amount on the Journal page, in order to see the line on the graph chart for the Account Balance, you need to edit the Vertical Axis of the chart for the range.

1. Double click on the area of the range



2. In the Chart Editor window --> Vertical Axis section, enter the minimum and maximum amount for the range

*Note: The value you enter for "Min" should be 0 and for "Max" should be two times bigger than your Deposit

The same steps applies for editing the Max. Drawdown graph chart.

Stats page

For each section, enter the criteria according to your trading strategy

Note: when you enter the criteria, they will be automatically updated on the pages Wins/Losses/BE

11	Higher Time Frame Patterns	<input type="checkbox"/>	H-TF pattern 1
12		<input type="checkbox"/>	H-TF pattern 2
13		<input type="checkbox"/>	H-TF pattern 3
14		<input type="checkbox"/>	H-TF pattern 4
15		<input type="checkbox"/>	H-TF pattern 5
16	Lower Time Frame Patterns	<input type="checkbox"/>	L-TF pattern 1
17		<input type="checkbox"/>	L-TF pattern 2
18		<input type="checkbox"/>	L-TF pattern 3
19		<input type="checkbox"/>	L-TF pattern 4
20		<input type="checkbox"/>	L-TF pattern 5
21		<input type="checkbox"/>	L-TF pattern 6
22		<input type="checkbox"/>	L-TF pattern 7
23		<input type="checkbox"/>	L-TF pattern 8
24		<input type="checkbox"/>	L-TF pattern 9
25		<input type="checkbox"/>	L-TF pattern 10

e. g.

11	Higher Time Frame Patterns	<input type="checkbox"/>	One exhaustion candle w/ wick rejection
12		<input type="checkbox"/>	Two side by side candles w/ wick rejection
13		<input type="checkbox"/>	Mini range exhaustion w/ wick rejection
14		<input type="checkbox"/>	Strong breakout momentum candle
15		<input type="checkbox"/>	Not a clear pattern/range
16	Lower Time Frame Patterns	<input type="checkbox"/>	Retest
17		<input type="checkbox"/>	Retest & 50% retracement
18		<input type="checkbox"/>	Retest & DT/DB
19		<input type="checkbox"/>	Retest, DT/DB & 50% retracement
20		<input type="checkbox"/>	DT/DB
21		<input type="checkbox"/>	DT/DB & 50% retracement
22		<input type="checkbox"/>	Missed DT/DB
23		<input type="checkbox"/>	50% Retracement
24		<input type="checkbox"/>	Less than 50% retracement
25		<input type="checkbox"/>	Not a clear pattern/range

* The criteria in the sections 'Position Type' and 'Setup' cannot be changed. *

Please note: When you edit the criteria and see the "Heads up!" message, tick "Don't show this again for 5 minutes" and then click "OK".

But during this time, make sure you do not edit by mistake any other cells from the template other than the criteria field from Stats page. This measure is in place so you won't edit accidentally any cells that are not supposed to be edited regularly.

Heads up!

You're trying to edit part of this sheet that shouldn't be changed accidentally. Edit anyway?

☒ Don't show this again for 5 minutes

Cancel

OK

How to check the win rate by the criteria:

On the Stats page, next to each criteria you will see the number of Wins, Losses, Break Even and Total trades you have for that specific criteria.

You will also be able to see the win rate, losing rate and B/E rate for each criteria.

Criteria		Win	Loss	B/E	Total	% Win	% Loss	% B/E	Matching the selected criteria						
		Win	Loss	B/E	Total	% Win	% Loss	% B/E	Win	Loss	B/E	Total	% Win	% Loss	% B/E
1 Position Type	<input type="checkbox"/> Long	0	0	0	0	—	—	—	0	0	0	0	—	—	—
	<input type="checkbox"/> Short	0	0	0	0	—	—	—	0	0	0	0	—	—	—
3 Setup	<input type="checkbox"/> Uptrend	0	0	0	0	—	—	—	0	0	0	0	—	—	—
	<input type="checkbox"/> Downtrend	0	0	0	0	—	—	—	0	0	0	0	—	—	—
	<input type="checkbox"/> Push phase	0	0	0	0	—	—	—	0	0	0	0	—	—	—
	<input type="checkbox"/> Pullback phase	0	0	0	0	—	—	—	0	0	0	0	—	—	—
	<input type="checkbox"/> Higher Time Frame - clear	0	0	0	0	—	—	—	0	0	0	0	—	—	—
	<input type="checkbox"/> Higher Time Frame - unclear	0	0	0	0	—	—	—	0	0	0	0	—	—	—
9	<input type="checkbox"/> Lower Time Frame - clear	0	0	0	0	—	—	—	0	0	0	0	—	—	—
	<input type="checkbox"/> Lower Time Frame - unclear	0	0	0	0	—	—	—	0	0	0	0	—	—	—

How to check what set of (combined) criteria has the highest win rate:

For every criteria there is a box that allows you to select it. ☐

When you tick the box, that criteria will turn purple and on the right side of the screen in the "Matching the selected criteria" section, the results will update automatically. There you can see for each criteria, how many trades are matching the one that you have selected as well as the win rate.

Please note: Apart from the section Setup (where the criteria are in groups of two), you can select only one criteria per section.

If more than one criteria is selected per section, the results will be blank.

Example:

In the section Position Type I have selected Long.

On the right side of the screen at "Matching the selected criteria" we see for every criteria how many trades were in a Long Position and the win rate.

In the example below, we notice that from the total trades (Long and Short) where the H4 Setup is Clear we have a win rate of 29.03%.

But for the same criteria, on Long Positions the win rate is up to 40.00%.

Criteria		Win	Loss	B/E	Total	% Win	% Loss	% B/E	Matching the selected criteria						
		Win	Loss	B/E	Total	% Win	% Loss	% B/E	Win	Loss	B/E	Total	% Win	% Loss	% B/E
1 Position Type	<input checked="" type="checkbox"/> Long	11	17	19	47	23.40%	36.17%	40.43%	11	17	19	47	23.40%	36.17%	40.43%
	<input type="checkbox"/> Short	12	24	17	53	22.64%	45.28%	32.08%	0	0	0	0	—	—	—
3 Setup	<input type="checkbox"/> Uptrend	15	25	22	62	24.19%	40.32%	35.48%	11	17	19	47	23.40%	36.17%	40.43%
	<input type="checkbox"/> Downtrend	8	16	14	38	21.05%	42.11%	36.84%	0	0	0	0	—	—	—
	<input type="checkbox"/> Push phase	19	32	33	84	22.62%	38.10%	39.29%	11	16	19	46	23.91%	34.78%	41.30%
	<input type="checkbox"/> Pullback phase	4	9	3	16	25.00%	56.25%	18.75%	0	1	0	1	0.00%	100.00%	0.00%
	<input type="checkbox"/> H4 - clear	9	12	10	31	29.03%	38.71%	32.26%	6	4	5	15	40.00%	26.67%	33.33%
	<input type="checkbox"/> H4 - unclear	14	29	26	69	20.29%	42.03%	37.68%	5	13	14	32	15.63%	40.63%	43.75%
9	<input type="checkbox"/> M15 - clear	15	11	15	41	36.59%	26.83%	36.59%	8	4	10	22	36.36%	18.18%	45.45%
	<input type="checkbox"/> M15 - unclear	8	30	21	59	13.56%	50.85%	35.59%	3	13	9	25	12.00%	52.00%	36.00%

We can further select another criteria, from the section Setup in this case H4 - Clear to combine it with Long from the section Position Type and see the results.

Below we can see that for M15 Setup - Clear (where the position was Long, and H4 Setup - Clear) 44.44% of the trades have won.

Criteria		Win	Loss	B/E	Total	% Win	% Loss	% B/E	Matching the selected criteria						
		Win	Loss	B/E	Total	% Win	% Loss	% B/E	Win	Loss	B/E	Total	% Win	% Loss	% B/E
1 Position Type	<input checked="" type="checkbox"/> Long	11	17	19	47	23.40%	36.17%	40.43%	6	4	5	15	40.00%	26.67%	33.33%
	<input type="checkbox"/> Short	12	24	17	53	22.64%	45.28%	32.08%	0	0	0	0	—	—	—
3 Setup	<input type="checkbox"/> Uptrend	15	25	22	62	24.19%	40.32%	35.48%	6	4	5	15	40.00%	26.67%	33.33%
	<input type="checkbox"/> Downtrend	8	16	14	38	21.05%	42.11%	36.84%	0	0	0	0	—	—	—
	<input type="checkbox"/> Push phase	19	32	33	84	22.62%	38.10%	39.29%	6	4	5	15	40.00%	26.67%	33.33%
	<input type="checkbox"/> Pullback phase	4	9	3	16	25.00%	56.25%	18.75%	0	0	0	0	—	—	—
	<input checked="" type="checkbox"/> H4 - clear	9	12	10	31	29.03%	38.71%	32.26%	6	4	5	15	40.00%	26.67%	33.33%
	<input type="checkbox"/> H4 - unclear	14	29	26	69	20.29%	42.03%	37.68%	0	0	0	0	—	—	—
9	<input type="checkbox"/> M15 - clear	15	11	15	41	36.59%	26.83%	36.59%	4	2	3	9	44.44%	22.22%	33.33%
	<input type="checkbox"/> M15 - unclear	8	30	21	59	13.56%	50.85%	35.59%	2	2	2	6	33.33%	33.33%	33.33%

Therefore we can conclude that on Long Positions, when both H4 and M15 Setups are Clear, there is a much higher probability to have a winning trade.

Please note: The more trades you have recorded in your journal, the more accurate the results.

My suggestion is to have a minimum of 100 trades.

How to enter and record your trades by the criteria they meet in order to have accurate statistics:

Based on the result of the trade, go to one of the three pages - Wins, Losses or BE

Enter number "1" in the cell where the trade meets the criteria for each section.

e. g.

		Position Type		Trend				Market Structure				
Journal No.	Trade No.	Long	Short	Direction		Phase		Higher TF		Lower TF		
				Up	Down	Push	Pullback	Clear	Unclear	Clear	Unclear	
		1	0	1	0	0	1	1	0	0	1	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
01	01	1		1			1	1			1	

Please note: You must always enter number "1" in the cell where the trade meets the criteria.

If you enter a higher or lower value, the Stats page won't work.

Also, if you enter a different value accidentally, the cell will turn to color red to let you know that the value is not "1".

2		0		3		1	
X		X		X		✓	

Note 2: the first two columns - Journal No. and Trade No. - have no effect on the automated results, but it is important that you make sure you enter the right journal number and trade number for future reference when you review your trades and compare them by the criteria they meet.

Only 1 cell per section should be filled for each trade.

If you fill more than 1 cell per section, a red cell will show up next to the section name.

Higher Time Frame				
H-TF pattern 1	H-TF pattern 2	H-TF pattern 3	H-TF pattern 4	H-TF pattern 5
1	0	0	0	0
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1				

Higher Time Frame				
H-TF pattern 1	H-TF pattern 2	H-TF pattern 3	H-TF pattern 4	H-TF pattern 5
1	1	0	0	0
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1	1			

Please note: When you start recording a trade, as soon as you fill the Position Type Section you will see the red cell next to all the other sections until you finish with every criteria. This is also to let you know what sections haven't been completed yet.

If you have a scenario where your trade meets two criteria from the same section you should have a separate criteria for that type of situation.

e. g. - the trade has a combination of two patterns: Break and retest and Double top

your criteria should be set as follows: Pattern 1 - Break and retest, Pattern 2 - Double Top/Bottom, Pattern 3 - Break and retest & Double Top/Bottom

In this scenario we put "1" for the criteria "Pattern 3 - Break and retest & Double Top/Bottom"

* The more accurate and consistent you are when recording your trades, the more accurate results you will have in the Stats page. *

When you finish all the criteria, the row will change to a brighter color to let you know you have completed that trade.

1	01	01	1			1		1		1		1					1				
2																					
3																					

When using the Stats to select the criteria (see previous page), in the Wins/Losses/BE pages the rows where there is a match will turn to color purple.

1	04	2	1		1		1		1		1					1					
2	04	5	1		1		1		1		1					1					
3	04	10		1		1		1		1		1		1				1			
4	04	12		1		1		1		1		1					1				
5	04	15		1		1		1		1		1					1				
6	04	16		1		1		1		1		1		1			1				
7	04	19	1		1		1		1		1					1					
8	04	20		1		1		1		1		1				1		1			
9	04	21		1		1		1		1		1									
10	04	24	1		1		1		1		1		1								1

e. g. If the selected criteria is: Long Position and H4 Time Frame

On the Wins/Losses/BE pages, you will see highlighted with purple the trades that meet these two criteria

* Very important! * - When you record your trades by criteria, please make sure you do not edit the narrow columns between the sections as this will mess up the formulas and the Stats page will no longer work.

50																					
51																					
52																					
53																					
54																					

DO NOT EDIT THESE COLUMNS