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Free, and it stays free. No email wall, no trial, and nothing switched off inside the file. It is built for people starting to trade.

WHAT IS IN THIS FOLDER

Trade-Journal-Expectancy-Free.xlsx	The workbook.
Trade Journal with Expectancy-Guide.pdf	How it works, and the one rule that matters.
Read-Me-First.pdf	This page.

GETTING STARTED

- 01 On Trades, enter entry, stop and exit prices, size, and L or S for direction.
- 02 The stop must be the one you decided on before the trade.
- 03 R multiple is worked out for you. 2R means you made twice what you risked.
- 04 Read Results. Expectancy above zero means the approach makes money over time.

Licence. Use it for anything, at work or at home, client work included — change it, rename it, build it into your own process. You may not resell it as a template of your own. **Plain .xlsx:** no macros, no add-ins; opens in Excel, Google Sheets, Numbers and LibreOffice.

Found something it gets wrong? Tell me — that is how the next version gets better.
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