

Trade Journal with Expectancy

Whether the way you trade actually makes money — not just whether the last one did.

WHAT IT DOES

- Records each trade and works out its R multiple: what you made against what you risked.
- Handles longs and shorts correctly.
- Reports win rate, average win, average loss and expectancy.

THE TABS

[Start Here](#) [Trades](#) [Results](#) [How It Works](#)

HOW TO USE IT

- 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.

THE ONE THING THAT MAKES THIS DIFFERENT

Enter the stop you decided on before the trade, never the one you moved to. Every number here is measured against that decision.

BEFORE YOU TRUST A NUMBER

- **Blue bold on cream** means you type there. **Plain black** means the sheet works it out — typing over one of those replaces a formula with a number and it stops updating.
- Every formula is explained on the **How It Works** tab. Nothing is hidden, and nothing needs a macro.
- The sample rows are there to show the shape. Delete them before you start.