USER GUIDE 02

Journal and Notebook

Write the plan before you send the order, then review the trade after it closes.

Trade, journal and analyze in one integrated platform. On Mtrader, the Journal and the Notebook sit next to the ticket and the chart. You write the plan before you send the order: strategy, emotion, and why you are entering. After the trade closes, you add why you closed, the lesson, and mark it reviewed. You can then replay that trade on the chart.

The loop is the point: Trade > Journal > Learn > Repeat. This walkthrough is a real path through a simulated long on BTCUSDT. The trade was a small loss of **-0.40R**. Reviewing losers is the point of a journal, not a page of winners only.

This walkthrough uses LIVE SIMULATION on a demo account. The gold badge on the chart means trades are simulated and nothing reaches a real exchange. The balances and journal numbers are kept in the screens so you can follow the review. They are simulated funds, not a live result.

> **Educational only, not financial advice.** Past performance does not predict future results. Nothing in this guide is an offer to trade, a signal, or a promise of profit.

IN THIS GUIDE

01 Write the plan before you send the order

02 Open the position

03 Close the position manually

04 Review the closed trade in the Journal

05 Mark the trade Reviewed

06 Replay the trade

07 Use the Trade Journal list

08 Capture the lesson in the Notebook

STEP 01 OF 08 Write the plan before you send the order

Before you click Open Long or Open Short, expand **JOURNAL & NOTES** on the TRADE tab. Fill in the plan while it is still a plan, not a memory of the fill.

In this walkthrough the fields are:

- **Strategy:** Range breakout retest
- **Emotion:** Calm
- **Why Entry?:** Retest of broken level, stop below structure

Risk % is already set to **1**. The Balance field reads **1072.62** in simulated funds, and Trade Risk shows Risk **10.73**, which is 1% of that balance. Side is Long, Order Type is Limit, and the gold LIVE SIMULATION badge is on the chart. The Why Entry field shows a **44/255** character count, so keep the reason short and specific. Do not send the order until these three fields are filled.



Figure 1. JOURNAL & NOTES is expanded on the ticket. Strategy, Emotion, and Why Entry are filled in before Open Long is clicked. Risk % is 1, and Risk reads 10.73 on a 1072.62 simulated balance.

STEP 02 OF 08 Open the position

Send the order, then open the **ORD. & POS.** tab. The fill in this walkthrough is **BTCUSDT LONG 0.0447 at 74708.6**, with unrealized PnL at **0.00** and **0 R** at this moment.

Risk was set to 1%. The stop on the chart sits at **74419**, about 0.39% below the 74708.6 entry (74708.6 minus 74419 is 289.6, and 289.6 / 74708.6 is about 0.39%). A take-profit line is also visible at **75000**.

The Account & Equity and Risk readouts show Balance and Equity at **1072.62**, Exposure **14.61**, Max Exposure **14.61**, and If All Loss **1058.01** (equity minus that exposure). The plan you wrote in Step 1 is already attached to this trade. The review comes after the close, not before.



Figure 2. The simulated long is open: BTCUSDT LONG 0.0447 at 74708.6. The stop is at 74419, about 0.39% below entry. Account & Equity and the Risk panel show Exposure 14.61 and If All Loss 1058.01.

STEP 03 OF 08 Close the position manually

The position is closed manually. The stop at 74419 was not hit. The Positions list now reads "No open positions," and there are no pending orders or actions.

Balance and equity both read **1068.15**, down from the **1072.62** starting balance, a simulated loss of **4.47**. Exposure is back to **0.00**, and If All Loss matches the equity at **1068.15**. A close marker is on the chart near **74606**. The journal list in the next step records the exit as **74708.6 > 74608.7** at **0.0447**.

A manual close is still a trade that needs a review. The next step is to write why you closed and what you learned, including on a loss.



Figure 3. The long is closed manually. The stop was not hit. Balance and equity are 1068.15, a 4.47 simulated loss from 1072.62. Exposure is 0.00.

STEP 04 OF 08 Review the closed trade in the Journal

Open the **JOURNAL** tab. The entry for this trade already carries the plan you wrote before the order: Strategy, Emotion, and Why Entry. Now complete the review. In this walkthrough Why Close is "Closed manually after the stop did not trigger," and the Lesson is "Entered before confirmation; wait for candle close."

The same panel shows the result, honestly: Outcome is Loss, PnL is **-4.47**, and RR Gained is **-0.40R**. The chart marks the trade as LONG with "Loss -0.40R." That small loss is the trade being reviewed. A Trade ID, Symbol (BTCUSDT), and Side (Long) also sit on the entry. Reviewed is not ticked yet.

FIELD	VALUE	WHAT IT SHOWS
Strategy	**Range breakout retest**	The setup you named before the order.
Emotion	**Calm**	How you felt at entry.
Why Entry?	**Retest of broken level, stop below structure**	The reason you took the trade, written before the fill.
Why Close?	**Closed manually after the stop did not trigger**	Why the position was closed. The stop at 74419 was not hit.
Lesson	**Entered before confirmation; wait for candle close**	What you will do differently next time.
Outcome / PnL / RR	**Loss, -4.47, -0.40R**	The result in dollars and in R-multiples. This trade was a small loss.



Figure 4. The Journal entry for the closed long. Why Close and Lesson are filled. Outcome is Loss, PnL is -4.47, and RR Gained is -0.40R. Reviewed is still unchecked. The chart marks LONG and Loss -0.40R.

STEP 05 OF 08 Mark the trade Reviewed

When the review is written, tick **Reviewed**. In this walkthrough a confirmation appears: "Journal updated successfully."

Reviewed is the mark that you finished the work on this trade, not a grade of the result. The outcome is still a loss of **-0.40R**. The tick means the lesson is on the record, so you can come back to it later instead of reliving the trade from memory.



Figure 5. Reviewed is ticked. The confirmation "Journal updated successfully" appears. The lesson and the -0.40R result stay on the entry.

STEP 06 OF 08 Replay the trade

Use the replay icon on the journal row (the orange rewind control on the left of the trade) to replay the trade on the chart. The chart shows the long marked **LONG**, with **Loss -0.40R** at the exit, and the planned stop still visible at **74419**.

Replay is how you look at the same trade again, with the plan and the result in view: the entry at 74708.6, the manual exit near 74608.7, and the stop that was not hit. The point is to sit with what actually happened, including the loss, not to rewrite it.



Figure 6. Replay from the journal row. The chart shows LONG and Loss -0.40R. The planned stop at 74419 is still on the chart, below the actual exit.

STEP 07 OF 08 Use the Trade Journal list

The Trade Journal list on the JOURNAL tab is where closed trades sit together. Filter with **Live**, **Demo**, or **Simulate** so you are reviewing the account you mean. In this walkthrough **Simulate** is on, which matches the LIVE SIMULATION badge on the chart.

Each row shows the contract, side, path, size, and the result in dollars and in R-multiples. This trade reads **BTCUSDT LONG**, **74708.6 > 74608.7 @ 0.0447**, **-4.47 | -0.4 R**, with Strategy "Range breakout retest" and Emotion "Calm." The list also includes earlier simulated trades, each with its own dollar PnL and R-multiple. A **Share PnL** button sits on the right of each row.

Read the R-multiple, not only the dollar figure. A -4.47 loss and a -0.4 R are the same trade, sized against the 1% risk you set.



Figure 7. The Trade Journal list with Live, Demo, and Simulate filters. Simulate is selected. This long shows -4.47 | -0.4 R. Each row has a replay control on the left and a Share PnL button on the right.

STEP 08 OF 08 Capture the lesson in the Notebook

The Notebook is the drawer beside the chart, for longer notes while you work. It is separate from the per-trade journal entry. In this walkthrough a page titled **Weekly plan** holds the lesson from this trade: "Wait for candle-close confirmation before entry." The status line reads **ALL CHANGES SAVED**.

The journal entry stays attached to the trade: why you entered, why you closed, and the -0.40R result. The Notebook is where that lesson can live as a rule you will see the next time you sit down at the chart. That is the last turn of the loop: Trade > Journal > Learn > Repeat.



Figure 8. The Notebook is open on a page titled Weekly plan. The note is "Wait for candle-close confirmation before entry." The status reads ALL CHANGES SAVED. The journal entry for the trade remains visible below and to the right.

Tips

01	Write Strategy, Emotion, and Why Entry before you click Open. The plan should exist before the fill.
02	Review the losers. This walkthrough is a -0.40R loss. That is the point of the journal, not a page of winners.
03	The Journal shows results in R-multiples as well as in dollars, so a -0.40R and a -4.47 read as the same trade.
04	Tick Reviewed when the lesson is written. The loop is Trade > Journal > Learn > Repeat.
05	Replay the trade from the journal row so you can see the entry, the exit, and the stop you planned.
06	Filter the list with Live, Demo, or Simulate so you are reviewing the account you mean.
07	Use the Notebook beside the chart for longer notes, like a weekly plan. The journal entry is for the trade; the notebook is for the work around it.
08	The dashboard has a Recent Journal and a win rate, so the same record is also visible there.
09	Trade, journal and analyze in one integrated platform.

Educational only, not financial advice. This walkthrough used simulated funds in LIVE SIMULATION. Past performance does not predict future results. The screens and numbers here are for learning the journal and the notebook, not for copying a trade.