FXGlory Forex Trading Journal Template Guide

How to use the Excel workbook, CSV starter, spreadsheet columns, example row, formulas, and review checklists.

Risk note: Forex trading involves risk of loss. A journal can help organize trade review, but it cannot guarantee profit, remove leverage risk, prevent slippage, avoid margin pressure, or make an unsuitable strategy safe. This guide is educational content, not personal financial advice.

Included Files

File	Purpose
fxglory-forex-trading-journal-template.xlsx	Main Excel workbook with Trade Log, Dashboard, Weekly Review, Monthly Review, Settings, and Start Here sheets.
fxglory-forex-trading-journal-template.csv	Lightweight CSV starter with a header row and one educational sample row.
fxglory-forex-trading-journal-template-guide.pdf	This PDF guide explaining how to use the template.

Best Use

Use the workbook to record the trade idea before entry, complete the execution and result after exit, then review patterns weekly and monthly. Trade Log row 2 is an educational sample; overwrite it or delete it before using the dashboard for your own results. Do not use the journal to justify emotional trades after the result is known.

1. Workbook Tabs Explained

Sheet	What it is for
Start Here	Instructions, risk note, and quick workflow.
Trade Log	Main table for trade details, setup, risk, execution, result, emotion, screenshots, and lessons.
Dashboard	Automatic summary of total trades, reviewed trades, planned trade percentage, net result, win rate, average R, rule score, and tagged mistakes.
Weekly Review	Week-by-week review of trade count, planned trades, rule-following, result, average R, repeated mistakes, lessons, and next rule. The workbook includes rows for a full year of weekly reviews.
Monthly Review	Month-by-month review of broader performance, trading style fit, risk consistency, best/worst pair, main pattern, and plan adjustment.
Settings	Dropdown values used inside the Trade Log.

Use the Trade Log every time. Use the Dashboard for quick signals. Use Weekly and Monthly Review to make decisions based on repeated patterns, not one emotional day.

2. Trade Log Workflow

Before opening the trade, complete the fields that describe the idea and risk. After closing the trade, complete the result, emotion, mistake tag, rule-following score, screenshot, lesson, and next action.

Timing	Fields to complete
Before entry	Date, account type, pair, direction, session, timeframe, setup, entry reason, invalidation, entry price, stop, target, lot size, planned risk, estimated margin, spread, slippage, swap/rollover check, news event, order type.
After exit	Exit price, exit reason, result account currency, emotion after, mistake tag, rule-following score, screenshot link, lesson, next action, review status.
Automatic fields	Trade number, result pips, and R-multiple are formula-driven in the workbook.

3. Important Columns

Column group	Why it matters
Setup and entry reason	Preserves the original decision before the outcome changes the story.
Invalidation and stop	Shows where the trade idea was supposed to be wrong.
Planned risk amount	Used to calculate R-multiple and compare trades with different lot sizes.
Spread, slippage, swap/rollover	Keeps trading costs visible when reviewing short-term or overnight trades.
Emotion before/after	Helps find FOMO, revenge trading, fear, hesitation, overconfidence, boredom, and tilt patterns.
Mistake tag	Turns repeated behavior into a reviewable pattern.
Rule-following score	Separates process quality from profit and loss.
Screenshot link	Keeps chart context visible at review time.

4. Formula Notes

Result Pips: the workbook estimates pip movement from entry and exit. It uses 100 for JPY-quoted pairs and 10,000 for most other pairs. Check manually if your instrument uses different pricing conventions.

R-Multiple: result account currency divided by planned risk amount. Example: if planned risk is $50 and result is $100, the trade is +2R. If planned risk is $50 and result is -$50, the trade is -1R.

Dashboard KPIs: use the Dashboard to spot review questions, not to prove that a method will keep working. Small samples can be misleading.

5. Example Filled Row

Field	Example
Pair / direction	EUR/USD buy
Session / timeframe	London session, 15-minute entry with 1-hour context
Setup	Breakout retest after prior resistance became support
Entry reason	Price retested the breakout level and rejected lower prices.
Invalidation	Close back below the retest level.
Planned risk	0.5% of account equity
Result	+2R before platform-specific costs are reviewed
Emotion notes	Calm before entry, relief after exit, watch overconfidence before next trade
Lesson	Wait for a fresh setup instead of reacting to the win.

6. Weekly Review Checklist

- How many trades followed the plan?
- Which mistake tag appeared most often?
- Which pair or session caused the most rule breaks?
- Were losses inside planned risk?
- Did emotion after one trade affect the next trade?
- What one rule should be followed next week?

Separate trades into planned trades, rule-broken trades, and unclear trades. A journal becomes more useful when planned trades increase and unclear trades decrease.

7. Monthly Review Checklist

- Which pairs were traded well, and which caused repeated mistakes?
- Did actual trading match the intended style, such as scalping, day trading, or swing trading?
- Was position size stable, or did it change after wins and losses?
- Did spread, slippage, swap, or news timing affect results?
- Which emotional pattern appeared repeatedly?
- Does the trading plan need a small rule adjustment, or does the existing plan simply need better discipline?

8. App, Import, and Broker-Sync Safety

Some journal apps offer broker sync, platform imports, CSV uploads, screenshots, dashboards, or automated reports. These features can save time, but they may involve sensitive trading data.

> **Safety check:** before connecting any app, import tool, or broker-sync service, review what data it can access, whether it asks for passwords or API permissions, how data is stored, how access can be revoked, and whether the tool is suitable for your privacy needs. Never share account credentials casually.

9. Common Template Mistakes

- Recording only profit and loss while ignoring decision quality.
- Editing the entry reason after the result is known.
- Skipping losing trades or emotional trades.
- Adding too many columns and then abandoning the journal.
- Ignoring spread, slippage, swap, and margin pressure.
- Changing strategy after a tiny sample of trades.
- Using the journal as self-criticism instead of review.
- Thinking a journal guarantees success.

10. Simple Rule

The best template is not the most complicated one. The best template is the one a trader completes honestly, reviews regularly, and uses to make fewer repeated mistakes.

Helpful FXGlory Learning Pages

Topic	Helpful page
Full journal guide	Forex Trading Journal
Emotional patterns	Forex Trading Psychology
Written rules	Forex Trading Plan Template
Risk limits	Forex Risk Management Strategy
Position size	What Is a Lot Size in Forex?
Pip movement	How to Calculate Pips on Forex
Cost review	FXGlory Spreads
Exposure review	FXGlory Leverage Conditions and Margin Calculator