

# The Blackwell Trading Diary

## Information & Instruction Manual

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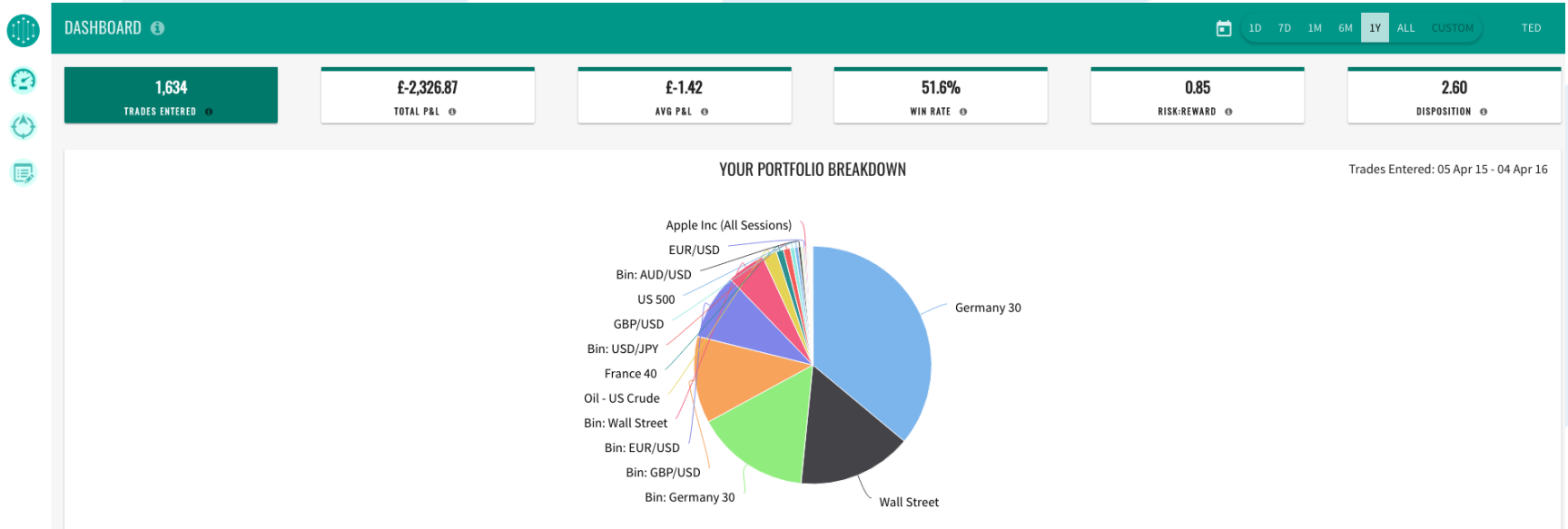
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# Trading Diary Snapshot



## Immediate Analysis

Get up to date analysis on your most recent trades, so you can see at a glance how you're performing.

## Timing Edge

From your best time to your worst month, looking at your trading by time will unlock new edge.

## Core Metrics

Do you win more than you lose? What's your average P&L? Get to know your basic performance metrics.

## Psychological Edge

Dive in to your habits. From winning streaks to time between trades, make the most of your strengths.

## Strategy Edge

Do you excel at trading a certain product? Are you more profitable trading Short? Assess your strategy

## Education Suite

Information, tips, articles and videos will help you get the very most out of the platform.



# Diary Features

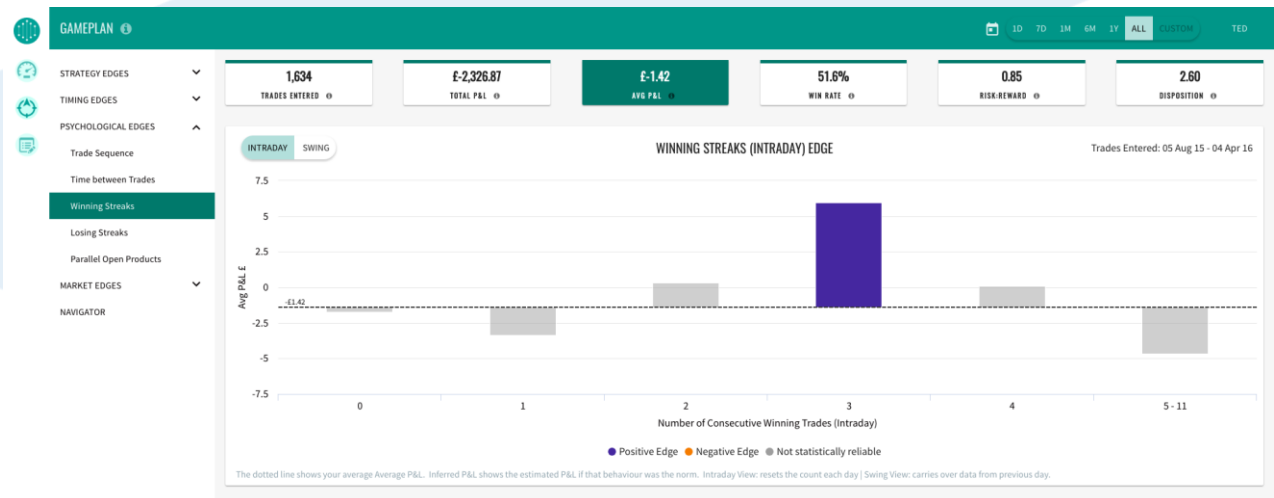


## PROFITABILITY PSYCHOLOGY

- Analyse your complete trading statement real time.

## INTRA DAY ANALYSIS

- Understanding your intraday / swing trades and winning streaks based on dates.





# Diary Features



## TIME BETWEEN TRADES

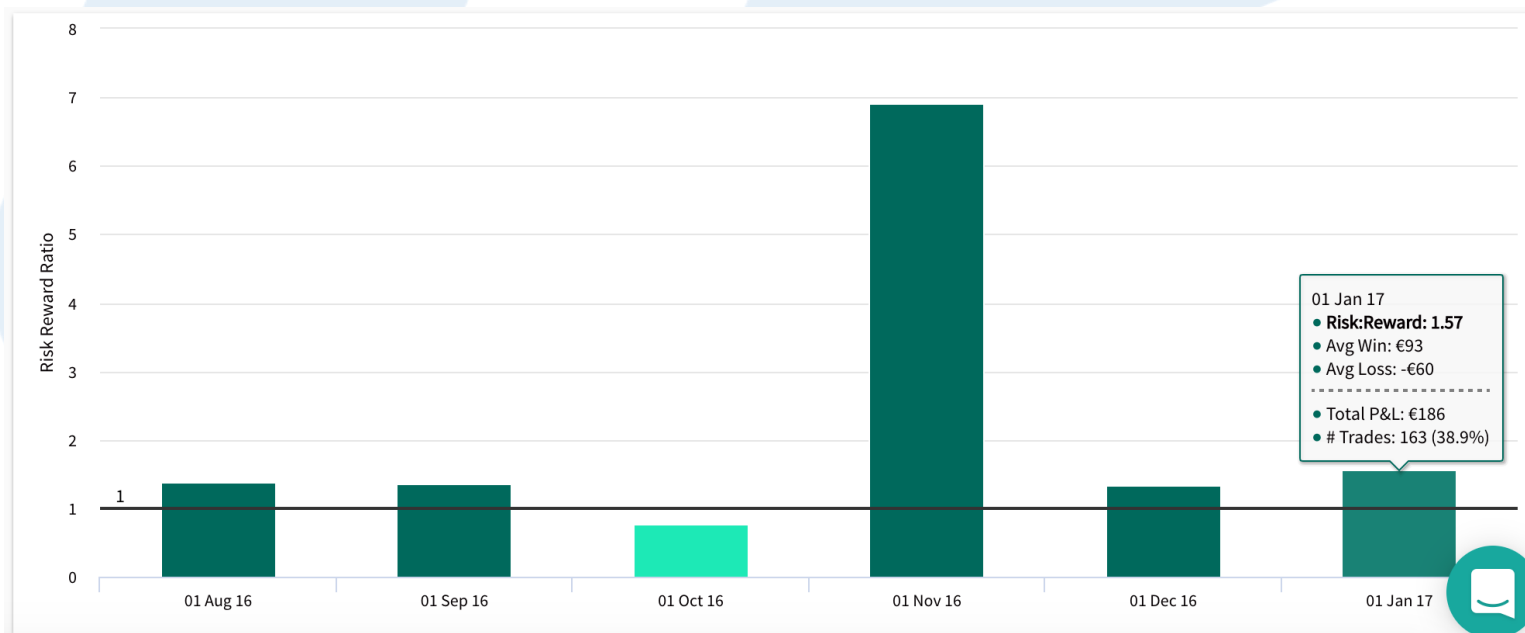
- Analysing time between trades and finding your edge

## WINNING STREAKS

- Minutes and hours between entries and how many wins before losses.



# Dashboard Metrics



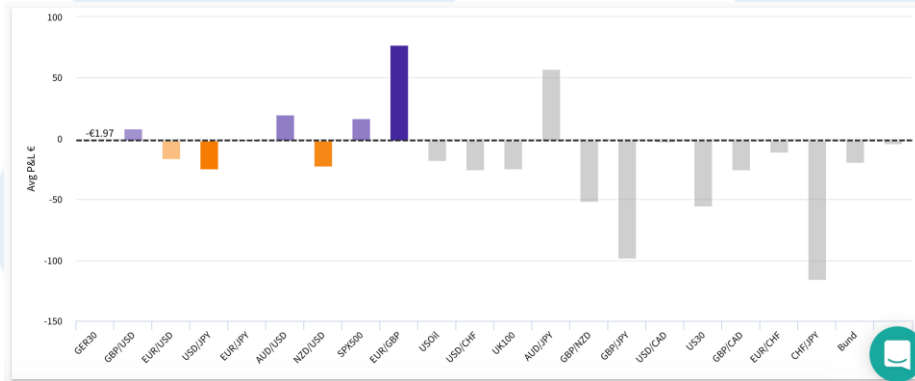
The Dashboard shows your historical performance. Here, you can review and compare your six core metrics, including the volume of trades, total P&L, average P&L, batting average, risk:reward and disposition ratio between different periods.

Simply click on a metric to bring up a corresponding chart. If you would like more information on a particular metric, please click on the 'i' icon next to it.

The above example highlights the risk reward ratio dashboard metric

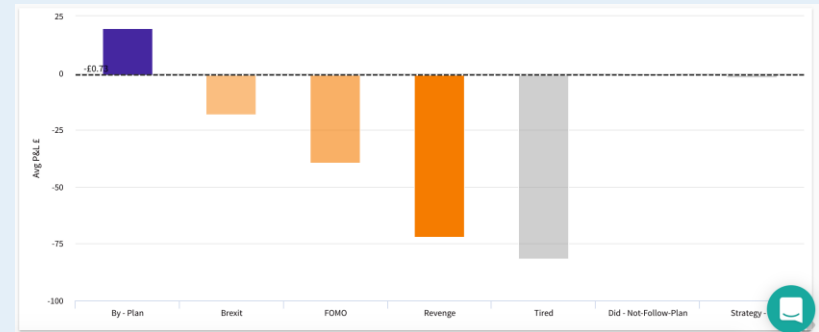


# Strategy Edge



It is quite usual for traders to have different performance in different products. Use the platform to discover the most profitable products for you.

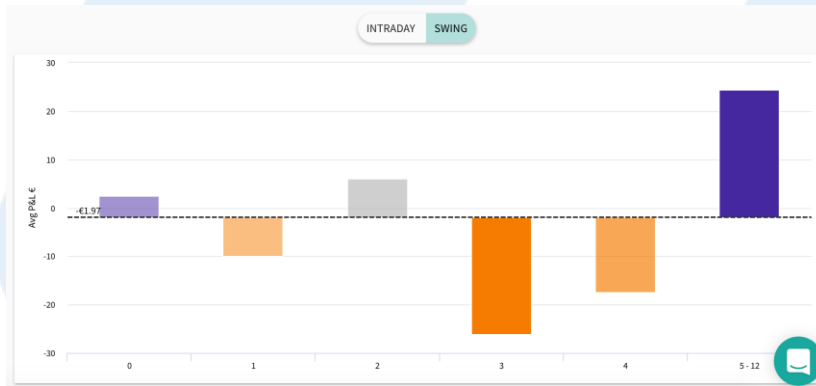
Define your own habits and use the platform to discover the most profitable trading settings for you.



Trade duration splits your data in 4 groups based on how long you spend in the trades.



# Psychological Edge

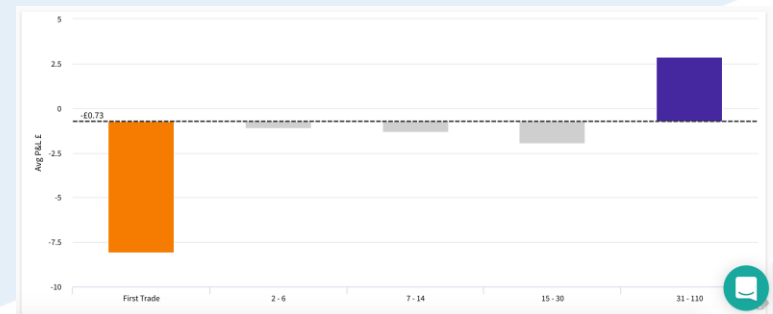


The losing streaks habit helps you to monitor and control your emotions when you are having a run of losers.

Here is a trader whose trading results generally degrade after the first several losers, but he appears to regain his resilience when the losing streak reaches 5 trades.

This habit is measuring your trading behaviour based on the number of trades already executed in a single day. The first bar represents the first trades of the day. The remaining trades are divided into 4 equal sized groups showing the sequence of the trades over the course of a day.

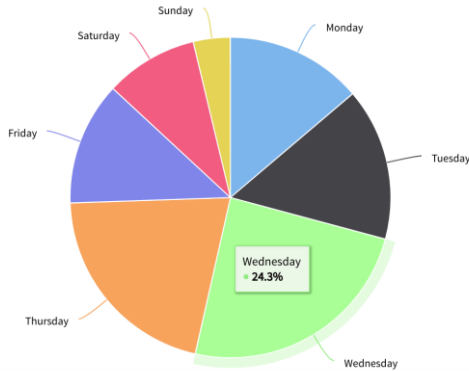
This day trader underperforms on his first trade of the day and is at his most successful after he's made 30 trades.





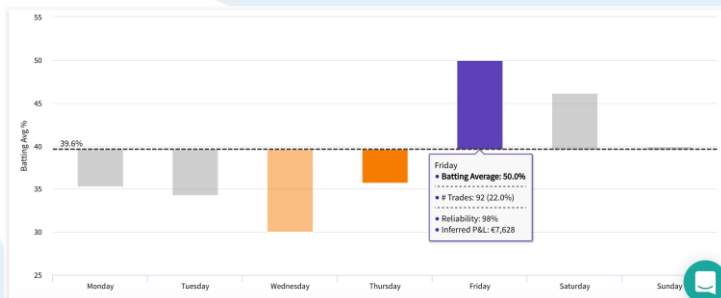
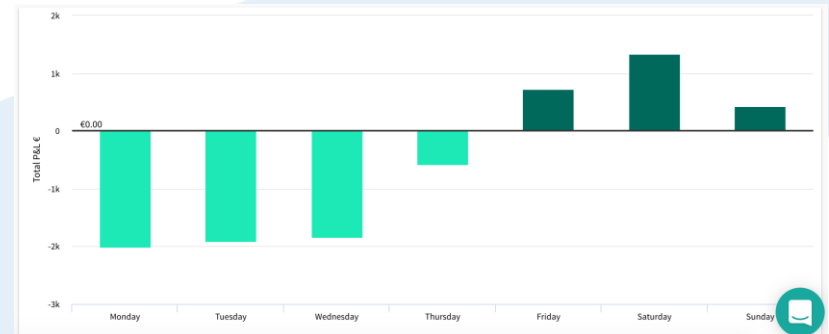


# Gameplan Metrics



You can use the trades tab to review the relative volume of your trades between different categories. Mouse over a particular slice to see the exact percentage of trades belonging to it.

Total P&L (profit and loss) looks at your profit and loss for all closed trades within the selected date range. Depending on your broker, this may be gross or net P&L. A P&L above zero indicates a profitable trading setting and a P&L below zero indicates a loss-making setting. The Gameplan shows how your total P&L depends on your strategies, timing and psychological habits. Here we see a trader with a negative total P&L from Monday to Thursday and a positive total P&L from Friday to Sunday.



The Batting average tells you the percentage of your trades that are winners. A winner is defined as a trade with a positive P&L. If the P&L is zero, this is classified as a scratch trade, and is not counted.

For example if you do 10 trades, 3 losers, 3 break-even and 4 winners, then your batting average is 40%.



# Trade Journal

**TRADE JOURNAL** ⓘ

1D 7D 1M 6M 1Y ALL  
10 Aug 16 - 01 Feb 17

<b>442</b> TRADES ⓘ	<b>€-1,754.53</b> TOTAL P&L ⓘ	<b>€-3.97</b> AVG P&L ⓘ	<b>37.8%</b> BATTING AVG ⓘ	<b>1.40</b> RISK-REWARD ⓘ	<b>1.46</b> DISPOSITION ⓘ
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Filter by Product  
GBP/USD

followed plan × Tag SAVE CANCEL

<input type="checkbox"/>	Tags	Entry Date	Product	L/S	Size	Entry Price	Exit Date ↓	Exit Price
<input checked="" type="checkbox"/>		01 Feb 17 15:26:00	GBP/USD	S	35000	1.42121	01 Feb 17 15:56:00	1.41929
<input type="checkbox"/>	revenge	01 Feb 17 13:34:00	GBP/USD	L	60000	1.427785	01 Feb 17 15:18:00	1.42875
<input type="checkbox"/>	excited	01 Feb 17 07:17:00	GBP/USD	L	80000	1.41467	01 Feb 17 07:26:00	1.4152
<input type="checkbox"/>		30 Jan 17 15:26:00	GBP/USD	S	35000	1.42121	30 Jan 17 15:56:00	

Trade Journal shows all the closed trades that you have imported to Chasing Returns. You can sort your trades based on any field, including price, size, P&L and dates, among other attributes. You can also filter your trade journal based on specific products. Finally, you can tag your trades to track personal habits.

If you want to analyse or tag your trades during a specific period, simply set the date range of your choice.

IMPORT TED

**TRADE METRICS**

1D 7D 1M 6M 1Y ALL  
05 Aug 16 - 01 Feb 17

<b>436</b> TRADES	<b>€143.86</b> TOTAL P&L ⓘ	<b>€0.33</b> AVG P&L ⓘ	<b>39.4%</b> BATTING AVG ⓘ	<b>1.45</b> RISK-REWARD ⓘ	<b>1.45</b> DISPOSITION ⓘ
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# Installation Instructions

1

## DOWNLOAD THE MT4 EA



- ✓ The file ChasingReturnsEA[version#].exe will download
- ✓ Make sure your MetaTrader 4 Platform. is closed
- ✓ It's common to receive a security warning; PCs may not recognise Chasing Returns because we don't generate many downloads



- ✓ Click 'Run'



# Installation Instructions

2

## FOLLOW THE INSTALLATION WIZARD

1



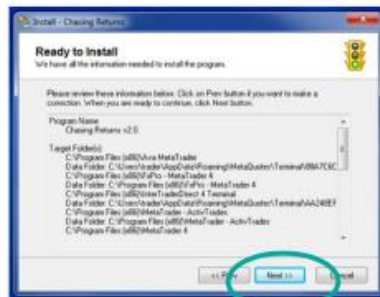
Welcome Screen

2



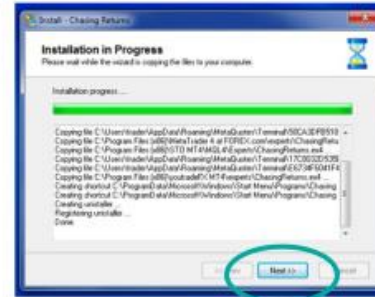
Accept license agreement

3



File Locations

4



Progress

5

COMPLETE!



# Installation Instructions

## 3

## UPDATE MT4

Open your MetaTrader 4 Platform

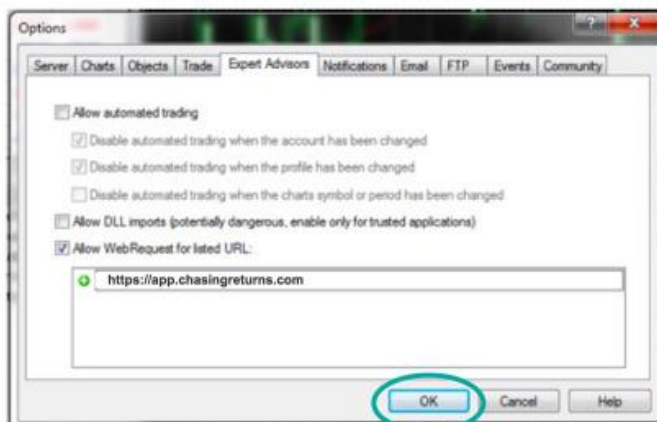
### 1 ALLOW ACCESS TO CHASING RETURNS

Go to TOOLS > OPTIONS > EXPERT ADVISORS

Select 'Allow Web Request for listed URL'

Double-click on the form

Enter the text: <https://app.chasingreturns.com>



#### Note the new URL.

If you previously connected your MT4 account, there will be an old URL pointing to

<http://www.chasingreturns.com>

This old URL no longer works. Replace with

<https://app.chasingreturns.com>



# Installation Instructions

## 2 SELECT ALL TRADING DATA

In the panel at the base of the screen, select the tab 'Account History'

Click into the data, then right-click and select 'All History'



## 3 LINK YOUR CHASING RETURNS ACCOUNT

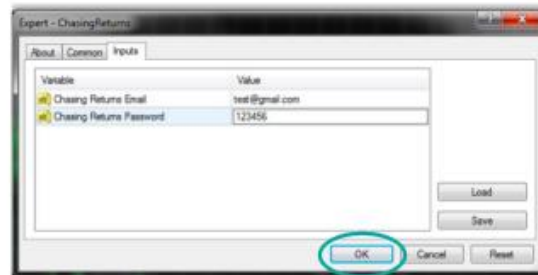
In the top menu, go to:  
VIEW > NAVIGATOR > EXPERT ADVISORS

Double click on 'ChasingReturns'



Fill in your Chasing Returns credentials

Click 'OK' (ignore the Load and Save buttons)





# Installation Instructions

## 4

## CONFIRM CONNECTION

At the base of the screen, click the 'Experts' tab.

If you see a recent message 'Account history successfully synchronized' - then you're up and running.

Time	Message
2017.03.20 10:55:16.313	test EURUSD,HI: 'Account History' successfully synchronized.
2017.03.20 10:55:16.228	test EURUSD,HI: HTTP request failed; Trying to send your 'Account History'; Attempt: 2
2017.03.20 10:55:16.095	test EURUSD,HI: Successfully authenticated into Chasing Returns.
2017.03.20 10:55:15.604	test EURUSD,HI: Found 27 new closed order(s) in your 'Account History'; Synchronizing with Chasing Returns...

Terminal

Trade | Exposure | Account History | News | Alerts | Mailbox 7 | Market 41 | Code Base | **Experts** | Journal



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