TradinSolutions EXECUTION LAYER

PLATFORM GUIDE

The journal

A journal that fills itself from your connected broker accounts, with setups, plan adherence, goals and an end-of-day review.

WORKS ON Web app | MT4 | MT5 | cTrader | Tradovate | NinjaTrader

FREE AND PAID PLANS UPDATED 08 OCTOBER 2026

VIDEO · Episode 08 · The journal

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01

What you'll have at the end

By the end of this guide you will have a working trade journal in the member app, and a short daily routine to close out each trading day.

- Trades arriving in the journal, either logged by you or synced from a connected MT4, MT5, cTrader, Tradovate or NinjaTrader account.
- A short list of your own setups, so every trade can be tagged the same way.
- A plan answer on every trade: followed the plan, partially followed, or broke the plan.
- At least one goal with a progress bar.
- An end-of-day review with a grade and one thing to do differently tomorrow.

What the journal does: it records each trade's instrument, direction, size, entry, stop, target and exit, then shows your headline statistics, your long and short results, your results by session, a calendar of your days, and how often you followed your trading plan.

What it does not do: it does not know why you entered, why you exited early, the target you intended, or what state you were in. A broker feed cannot know those things. Those fields stay yours, and they are the ones worth the fifteen seconds per trade. The journal also does not grade your trading or tell you what to trade.

02

Before you start

PLAN

- **Free:** the full manual journal, with goals, plan adherence and the analytics. Manual trades can be grouped under a profile you create with **+ ACCOUNT BY HAND**. No card, no expiry. A Free member cannot connect a broker account.
- **Starter and up:** broker sync from connected accounts, on top of everything in Free.

	FREE	STARTER €69	PRO €129	HEDGE €199
MT4/MT5 accounts (copying + journal)	0	2	5	10
Futures logins (Tradovate + NinjaTrader together)	0	2	5	10
Futures sub-accounts	—	5 in total	10 per login	120 in total
cTrader logins	0	3	5	10
cTrader sub-accounts	—	10 in total	20 in total	unlimited
Signal channels (TradingView, Telegram, Discord share one count)	0	1	3	8
Risk tools	—	MultiTP Ladder, DisciplineGuard Pro	all four (+ PnL Manager Pro, Propfirm Rules Manager)	everything
Toolkit activations (one pool across MT5, cTrader, TradingView, per trading account)	**none**	3	5	10 (+ SEATS, up to 5 more)
Free indicators	✓	✓	✓	✓
Support	standard	standard	24H PRIORITY	24H PRIORITY
Custom tools / month	—	—	—	1 custom trading tool (EA) + 2 custom risk-management tools; more for an extra fee

If you cancel a paid plan, your journal history, goals and rulebook are kept.

WHAT TO HAVE READY

- A member account at app.tradinsolutions.com.
- For broker sync: an account already connected on the **Accounts** page (Episode 02 covers this). Use a demo account while you learn the screens.

- A short written list of your trading rules: maximum risk per trade, the sessions you trade, the setups you take.
- The names of the setups you trade, as you want them to appear in your statistics.

03

Step-by-step: getting trades into the journal

There are two ways in. Both kinds of trade appear together in the same calendar and analytics.

Log a trade by hand

Use this for anything that is not synced: a broker the platform does not connect to, an account with no connection, or trades from before you joined.

1. Open **Journal** in the member app.
2. Click **+ LOG TRADE**.
3. Enter the symbol and the date. Both are required.
4. Fill in whatever else you have: entry price, exit price, stop loss, take profit, position size, session, setup (from the **SETUP** picker), your plan answer, emotion, tags and notes.
5. Add a chart image under **CHART SCREENSHOT** if you have one. You can also add one later with **UPLOAD SCREENSHOT** in the trade's **REVIEW**.
6. Click **Save trade**.

To delete a trade, open its **REVIEW** and click **DELETE TRADE**. There is no delete button on the row itself.

Let a connected account fill it for you (Starter and up)

1. Connect an account on the **Accounts** page: click **+ Connect account** and choose the platform under **WHAT ARE YOU CONNECTING?**. You connect it once; the same account is then available to the journal, the copier and the signal copier.
2. Open **Journal**. The account's closed trades sync in automatically.
3. Synced trades carry a pill with the account's name. Trades brought in from a report carry an **imported** pill. To see only broker trades, use the **BROKER-SYNCED** quick filter.

HOW FAR BACK, AND HOW OFTEN

- **MT4, MT5 and cTrader:** on connection, the journal pulls the last 90 days, up to 5,000 trades per account. After that, newly closed trades appear in about 3 minutes on Hedge, 15 minutes on Pro and 60 minutes on Starter. Click **SYNC NOW** to fetch them at once.
- **Tradovate and NinjaTrader:** history starts on the day you connect. To fill earlier days, use **IMPORT A REPORT** with a CSV export (Tradovate: Performance or Fills; NinjaTrader 8: Trades or Executions). A day on which the login was disconnected cannot be fetched later, so import a report for it.
- If a futures login is held, you are told in the feed, in the notification bell and by email. Fix it with **RECONNECT** on the Accounts page.

> **Important:** Removing an account on the Accounts page deletes the journal history synced for it, including your notes on those trades. If a connection stops working, use **RECONNECT** on the account's row instead. It repairs the connection in place and keeps the history.

Review every trade

1. Open **REVIEW** on the trade.
2. Pick the setup from the **SETUP** picker. To add a new setup to your list, click **+ ADD** in the picker.
3. Give your plan answer: **FOLLOWED THE PLAN**, **PARTIALLY FOLLOWED** or **BROKE THE PLAN**.
4. Mark each of your rules **KEPT** or **BROKE**.
5. Add a note on how you managed the trade, if something happened.

On a synced trade, REVIEW offers the setup, the plan answer, your rules, management and notes. Emotion and tags are not offered there; they are set on manual trades in **+ LOG TRADE**. Keeping setup names consistent is what keeps your statistics meaningful.

04

Step-by-step: your plan, goals and the end-of-day review

Write your rules once

1. Open **Trading plan**.
2. Click **+ NEW RULE**.
3. Choose its type: **Setup**, **Execution**, **Risk** or **Psychology**, and write the rule.

On each trade you then give an overall plan answer and mark each rule kept or broken. The **Plan adherence** panel turns those marks into how often you follow your plan.

Set a goal

1. Click **+ NEW GOAL**.
2. Choose the target type: **Net P&L**, **Win rate** or **Trades logged**.
3. Choose the period: **This month**, **This quarter** or **This year**.
4. Click **Create goal**. The goal appears as a progress bar and updates as trades come in.

To remove a goal, click **REMOVE** on its card.

Close the day

The **END-OF-DAY REVIEW** is done once per trading day, for any day of the current week. Days with no trades can be closed too. It has six parts:

1. **THE TRADES**
2. **DISCIPLINE CHECKS**
3. **GRADE THE DAY:** A, B, C or D.
4. **WHAT WORKED**

5. **WHAT DIDN'T**
6. **ONE THING FOR TOMORROW:** a single, specific line, not an essay.

Click **Close the day** to save it.

The routine that works:

1. Let synced accounts fill the journal, or log trades as you take them.
2. Review the setup and plan answer honestly on every trade, especially the undisciplined ones.
3. At the end of each trading day, complete the END-OF-DAY REVIEW and click **Close the day**.

05

What each panel means

STAT CARDS

The headline numbers for the account or accounts in view: **NET PROFIT**, **TRADES**, **WIN RATE**, **PROFIT FACTOR**, **EXPECTANCY**, **AVG WIN**, **AVG LOSS**, **AVG RR**, **MAX DRAWDOWN**, **SHARPE**, **AVG HOLD** and **RULE BREAKS**.

PANELS

PANEL	WHAT IT SHOWS	HOW TO READ IT
LONG/SHORT	Your results on long trades against short trades	Whether one side of the market is doing the damage.
Goals	Each goal and its progress bar	Where you stand against the targets you set.
Calendar	Day-by-day results	Where and when the bad days cluster.
By session	Your results per trading session	Which sessions carry their weight.
Plan adherence	How often you follow your plan, and your results when you do and when you don't	Whether your rule-breaking trades are systematically your losing ones.
Trading plan	Your rules by type	The rules each trade is reviewed against.

FIELDS ON EACH TRADE

FIELD	WHERE IT COMES FROM	WHAT IT DOES
Instrument, direction, size	Broker (synced) or you (manual)	The basic record of the trade.
Entry fill, stop, target, exit fill	Broker or you	Used in the statistics.
Setup	You, picked in the SETUP picker	Records which of your setups the trade was.
Plan answer	You: followed the plan, partially followed, or broke the plan	Feeds Plan adherence.
Rules kept or broken	You, per rule in REVIEW	Your record of which rules held on the trade.

FIELD	WHERE IT COMES FROM	WHAT IT DOES
Session, emotion, tags, notes, screenshots	You	Context a broker feed cannot know. Emotion and tags are set on manual trades.

THE ACCOUNT SWITCHER

Use **VIEW PER ACCOUNT** at the top, with **TIMEFRAME**, to scope the stat cards and panels to one connected account or to all of them. Manual trades can belong to a profile you create with **+ ACCOUNT BY HAND**, so they can be viewed on their own too.

06

Worked example: one strategy copied to four accounts

Say you trade one strategy on a Provider account and copy it to three other accounts with the trade copier. Each closed trade now appears four times in the journal: once on the Provider and once on each Follower, each with its own account pill.

1. Review the setup and plan answer on the Provider's trades. That is where the decision was made.
2. When you judge the strategy, use **VIEW PER ACCOUNT** to show the Provider alone. Four copies of one decision would otherwise count as four trades.
3. When you judge your total exposure, view all accounts. That is where a bad day across every account shows up in the calendar and in MAX DRAWDOWN.
4. If a Follower's results consistently differ from the Provider's, check that instance's log in the Cockpit, which shows the source and destination of each copy.
5. At the end of the day, complete the END-OF-DAY REVIEW and write your one line under **ONE THING FOR TOMORROW**.

Be careful with small samples. Forty trades split across four setups is ten each, which tells you almost nothing about expectancy yet.

07

Troubleshooting

WHAT YOU SEE	LIKELY REASON	WHAT TO DO
A newly closed trade has not appeared	New closes appear in about 3, 15 or 60 minutes, depending on your plan	Click **SYNC NOW**.
Tradovate or NinjaTrader trades from before you connected are missing	Futures history starts on the day you connect	Use **IMPORT A REPORT** with a CSV export.
You cannot find a delete button on a trade	Trades are deleted from their review	Open **REVIEW** and click **DELETE TRADE**.

WHAT YOU SEE	LIKELY REASON	WHAT TO DO
You cannot set emotion or tags on a synced trade	REVIEW on a synced trade does not offer them	Use the notes field.
Your statistics per setup look meaningless	Setup names are inconsistent, or too few trades per setup	Use one list of setups and give it time.
Plan adherence shows nothing useful	Trades have not been given a plan answer	Review every trade, including the ones you would rather not.
An account stopped syncing	The connection itself has a problem	Use **RECONNECT** on the Accounts page. See Episode 13, Troubleshooting a connection that will not sync.

08

FAQ

Is the journal free? Yes. The manual journal, goals, plan adherence and analytics are on the free tier, with no card and no expiry. Broker sync starts on Starter.

Which platforms sync? MT4, MT5, cTrader, Tradovate and NinjaTrader. MT4, MT5 and cTrader bring in the last 90 days when you connect. Tradovate and NinjaTrader start on the day you connect, and **IMPORT A REPORT** fills earlier days.

Can I add notes to synced trades? Yes. The broker figures stay as they are, but you can set the setup, your plan answer, your rules and notes on any synced trade from **REVIEW**.

Can I journal an account the platform does not connect to? Yes. Log the trades by hand with **+ LOG TRADE**, under a profile created with **+ ACCOUNT BY HAND** if you like.

Is there a weekly review? No. The journal has an **END-OF-DAY REVIEW**, which you can complete for any day of the current week.

What happens to my journal if I cancel a paid plan? Your journal history, goals and rulebook are kept.

Can I use the journal alongside the fundamentals desk? Yes. You can note how you meant to handle a release in the trade's notes, then look back at it in your END-OF-DAY REVIEW. Episode 09 covers the desk.

Need help? Help centre: help.tradinsolutions.com · Email: contact@tradinsolutions.com · Community: the TradinSolutions Discord (tradinsolutions.com/community).

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