

BH Trade Journal

User Guide · version 1.00

The trading journal that fills itself in from MT4 and MT5

BH TECHNICAL SOLUTIONS · bhtechnicalsolutions.co.uk

What it does

BH Trade Journal is a trading journal for MetaTrader that fills itself in. A small read-only EA sends every closed trade, open position, deposit, balance and equity from each of your MT4 and MT5 terminals to the app. You add the part only you know - your setup, plan, emotions, mistakes, notes and screenshots - and the journal turns it all into statistics, a calendar, a daily diary, prop-firm limit tracking and a personal coach.

Automatic	Every trade from every terminal on the PC, with MAE/MFE, R multiples and chart screenshots taken by the EA.
Journal	Setup, quality rating, plan followed, emotions, mistakes, tags, notes, lessons and screenshots for each trade.
Cross-checked	Plan a trade before you take it; it links to the real trade automatically and shows planned vs actual.
Analytics	45 statistics including Sharpe, Sortino, Calmar, SQN and expectancy; results by instrument, day, session, hour, setup, emotion and more.
Coach	20+ checks on your own data, plus an optional AI coach you can ask questions.
Prop firms	Daily loss, max loss (fixed or trailing), target, trading days and consistency per account.

In short: Install, attach the EA to one chart in each terminal, and your history appears in seconds. It never trades.

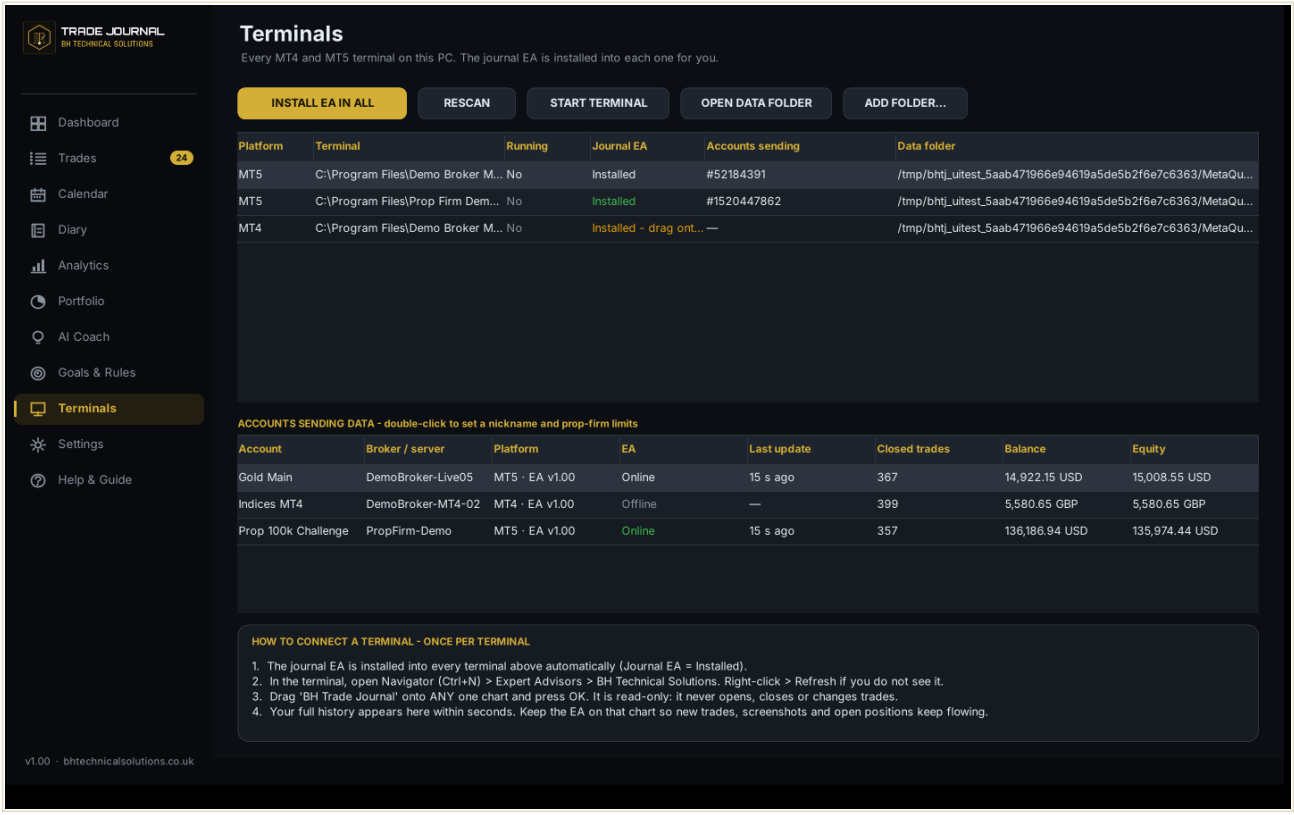
Install

1. Run **BH Trade Journal Setup.exe** and press **INSTALL**. It installs for your Windows user only (no administrator needed), adds a Start menu and desktop shortcut, and opens the app.
2. The app finds every MT4 and MT5 terminal on the PC and installs the journal EA into each one (Experts > BH Technical Solutions).
3. Uninstall any time from Windows Settings > Apps. Your journal stays in %APPDATA%\BH Trade Journal.

Connect your terminals

1. Terminals page: BH Trade Journal finds every MT4 and MT5 terminal on this PC (the same scanner as BH Trade Copier) and installs its EA into each one for you. New terminals you install later are found automatically within 30 seconds (or press RESCAN); portable installs elsewhere: ADD FOLDER.
2. In each terminal, open Navigator > Expert Advisors > BH Technical Solutions and drag 'BH Trade Journal' onto any one chart. Press OK.
3. That is it. The EA sends your full closed-trade history, open positions, balance and equity to the app every second. Trades show up in Trades, Dashboard, Calendar and Analytics within seconds.

The EA is read-only: it never opens, closes or changes a trade. Keep it on the chart so new trades keep flowing. One chart per terminal is enough; with several accounts, attach it in each terminal.



Terminals page: every terminal found, the EA state, and which accounts are sending data.

The Dashboard

Pick the account and period at the top right - every page follows it.



Dashboard with sample data: KPIs, equity curve, today's limits, quote of the day, coach findings, recent trades and open positions.

Every tile explained

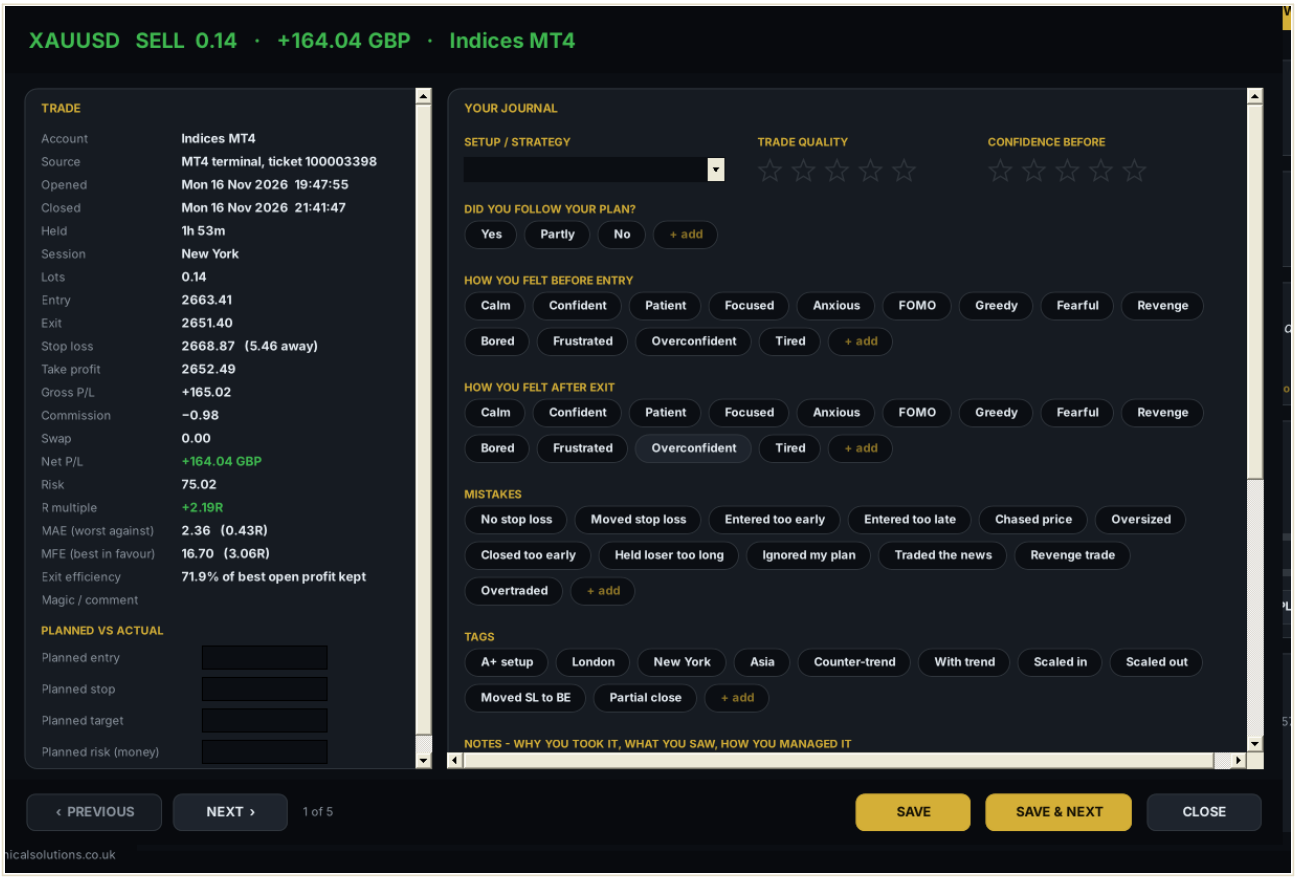
Net P/L	Profit after commission and swap for the account and period picked at the top right.
Win rate	Share of closed trades that made money.
Profit factor	Money won ÷ money lost. Above 1.0 is profitable; 1.5+ is strong.
Expectancy	Average result per trade, in money and in R.
Max drawdown	Largest fall from a high point in closed P/L, in money and % of balance.
Sharpe ratio	Daily return ÷ volatility, annualised. Sortino counts only downside volatility; Calmar = annual return ÷ max drawdown.
Trades	Closed trades in view, open trades and trading days.
Avg win / loss	Average winning vs losing trade and the payoff ratio.

Journaling a trade

Double-click any trade (or press JOURNAL NOW on the Dashboard to step through everything from the last 7 days without notes). For each trade you can record:

- Setup / strategy, a 1-5 quality rating and how confident you were
- Whether you followed your plan (Yes / Partly / No)
- Emotions before entry and after exit, mistakes, and your own tags
- Notes and a lesson for next time
- Screenshots: paste with Ctrl+V (Win+Shift+S snips part of the screen), add a picture file, or SNAP SCREEN
- Planned entry, stop, target and risk - the journal shows slippage and whether you moved your stop

The EA also snaps the chart automatically when a trade opens and closes (if a chart of that symbol is open in that terminal). Those pictures appear in the trade's screenshots on their own.



The trade window: facts and planned-vs-actual on the left, your journal on the right.

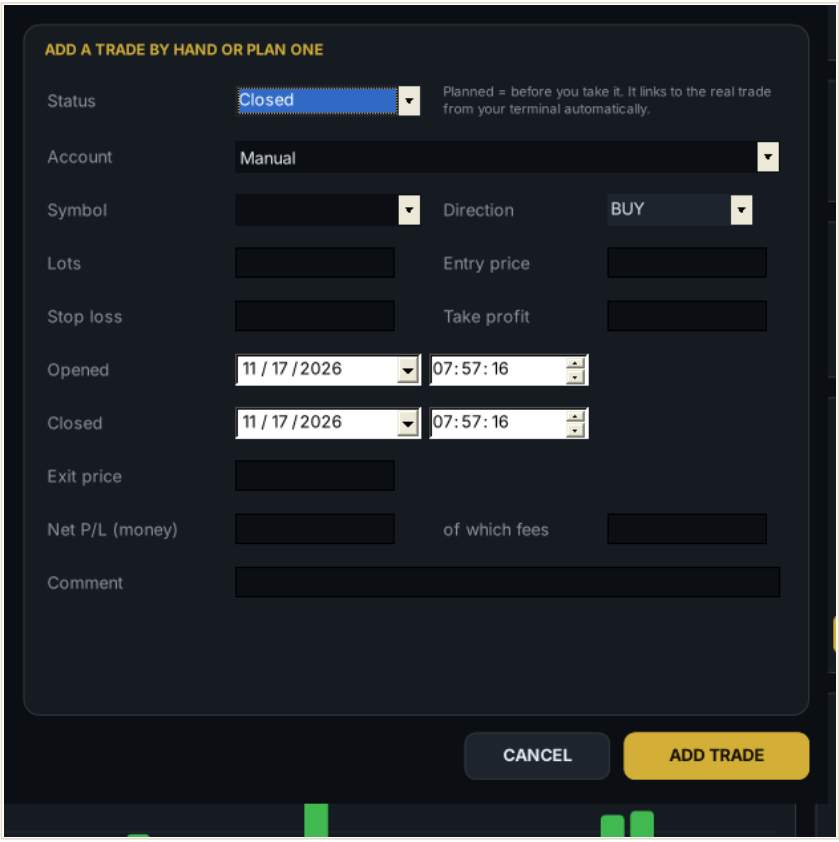
> **Tip** Press JOURNAL NOW on the Dashboard to step through every unjournaled trade from the last 7 days with SAVE & NEXT. Ctrl+S saves, Ctrl+V pastes a screenshot.

Manual and planned trades

Press + NEW TRADE at the top right.

- Closed: a trade from a platform the EA cannot see (another broker, cTrader, futures). Enter the prices and the net P/L.
- Planned: write the plan BEFORE you take the trade - entry, stop, target and your notes. When the real trade appears from your terminal (same instrument and direction, opened within 20 minutes), the journal links them automatically. Your notes move onto the real trade and you see planned vs actual: entry slippage and any change to the stop.
- Right-click a manual trade in Trades to link or unlink it yourself.

You can also import trades from a CSV file (Settings > Your data > IMPORT CSV). The importer finds the Symbol, Type, Volume, Open/Close time and price, Commission, Swap and Profit columns by their names.

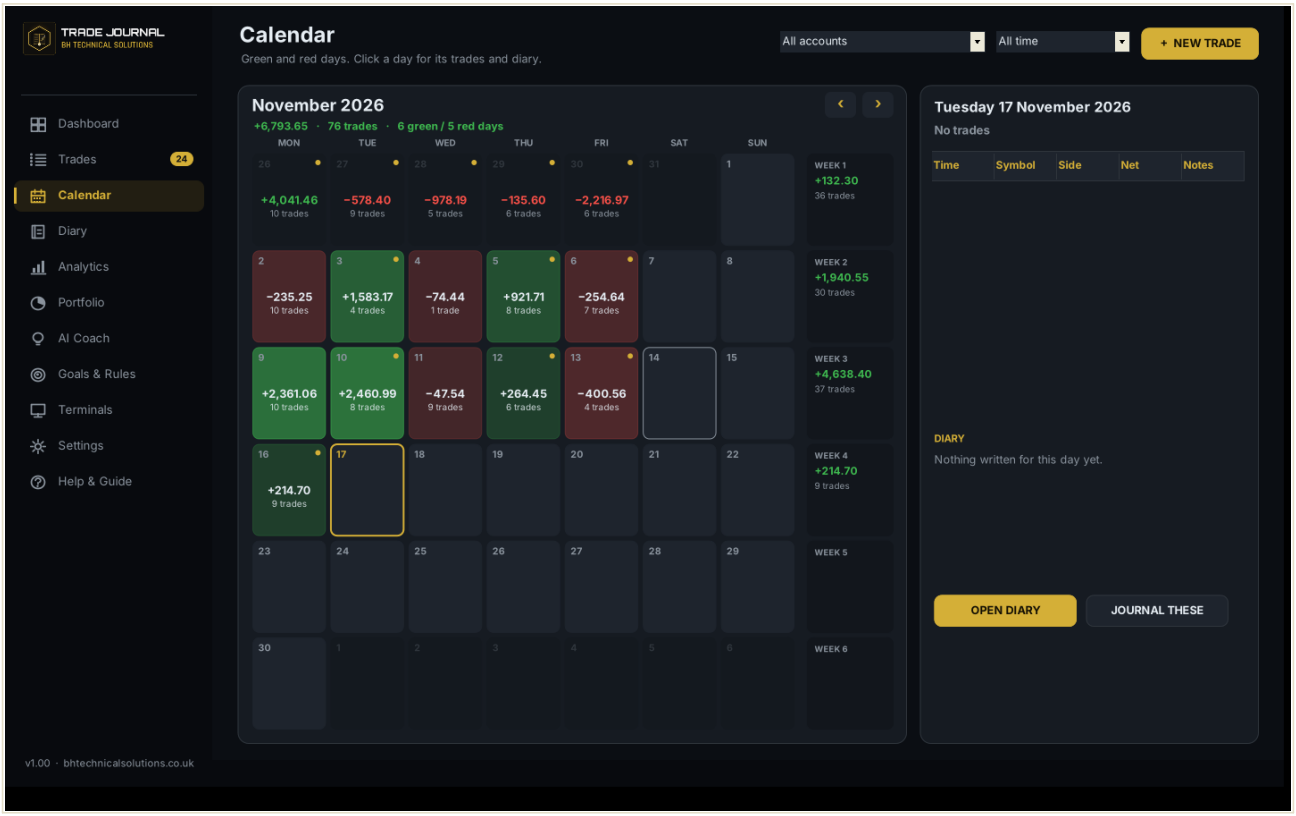


Add a trade by hand, or plan it before you take it.

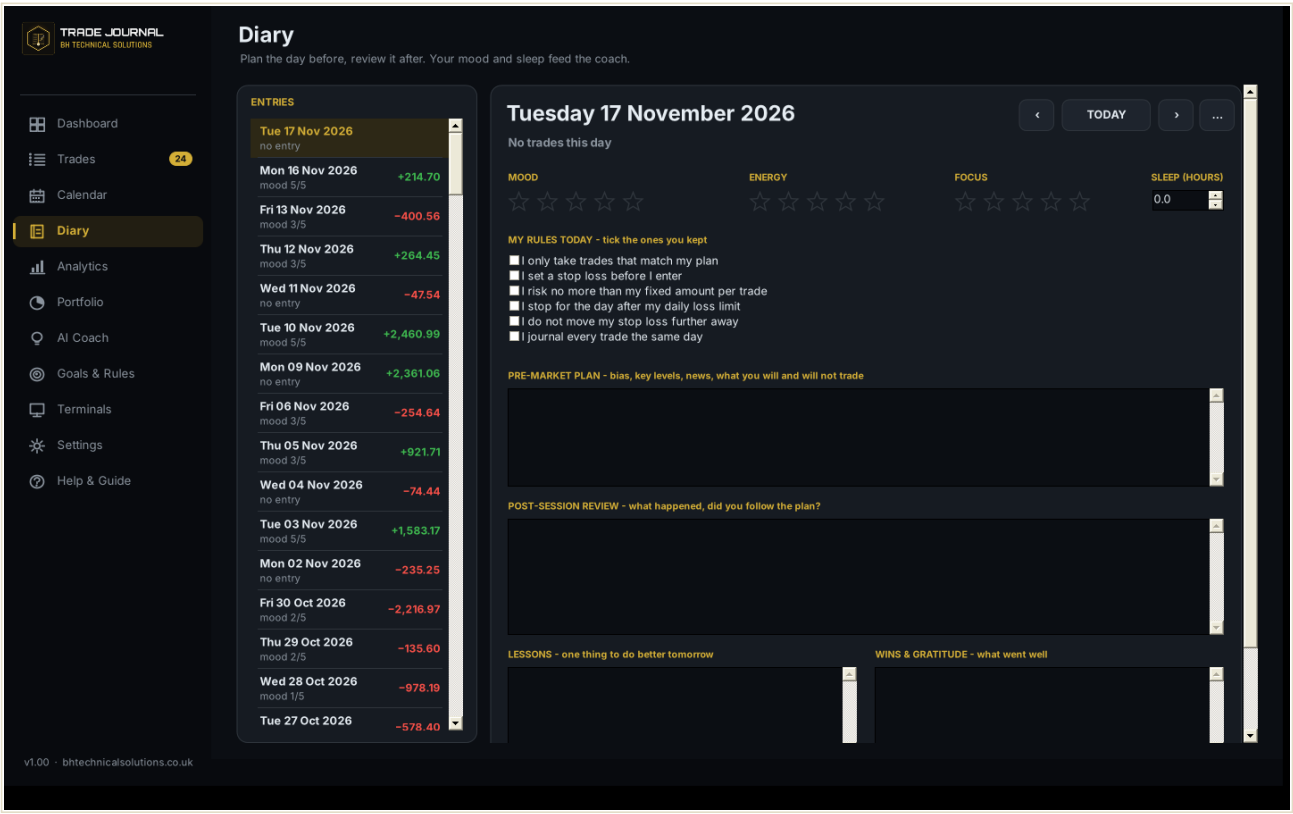
Calendar and diary

Pick the account and period at the top right - every page follows it.

- Dashboard: net P/L, win rate, profit factor, expectancy and average R, max drawdown, Sharpe (with Sortino and Calmar), equity curve, daily P/L, today's limits, the coach's top findings, recent trades and open positions. Hover any tile for what it means.
- Calendar: every day green or red with the P/L and number of trades, weekly totals on the right. Click a day for its trades and diary. A gold dot means you wrote a diary entry.
- Diary: a pre-market plan and a post-session review for each day, mood, energy, focus and sleep, your rules as a checklist, lessons and wins. The coach compares your mood and sleep with your results.



Calendar: green and red days, weekly totals, and the selected day on the right.



Diary: mood, energy, focus, sleep, your rules as a checklist, plan, review, lessons and wins.

Analytics

- Overview: equity and drawdown curves, R-multiple distribution, monthly P/L, P/L distribution and a table by month.
- Instruments: net P/L, win rate and profit factor per market (XAUUSD, GOLD and XAUUSD.r count as one instrument) and by direction.
- Time: weekday, session (Asia, London, overlap, New York), hour, a weekday x hour heat map and how long you hold.
- Setups & psychology: results by setup, plan followed, emotion, mistake cost, tags, your rating and your diary mood.
- Behaviour: what happens after a win vs after a loss, revenge trades within 15 minutes of a loss, long vs short, time held, MAE in R, lot size, stop-loss use and exit efficiency.
- All statistics: 45 measures including Sharpe, Sortino, Calmar, SQN, Kelly, recovery factor, streaks and consistency.

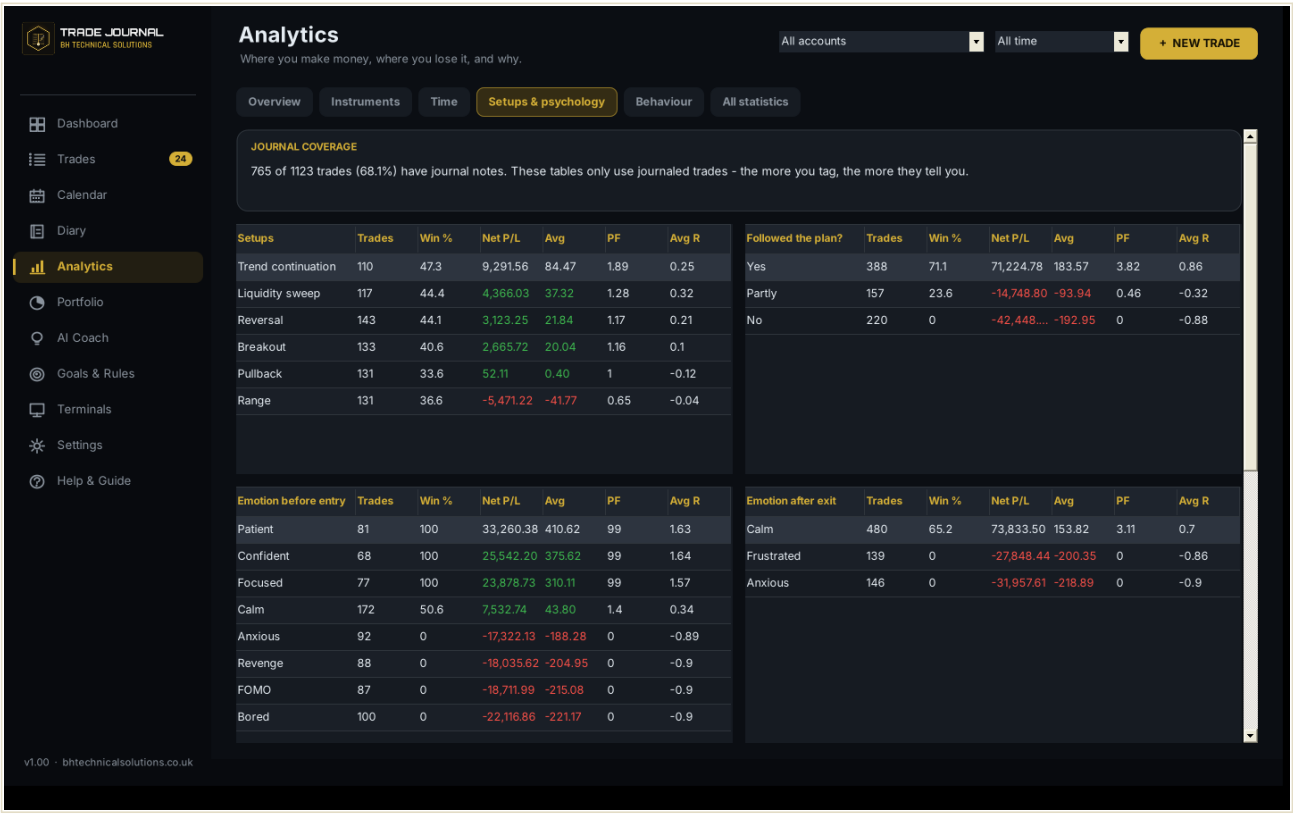
R multiples use your stop loss. For trades without one, set a default risk per trade in Goals & Rules.



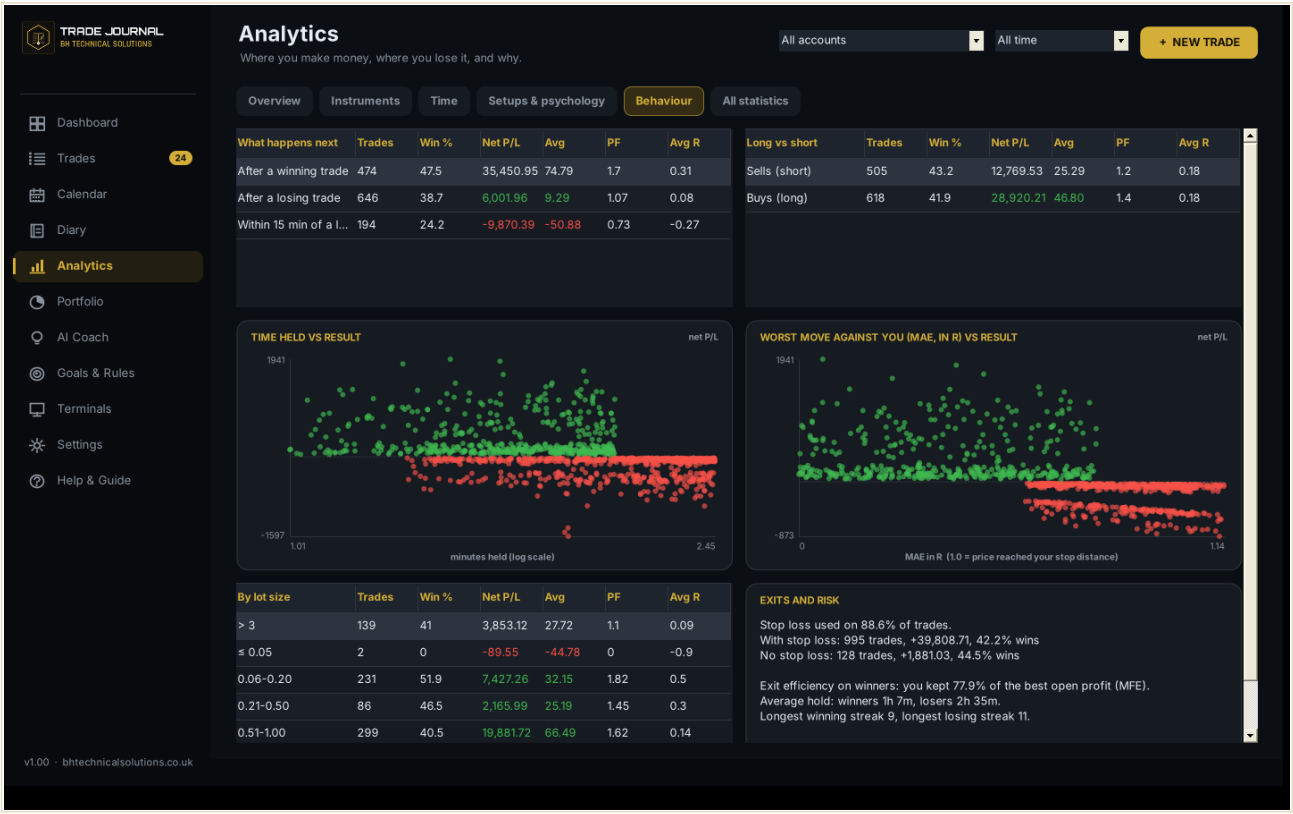
Overview: equity, drawdown, R distribution, monthly P/L.



Time: weekday, session, hour, weekday × hour heat map and time held.



Setups & psychology: what each setup, emotion and mistake makes or costs you.

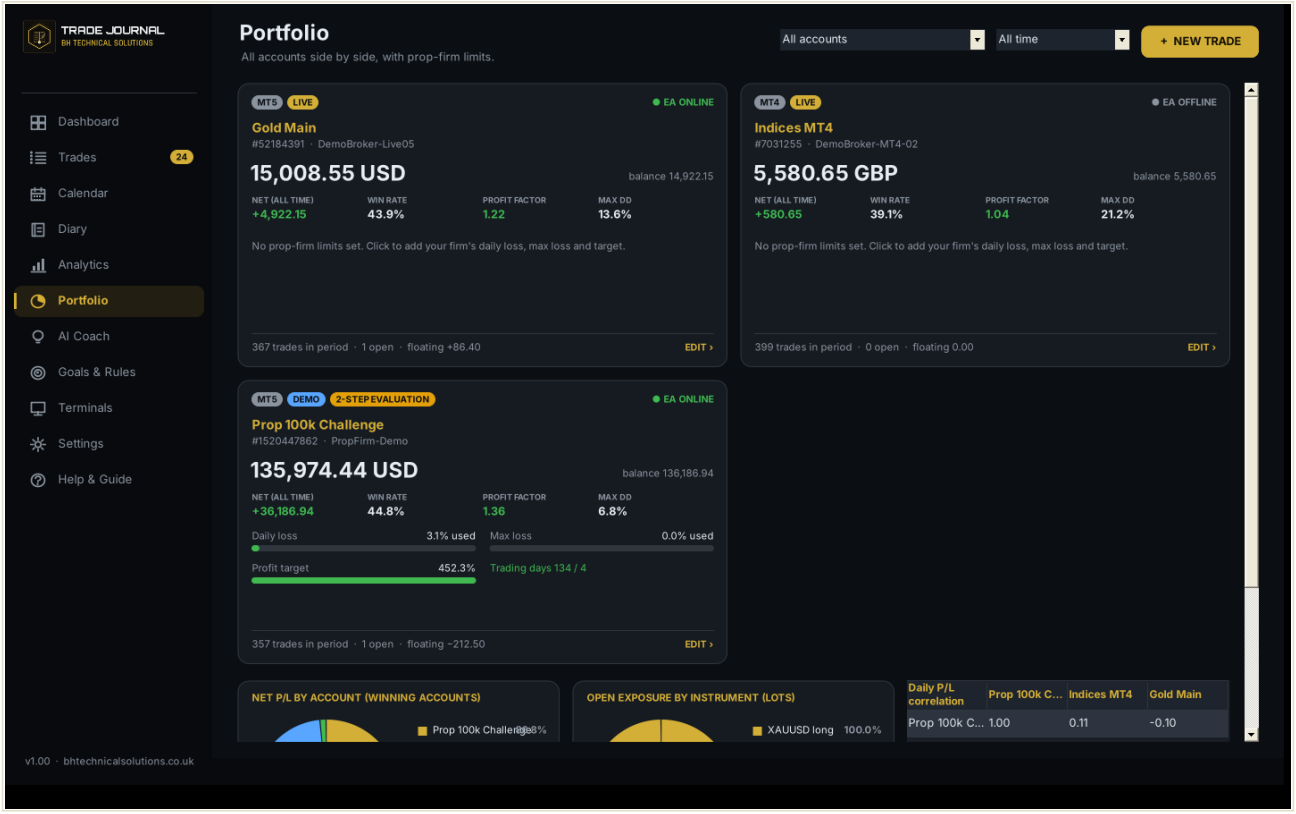


Behaviour: after wins vs losses, revenge trades, long vs short, MAE, lot size, stops and exits.

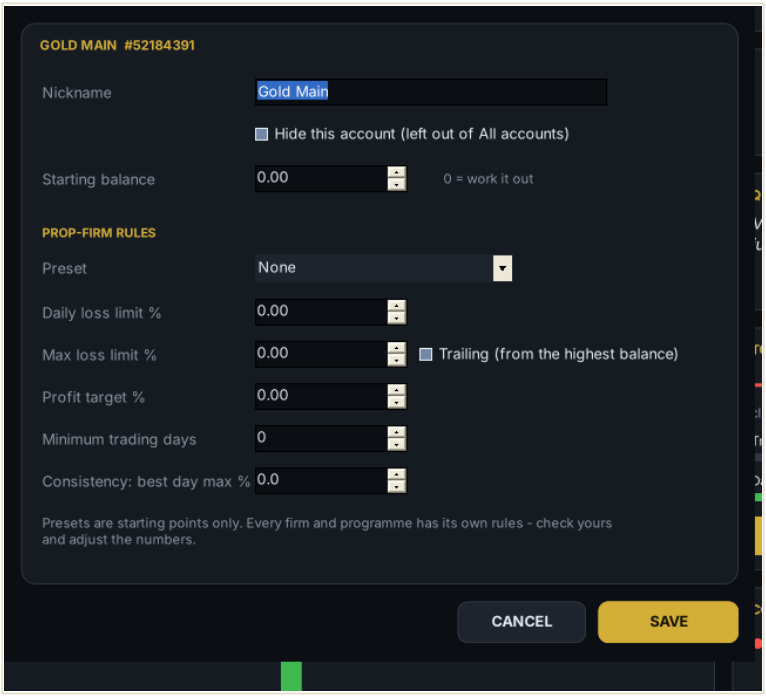
Portfolio and prop-firm limits

Portfolio shows every account side by side: equity, balance, period P/L, win rate, profit factor and drawdown, plus your net P/L by account, open exposure by instrument and how closely your accounts' daily results move together.

Click an account (or Settings > Accounts) to give it a nickname, a starting balance and prop-firm rules: daily loss %, max loss % (fixed or trailing), profit target %, minimum trading days and a best-day consistency limit. The account card then shows how much of each limit you have used. Presets are starting points only - every firm differs, so always check your own firm's current rules.



Portfolio: every account with its limits used, target progress and trading days.

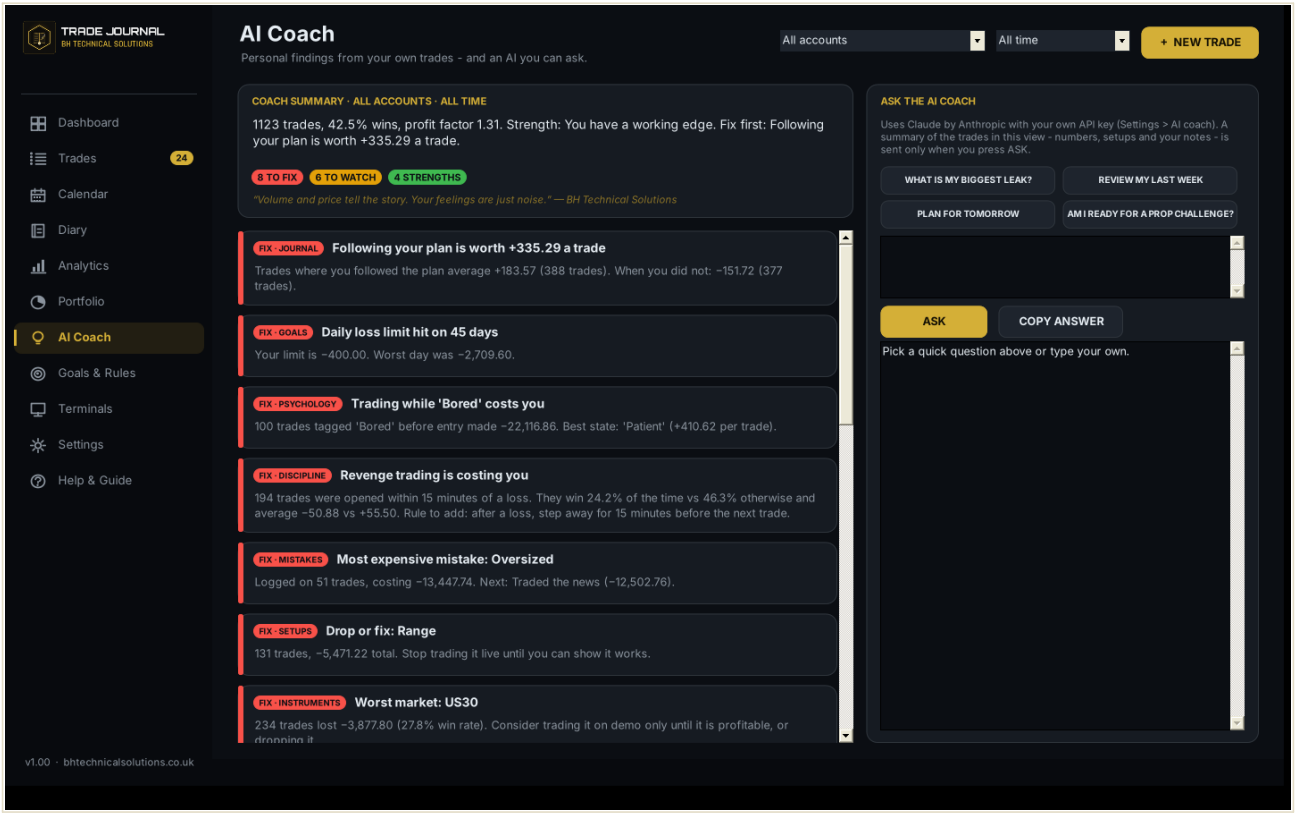


Account settings: nickname, starting balance and prop-firm rules.

AI Coach

The coach runs over 20 checks on the trades in view and ranks what costs you the most and what works best: revenge trading, overtrading, holding losers, size creep after losses, worst instrument/day/session/hour, trades without stops, big tail losses, tilt after losing streaks, mistakes and emotions that cost money, best and worst setups, exits that leave money on the table, costs, prop-firm consistency, sleep and mood, and your own limits. No internet is needed for this.

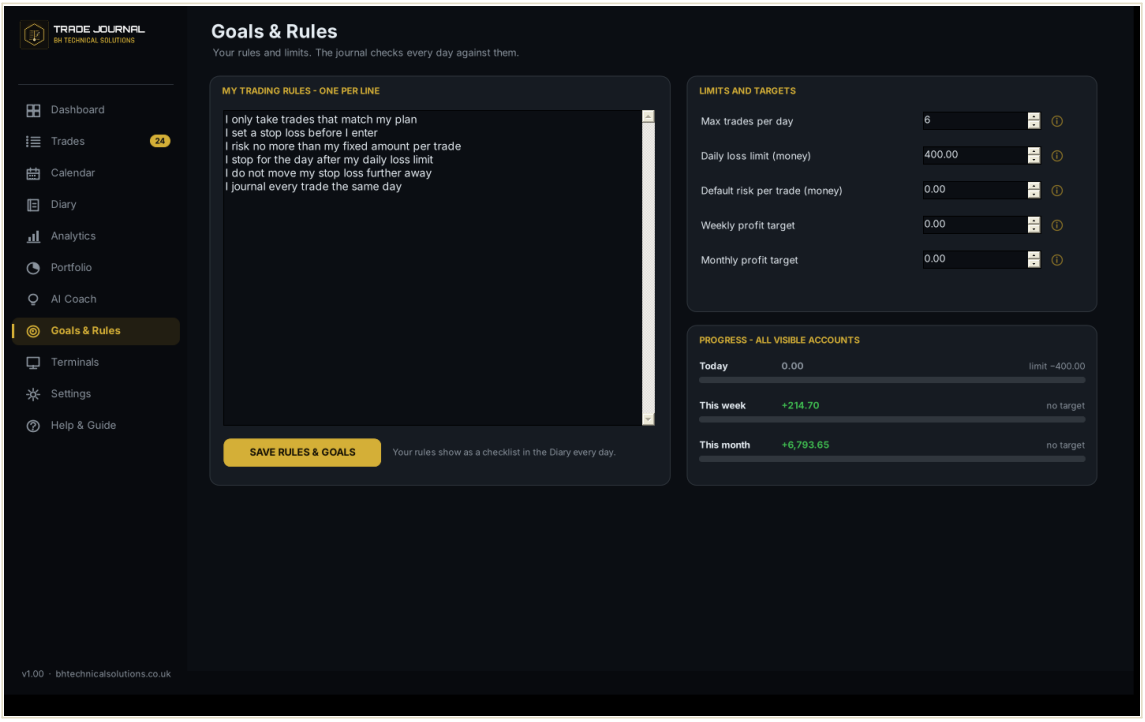
Ask the AI coach (optional): add your own Anthropic API key in Settings > AI coach and ask anything - 'what is my biggest leak?', 'plan for tomorrow'. A summary of your stats and notes is sent to Anthropic only when you press ASK. The coach talks about process, risk and behaviour; it does not tell you what to trade.



Coach: ranked findings from your own trades, and the optional AI you can ask.

Goals & Rules

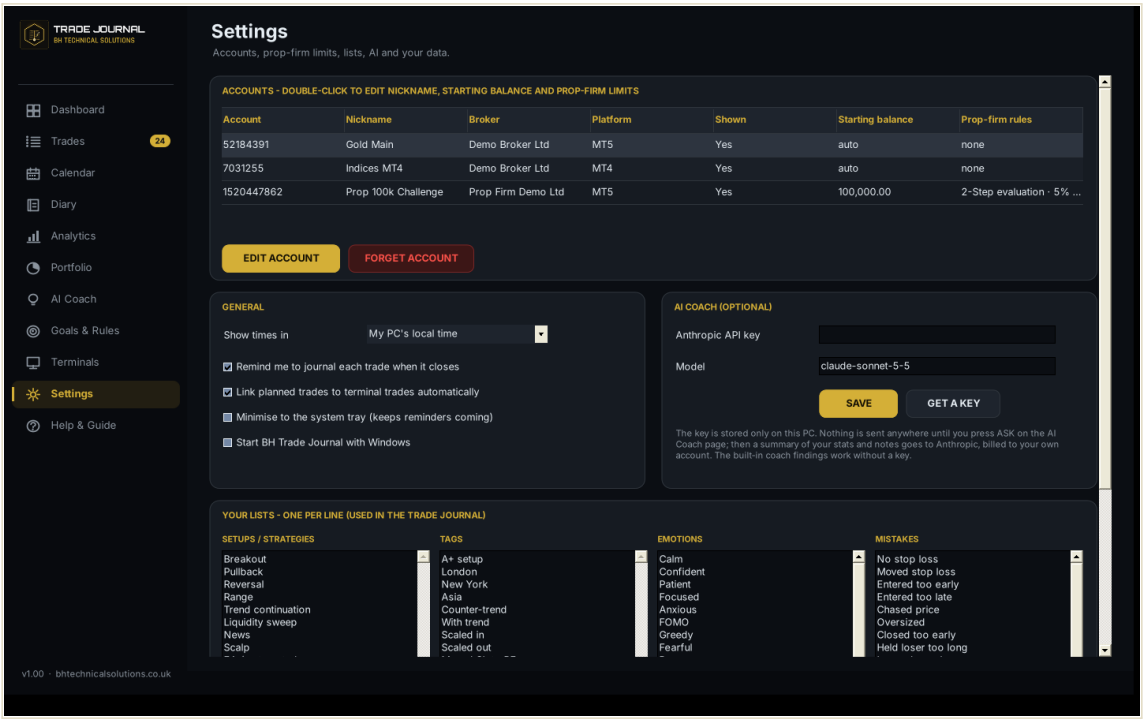
Write your trading rules, one per line - they appear as a checklist in the Diary every day. Set a max number of trades per day, a daily loss limit, a default risk per trade (for R multiples) and weekly and monthly targets. The Dashboard's Today card and the coach check every day against them.


TRADE JOURNAL
BH TECHNICAL SOLUTIONS
Dashboard
Trades
24
Calendar
Diary
Analytics
Portfolio
AI Coach
Goals & Rules
Terminals
Settings
Help & Guide
v1.00 · bhtechnicalsolutions.co.uk
Goals & Rules
Your rules and limits. The journal checks every day against them.
MY TRADING RULES - ONE PER LINE
I only take trades that match my plan
I set a stop loss before I enter
I risk no more than my fixed amount per trade
I stop for the day after my daily loss limit
I do not move my stop loss further away
I journal every trade the same day
SAVE RULES & GOALS
Your rules show as a checklist in the Diary every day.
LIMITS AND TARGETS
Max trades per day
6
Daily loss limit (money)
400.00
Default risk per trade (money)
0.00
Weekly profit target
0.00
Monthly profit target
0.00
PROGRESS - ALL VISIBLE ACCOUNTS
Today
0.00
limit -400.00
This week
+214.70
no target
This month
+6,793.65
no target

Your data, backups and privacy

Everything stays on this PC in %APPDATA%\BH Trade Journal: your notes, diary, settings, screenshots and a cache of every account's history (so old accounts stay in the journal after you stop running them). A backup zip is made once a day automatically and the last 14 are kept. Settings > Your data lets you back up now, restore, export every trade with your notes to CSV, and open a printable report (print or save as PDF from your browser).

Nothing is uploaded anywhere. The only time data leaves your PC is when you press ASK on the AI Coach page with your own API key.



Settings: accounts, time display, reminders, AI key, your lists and data tools.

Troubleshooting

- No trades showing: check the Terminals page. 'Installed - drag onto a chart' means the EA is in the terminal but not on a chart yet. The EA does not need Algo Trading switched on because it never trades - it just has to be on a chart. Its panel in the top-left corner of the chart says 'Sending to the app'.
- An account says Offline: its terminal is closed or the EA was removed from the chart. History stays in the journal.
- MT4 shows only some history: MT4 only gives EAs the history shown in its Account History tab. Right-click there > All History once; the journal keeps everything it has ever seen.
- Times look an hour out: Settings > General > Show times in (your PC's time or broker server time).
- Something went wrong: Help > ERROR LOG, and send that file to BH Technical Solutions via our website.

Support

Website: bhtechnicalsolutions.co.uk. When something goes wrong, Help > ERROR LOG opens the log file - send it to us with a short description.

Important: BH Technical Solutions provides software, not financial advice. Trading carries risk and past results do not guarantee future results. Statistics and coach findings describe your own past trades only. Screenshots in this guide use sample data.

Your licence

BH Trade Journal is licensed per PC: one key covers every MT4 and MT5 account you journal on that computer.

1. The first time the app opens it shows the **Licence** window with **your PC code** (TJ-XXXX-XXXX-XXXX). Press **COPY CODE**.
2. Send the code to BH Technical Solutions (website or Telegram). You receive a key that starts **BHTJ-**.
3. Paste the key into **LICENCE KEY** and press **ACTIVATE**. The app opens and remembers the key.

See or change your licence any time: **Help & Guide > LICENCE**. The app tells you 7 days before a timed licence ends; renewing gives you a new key to paste the same way. Nothing in your journal is lost when a licence ends - it is kept on your PC.

Tip New PC or a fresh Windows install? The PC code changes - send the new code and you get a new key. Your journal moves with a backup: Settings > Your data > BACK UP NOW, then RESTORE BACKUP on the new PC.