




Welcome to Pathbound and thank you for choosing our trading journal. Below you will find some simple instructions on how to use the platform. Should you have any questions or issues please feel free to reach out to us at support@pathbound.ca.

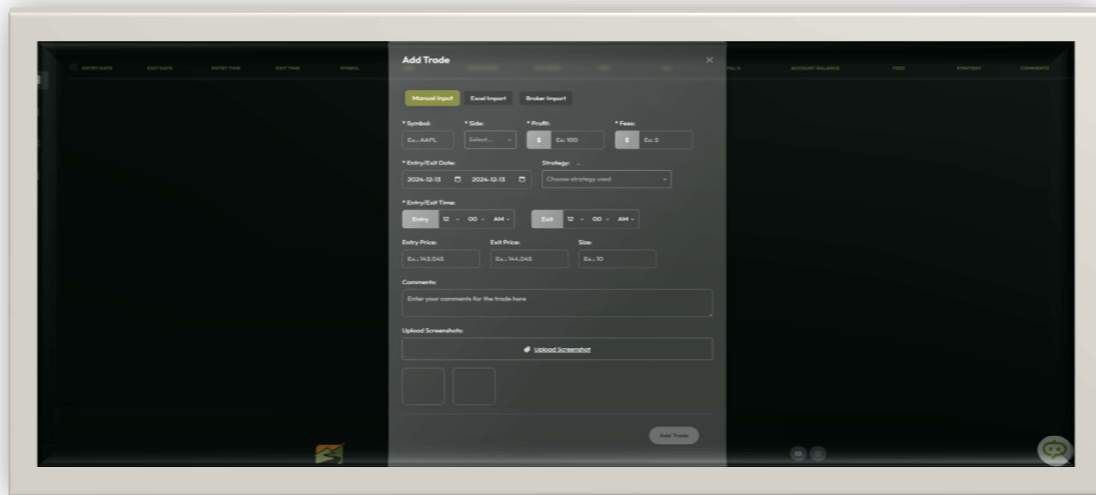
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When you first login you will encounter a database with Demo Data. Entering your own data can be achieved in three ways.

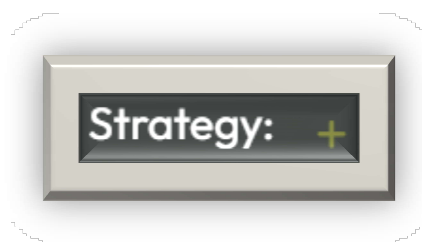
Click on the  button located in the top left corner to begin. You will be prompted to erase the Demo Data before you can enter any trades.

Option 1 – Manual Entry

Fill out the required fields marked with an *



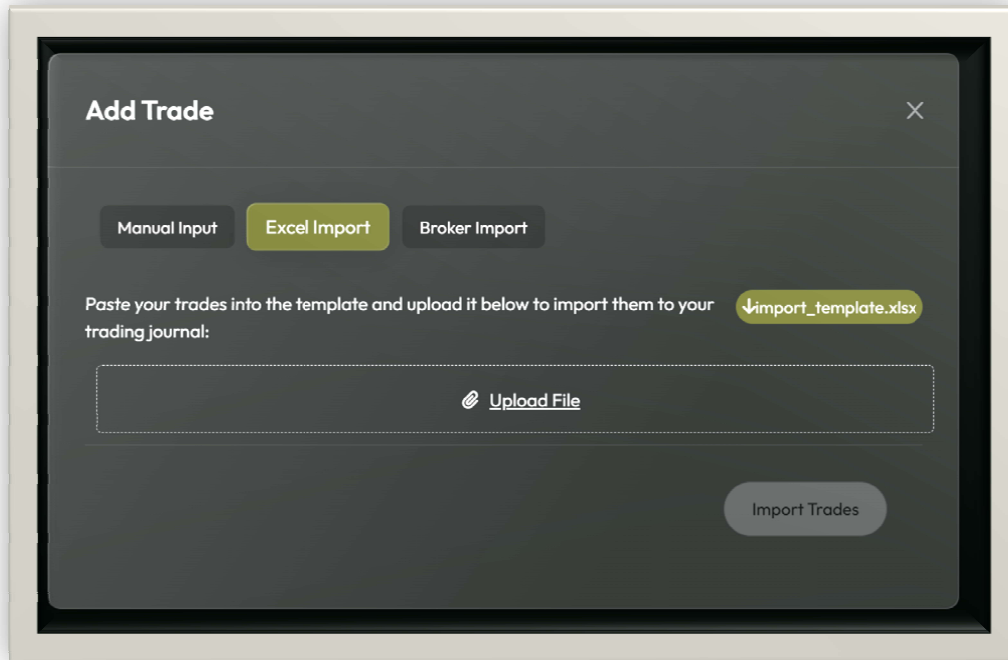
Make sure to enter and assign a Strategy to your trades (i.e. Bull flag, Oversold, Bullish Divergence, etc). These will help you to track what strategies you use that work best for you over time.



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Option 2 – Excel Import

Download the **Import Template** and enter/map your trade data to the proper columns using your own brokers export file. Once you have the template complete, save it and upload it using the **Upload File** option then click **Import Trades**.



The screenshot shows a modal window titled "Add Trade" with a close button (X) in the top right corner. Inside the modal, there are three tabs: "Manual Input", "Excel Import" (which is highlighted with a green background), and "Broker Import". Below the tabs, there is a text instruction: "Paste your trades into the template and upload it below to import them to your trading journal:". To the right of this text is a green button labeled "import_template.xlsx" with a download icon. Below the instruction is a dashed rectangular box containing an "Upload File" button with a paper plane icon. At the bottom right of the modal is a grey button labeled "Import Trades".

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Option 3 – Broker Import

Select the desired broker option and click **Upload File** to upload the saved file that was produced by the broker in the chosen method. Click **Import Trades** to complete the upload.


Add Trade

Manual Input Excel Import **Broker Import**

Select your broker:

- Metatrader 5
- NinjaTrader
- Tradelocker (Auto-Sync)
- Metatrader 5**
- Metatrader 4
- Metatrader (Auto-Sync)
- Interactive Brokers

1. Open your MetaTrader application
2. In the MetaTrader Terminal window, select the History tab.
3. Right-click in the history, and select 'Orders'.
4. Right-click again in the account history, and select the time period you want to export.
5. Right-click one more time in the account history, select report and then select Open XML
6. Save the report file to your desktop (or anywhere else - just remember where you put it).
7. Upload the file you just saved using the box below and click 'Import Trades'

 [Upload File](#)

Import Trades

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If using IBKR as an import method, follow these steps to produce the necessary file for upload.

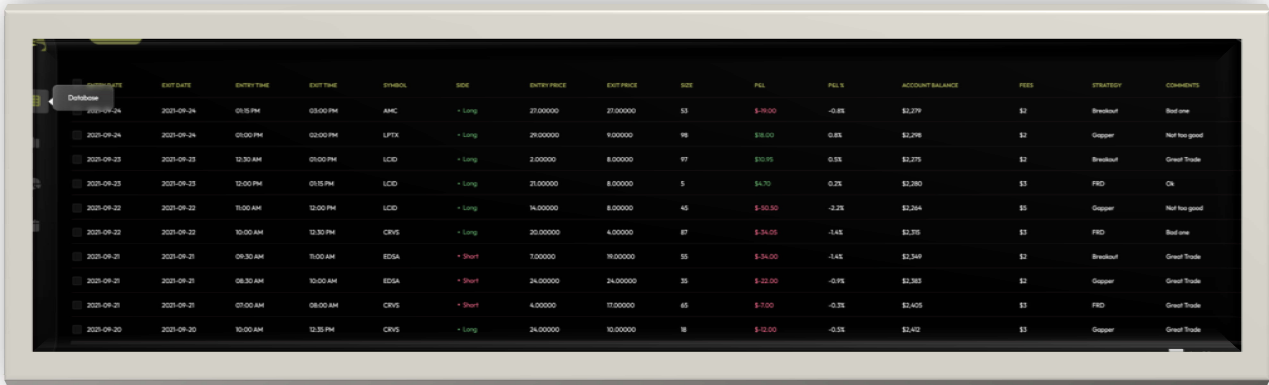
To import data from Interactive Brokers, follow these steps:

1. Open your Interactive Brokers account web site, go to Reports, then click Statements.
2. If you have multiple IB accounts, the Account Selector opens. Search for and select an account.
3. In the "Run a Statement" panel, select Third-Party Downloads as the statement type.
4. Choose the TradeLog format from the Format drop-down.
5. Select the period and date using the drop-downs provided.
6. Click Run Statement to create the TradeLog report.
7. Download the .tlg file to your desktop (or anywhere else - just remember where you put it). Note - you do not need to open the file; just download it to your desktop.
8. Here on the import page, click "Choose file", choose the file you created above, and click "Upload".

Below you will find snapshots of the main screens in the application

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Database Tab



ENTRY DATE	EXIT DATE	ENTRY TIME	EXIT TIME	SYMBOL	SIDE	ENTRY PRICE	EXIT PRICE	SIZE	P&L	P&L %	ACCOUNT BALANCE	FEES	STRATEGY	COMMENTS
2020-09-24	2021-09-24	01:15 PM	03:00 PM	AMC	+ Long	27.00000	27.00000	10	\$ -10.00	-0.85	\$2,279	\$1	Breakout	Bad one
2020-09-24	2021-09-24	01:00 PM	02:00 PM	LPTX	+ Long	26.00000	9.00000	98	\$16.00	0.85	\$2,298	\$1	Gapper	Not too good
2020-09-23	2021-09-23	12:30 AM	01:00 PM	LCD	+ Long	2.00000	8.00000	97	\$10.00	0.55	\$2,275	\$1	Breakout	Great Trade
2020-09-23	2021-09-23	12:00 PM	01:15 PM	LCD	+ Long	21.00000	8.00000	5	\$4.70	0.25	\$2,280	\$1	FED	Ok
2020-09-22	2021-09-22	11:00 AM	12:00 PM	LCD	+ Long	14.00000	8.00000	45	\$ -10.50	-2.25	\$2,294	\$1	Gapper	Not too good
2020-09-22	2021-09-22	10:00 AM	11:30 PM	CRVS	+ Long	35.00000	4.00000	87	\$ -34.00	-1.45	\$2,315	\$1	FED	Bad one
2020-09-21	2021-09-21	09:30 AM	11:00 AM	EDSA	+ Short	7.00000	16.00000	15	\$ -14.00	-1.45	\$2,349	\$1	Breakout	Great Trade
2020-09-21	2021-09-21	08:30 AM	10:00 AM	EDSA	+ Short	24.00000	24.00000	35	\$ -22.00	-0.95	\$2,383	\$1	Gapper	Great Trade
2020-09-21	2021-09-21	07:00 AM	08:00 AM	CRVS	+ Short	4.00000	11.00000	65	\$ -7.00	-0.35	\$2,405	\$1	FED	Great Trade
2020-09-20	2021-09-20	10:00 AM	12:35 PM	CRVS	+ Long	24.00000	10.00000	18	\$ -12.00	-0.55	\$2,412	\$1	Gapper	Great Trade

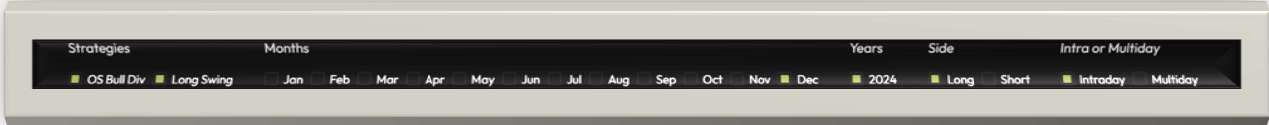
Note: after you import trades you can click on a trade in the dashboard to change any fields you wish.

Overview Tab

This tab provides a quick overview of your general trading performance.



Adjust/select the slicers here to narrow down your analysis



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Detailed Tab

This tab helps you further analyze your trades to identify winning days, how often you trade by day of week, best and worst tickers by P&L, time slot data and more.



Calendar Tab

This tab provides a snapshot of your trading days in a clickable calendar view to help you easily identify trades taken on any given day.

