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Journal Setup Guide

A step-by-step walkthrough from your very first login
to logging and reviewing your first trade.

kingstonealpha.com/app

STEP 1

Create your account

Go to kingstonealpha.com/app. You'll see a sign-up form asking for your email and a password. Enter those and create your account — no credit card, no other details needed.

Note: Use a real email you check regularly — it's how you'd recover your account if you ever forget your password.

STEP 2

See your Dashboard for the first time

Once you're logged in, you land on the **Dashboard** tab. On a brand-new account, this is what you'll see:

- One account already exists, called **"My Account"** — you can rename this later.
- **Starting Balance** is pre-filled at $10,000 and **Max Loss per Trade** at $40 — both placeholders you'll change in Step 3.
- Performance Summary shows dashes or zeros everywhere, because there's no trade history yet.
- The Trade Calendar is empty for the current month.
- The Prop Firm Status card is hidden completely — it only appears once you set prop firm limits, covered in Step 4.

STEP 3

Set your real Starting Balance and Max Risk

In the **Account Settings** card, replace the placeholder numbers with your actual numbers:

- **Starting Balance ($)** — your real account balance right now.
- **Max Loss per Trade** — the most you're willing to lose on any single trade. You can type this as a dollar amount OR as a percentage of your balance — type into either field and the other one updates automatically.

This one setting is what drives automatic lot sizing everywhere else in the journal, so get it right before you start logging trades.

STEP 4

Set Prop Firm Limits (only if this account is a funded challenge)

If this account is a real personal account, skip this step entirely — leave both fields blank.

If you're trading a prop firm challenge, scroll to **Prop Firm Limits** and enter the two rules your firm gave you, as percentages:

- **Max Drawdown %** — e.g. enter 10 for a 10% maximum overall drawdown rule.

- **Daily Loss %** — e.g. enter 5 for a 5% maximum daily loss rule.

  As soon as you enter either one, a new **Prop Firm Status** card appears further down the Dashboard, tracking your usage against these limits automatically as you log trades.

STEP 5

Check Pair Settings before you log any trade

Click the **Pair Settings** tab. This table is what makes the Trade Log's automatic lot sizing work — it tells the journal exactly how to calculate pip value for each instrument.

Your account already comes with 11 common instruments pre-loaded and correctly configured:

- EURUSD, GBPUSD, AUDUSD, NZDUSD — the non-JPY majors
- USDJPY, USDCHF, USDCAD — the USD-base majors
- XAUUSD (gold), US30, USTEC, USOIL

If every pair you trade is in that list, you can skip straight to Step 7. If you trade something that isn't — GBPJPY, a different index, a crypto pair, anything else — go to Step 6 first.

STEP 6

Add a pair that isn't already in the list

This is the step people get stuck on, so let's go slowly. Still on the **Pair Settings** tab:

1. Click **+ Add Pair**. A new row appears named "NEWPAIR" with placeholder numbers.
2. Click into the **Pair** field and type the correct symbol exactly as your broker shows it — for example GBPJPY. It will auto-capitalize.
3. Fill in **Pip Size**, **Contract Size**, and **Quote = USD?** using the reference table below.
4. That's it — the new pair is saved automatically and will now appear in the Pair dropdown in your Trade Log.

How to fill in the three fields

Type of instrument	Pip Size	Contract Size	Quote = USD?
Standard pair, no JPY (e.g. GBPAUD, EURGBP)	0.0001	100000	1 if it ends in USD (e.g. GBPUSD), 0 if it starts with USD or neither is USD
Any JPY pair (e.g. GBPJPY, EURJPY)	0.01	100000	0 (JPY pairs are never USD-quoted)
Gold (XAUUSD)	0.01	100	1
Stock indices (US30, USTEC, custom index)	1	Check your broker — varies	1 (usually USD-quoted)
Oil / commodities	0.01	1000	1

Crypto (BTCUSD etc.)	Check your broker — varies widely	Check your broker	1 (usually USD-quoted)

Note: For indices and crypto, contract size genuinely varies from broker to broker — there's no universal standard the way there is for forex majors. The exact numbers live on your broker's platform under a name like **"Contract Specifications"**, **"Symbol Specifications"**, or **"Instrument Info"** — usually right-click the symbol in your trading platform's Market Watch, or check your broker's website. Match those numbers into Pair Settings and your lot sizing will be exactly right.

What "Quote = USD?" actually controls: look at the pair name as BASE / QUOTE. If the second currency (the quote) is USD — like the USD in EURUSD or GBPUSD — set this to 1. If USD is the first currency instead — like in USDJPY or USDCAD — set it to 0. Get this backwards and your calculated lot sizes will be wrong, so it's worth double-checking against a pair you already know the answer for.

STEP 7

Log your first trade

Click the **Trade Log** tab, then **+ Add Trade**. A new row appears at the top. Fill in, left to right:

- **Pair** — pick from the dropdown (includes any pair you added in Step 6).
- **Side** — Buy or Sell.
- **Strategy** — pick one from the list, or choose "+ Add new strategy…" to type your own the first time you use it.
- **Entry Date**, **Entry** price, and **Stop** price.

As soon as Entry and Stop are both filled in, the **Lot (auto)** column calculates itself — the exact lot size that makes your Max Loss setting from Step 3 come true if the stop-loss is hit. You never need to calculate this by hand.

Note: Want a different lot size than the automatic one, just this once? Type your own number directly into the Lot column — it overrides the automatic calculation for that trade only.

STEP 8

Close the trade when it's done

When you exit the trade in real life, come back to this same row and fill in:

- **Exit** price and **Exit Date**.
- **Commission**, if your broker charged one.

The moment Exit is filled in, R:R, Gross PnL, Net PnL, and Net % all calculate automatically — and the row turns a subtle green or red tint depending on whether it was a win or a loss. Use the **Comments** field to note anything worth remembering, like "entered too early" or "moved stop and regretted it" — these notes feed directly into your Trading Review later.

STEP 9

Go back to the Dashboard and see it update

Every closed trade you log immediately updates:

- Performance Summary — Win Rate, Avg R:R, Current Balance, Net PnL, Max Drawdown.
- The Equity Curve, Win/Loss split, and the PnL-by-Pair and PnL-by-Strategy charts.
- The Trade Calendar — the day you exited turns green or red based on that day's result.
- The Prop Firm Status card, if you set limits in Step 4.

Nothing here needs a refresh or a save button — it's all automatic the moment you close a trade.

STEP 10

Use filters to review your trading

Back on the Trade Log, the filter bar above the table lets you narrow down what you're looking at — by Pair, Strategy, Side, Result (wins / losses / open), or a Min/Max Net P&L range. Combine as many filters as you like, and click **Clear filters** to reset. You can also click any day on the Trade Calendar to jump straight to that day's trades.

STEP 11

Add more accounts, if you need them

If you also trade a demo account or a separate prop firm challenge, click **+ Add Account** at the top of the journal. Each account gets its own balance, its own risk settings, and its own completely separate trade history — switch between them anytime using the tabs. Pair Settings stay shared across every account, since pip size and contract size are facts about the instrument, not about which account you're trading.

STEP 12

Optional: install it as an app

On Chrome or Edge, look for the **Install App** button in the header — it adds Kingstone to your home screen or app list. On iPhone, tap the Share icon in Safari, then "Add to Home Screen."

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