

KINGSTONE.

User Guide

The free forex position size calculator, trading journal,
prop firm dashboard, and tools — explained.

kingstonealpha.com

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1. What is Kingstone?

Kingstone is a free position size calculator and trading journal built around one idea: **trade on a plan, not a feeling**. It calculates exactly how many lots to trade so a stop-loss hit always costs a fixed, known amount — then logs every trade automatically so you can see your real win rate, risk:reward, and where your edge actually is.

Nothing on Kingstone is financial advice — it's a set of tools for managing risk and reviewing your own trading history.

2. The free calculator

Available at kingstonealpha.com/calculator/ — no login required. Enter your account balance, your max risk per trade, your entry price, and your stop-loss price, and it tells you the exact lot size to use.

Max risk has two linked fields — a dollar amount and a percentage of your balance. Type into either one and the other updates automatically, so you can think in whichever unit makes sense to you.

Supported instruments include the majors (EURUSD, GBPUSD, AUDUSD, NZDUSD, USDJPY, USDCHF, USDCAD), plus XAUUSD (gold), US30, USTEC, and USOIL — each with the correct pip size and contract size built in.

3. Journal accounts

Log in at kingstonealpha.com/app to use the trading journal. Once inside, you can create **multiple separate accounts** — for example a Real account, a Demo account, and a Prop Firm Challenge — each with its own balance, its own risk settings, and its own completely separate trade history.

- **Switch accounts** using the tabs at the top of the journal.
- **Rename** an account with the pencil icon next to its tab.
- **Add a new account** with the "+ Add Account" button.
- **Delete** an account with the × icon — this permanently removes every trade logged under it, with a confirmation prompt first.

Pair Settings (pip size, contract size) are shared across all your accounts, since they're just facts about the instruments — everything else (balance, trades, limits) is separate per account.

4. The Dashboard

Account Settings

Set your **Starting Balance** and your **Max Loss per Trade** — again as a linked \$ / % pair, so the Trade Log's automatic lot sizing always matches your actual risk rule.

Performance Summary

Total Trades, Win Rate, Average R:R, Current Balance, Winning/Losing Trades, Total Commissions, Total Net P&L, and Max Drawdown — all calculated automatically from your logged trades.

Charts

Equity Curve, Win/Loss split, Net P&L by Pair, Net P&L by Strategy, and Win Rate by Strategy — so you can see not just whether you're profitable, but exactly where the profit (or loss) is coming from.

Trading Review

A written summary of your trading for a chosen period (this week, this month, etc.), flagging patterns like weak strategies or recurring mistakes mentioned in your trade comments.

5. Prop firm tracking

If you're trading a funded/prop firm account, scroll to **Prop Firm Limits** in Account Settings and enter your firm's two rules as percentages — for example 10 for a 10% max drawdown limit, and 5 for a 5% daily loss limit. Leave either blank if it doesn't apply.

Once set, a Prop Firm Status card appears on your Dashboard showing:

- **Daily Loss Limit** — your maximum allowed loss for today in dollars, your equity at the start of today, and how much of that limit you've used, with a countdown to when it resets at local midnight.
- **Max Drawdown Limit** — the same idea, but measured from your account's highest-ever balance rather than resetting daily.

Both update automatically from your logged trades — you only ever enter the two limit percentages your firm gave you.

6. Trade Calendar

Below Prop Firm Status, the Trade Calendar shows a full month at a glance, with each day colored green or red based on that day's closed-trade net P&L. Use the arrows to move between months.

Click any day to jump straight into the Trade Log, filtered to just that date — click the same day again, or the "Clear" link that appears, to remove the filter.

7. The Trade Log

Click **+ Add Trade** to log a new trade. Each row has these columns:

Column	What it means
Pair / Side / Strategy	Which instrument, Buy or Sell, and your strategy tag — pick from the list or choose "+ Add new strategy..." to create your own.
Entry Date / Entry / Stop	When you entered, and your entry and stop-loss prices.
Lot (auto)	Calculated automatically from your Max Loss setting and this pair's Pair Settings. Type a value here yourself to override it for this one trade.
Exit / Exit Date	Leave blank while the trade is still open.
R:R / Commission	Risk:reward ratio, calculated automatically, and any commission you paid.
Gross / Net PnL / Net %	Profit before and after commission, and net P&L as a percentage of balance.
Comments	Notes to yourself — these feed into the Trading Review's mistake detection.

Filtering and sorting

Filter by Pair, Strategy, Side, Result (wins/losses/open), or a Min/Max Net P&L range — combine as many as you like, and hit "Clear filters" to reset. Sort by most recently added, or by entry date.

Deleting a trade

Click the trash icon on any row — you'll be asked to confirm before anything is permanently deleted.

8. Pair Settings

This tab defines the math behind auto lot sizing for every instrument you trade: **Pip Size**, **Contract Size** (in units), and whether the **Quote currency is USD**. New accounts start with 11 common instruments already configured, so auto lot sizing works from your very first trade.

Click **+ Add Pair** to add a new instrument, or edit any existing row directly. Renaming a pair automatically updates every trade already logged under its old name.

9. Free tools

All available at kingstonealpha.com/tools/, no login required:

- **Session Overlap Clock** — London, New York, Tokyo, and Sydney sessions, live, converted to your local time.
- **Currency Strength Meter** — relative strength of the majors from live ECB reference rates.
- **Correlation Matrix** — 30-day correlation between major pairs, so you can spot when you're stacking correlated risk.
- **Economic Calendar** — upcoming high and medium impact news events.

10. Installing the app

On Chrome or Edge (Android or desktop), look for the **Install App** button on the homepage or journal header — it adds Kingstone to your home screen or app list like a native app.

On iPhone, Safari doesn't support this automatically — tap the Share icon, then "Add to Home Screen."

11. Tips & FAQ

Is my data private?

Yes — every account is protected so only you can see your own trades and settings.

Do I need to fill in every field on a trade?

No — leave Exit and Exit Date blank for open trades. Everything else recalculates automatically as you fill it in.

Is this financial advice?

No. Kingstone is an educational risk-management and journaling toolset, not a source of trade recommendations.