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Your trading workspace

A visual guide to the Tranquila journal

1 Open your journal

Select “Open journal” on the website. Sign in with email or Google. The Basic plan is free.

2 Find your sections

Use the left menu for trades, analytics, imports, accounts, diary and discipline. SR / EN switches the language.

3 Start with one account

Connect cTrader or MT5, or import a statement. Then add trade notes and your daily review.

AI Analysis and competitions are marked “Coming soon”. MT5 connections are currently in limited testing.

The screenshot displays the Tranquila SMC Dashboard, a trading workspace. The interface is divided into a dark sidebar on the left and a main content area on the right. The sidebar contains a menu with options: Overview (selected), My profile, Competitions (marked 'Coming soon'), Trading journal, Trades, Analytics, AI Analysis (marked 'Coming soon'), Import, Accounts, Diary, and Discipline. The main content area features a header with the Tranquila SMC logo and a navigation bar with 'Tranquila dashboard' and 'Your private workspace' (with language switches SR and EN). Below the header, the main section is titled 'Your trading, all in one place.' and includes a user profile for 'Demo_trader' with the tagline 'Plan. Confirmation. Discipline.' and an 'Edit profile' button. The main content area is organized into a grid of cards: 'Trading journal' (Trades, results and lessons in one place. Journal accounts: 1), 'Reaction diary' (Save your plan, observations and chart images. Keep notes even when you do not trade), 'Plan and discipline' (Daily habits, weekly and monthly goals. Your habits and saved history), and 'Competitions' (Closed-pilot registrations and your participation status. Open competitions →, marked 'Coming soon'). Below these cards is a 'Journal overview' section with filters: 'Active accounts' (dropdown), 'All active · same currency' (dropdown), 'EUR' (dropdown), and two date range selectors (mm/dd/yyyy). The overview displays four key metrics: Net result (€334.00, Includes costs from the export), Win rate (57.14%, 8 winning / 14 trades), Average result in R (0.24R, 14 of 14 with risk recorded), and Profit factor (2.11, Gross profits / gross losses). At the bottom, there is a 'Performance curve' section (Cumulative realised P/L · EUR, 14 trades) and a 'Discipline' section (Plan violations: 0).

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Accounts and import options

One broker account, an organised history

1 For automatic imports

Open “Import” or “Accounts” and start connecting. The journal can create the account when it retrieves your data.

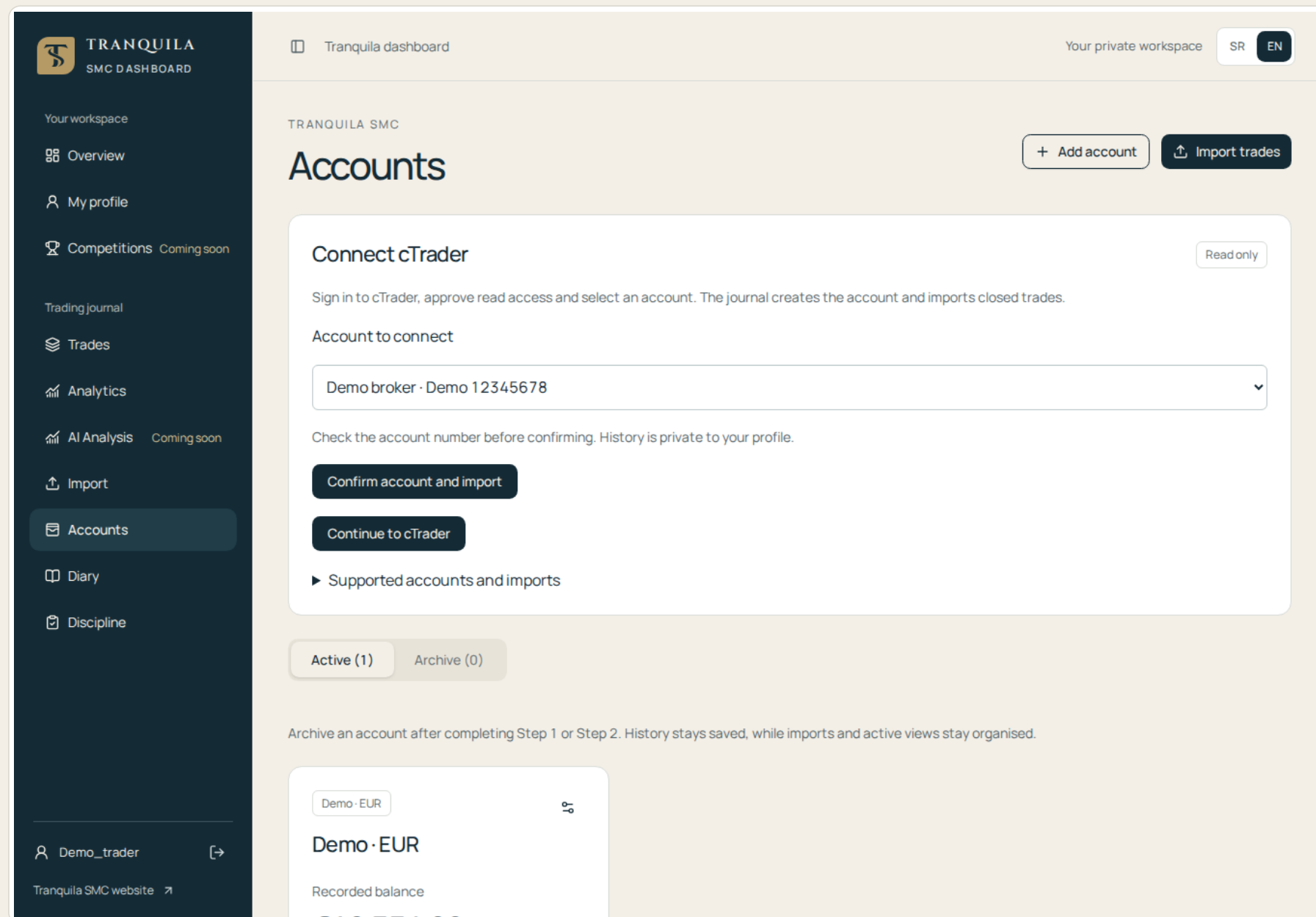
2 For a file import

Select “Add account”. Enter a name, DEMO / LIVE / PROP type, EUR or USD currency and starting balance.

3 Check the selected account

Every import belongs to one journal account. If you previously imported an MT5 account, select that existing account during connection.

Deposits and withdrawals are tracked separately from trade results. The recorded balance does not include open positions.



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cTrader: automatic imports

Sign in → approve access → select an account

1 Continue to cTrader

In the cTrader section, select “Continue to cTrader”. Sign in to your cTrader account in the new window.

2 Approve read access

Select the accounts you want to connect and approve read access. Return to the journal.

3 Confirm the right account

Check the account number, then select “Confirm account and import”. Wait for the initial history and balance checks to finish.

Demo / Live, EUR / USD and Hedging accounts are supported. Start and finish the initial import with no open positions. History and initial funding are required; bonuses and capital resets are not yet supported.

Connect cTrader

Read only

Sign in to cTrader, approve read access and select an account. The journal creates the account and imports closed trades.

Account to connect

Demo broker · Demo 12345678

Check the account number before confirming. History is private to your profile.

Confirm account and import

Continue to cTrader

► Supported accounts and imports

After the first import

After connection, checks are scheduled about every five minutes. Multiple accounts may wait in a queue. “Sync trades” requests a manual check; a new statement is not needed.

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MT5: broker and server

Step 1 · Limited testing

1 Have three details ready

Your MT5 account number, exact server name and investor password for read-only access.

2 Choose the server

Select “Connect MT5”, enter your broker and find the server. If no list appears, select “Enter the server manually”.

3 Check before continuing

Match the server name in your MT5 app, including any Demo or Live label. Select your account type and continue to MT5 sign-in.

If all MT5 test slots are taken, use a file import until another slot is available. EUR and USD accounts are supported.

Connect to MT5

Read only

Connect your account once. Your journal then imports closed trades approximately every five minutes.

1 Broker and server

2 MT5 sign-in

3 Trades

Choose your broker and server

Broker

FxPro

Find servers

▼ Enter the server manually

Exact MT5 server name

FxPro-MT5 Demo

Find your server name and account number in your MT5 login details or your broker's message.

Account type

DEMO

► Already imported this account into the journal?

► Where do I find my investor password?

Continue to MT5 sign-in

Back

Accounts in EUR and USD are supported.

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MT5: sign-in and first trades

Steps 2 and 3 · Connect once, then import automatically

1 Open MT5 sign-in

The button opens a MetaApi form. Trading account login is your account number; Trading account password is your investor password.

2 Submit and return

Select Submit in the form. Return to the journal and select “I have entered my details”. The initial check may take a few minutes.

3 Wait for “Connected”

Once the imported trade count and import time appear, select “View trades”. Future checks run even when you leave the journal.

You do not need your own MetaApi account or API token. Investor password help is in the form. Only fully closed positions are imported; partial closes are combined once the entire position closes.

Connect to MT5

Read only

Connect your account once. Your journal then imports closed trades approximately every five minutes.

✓ Broker and server

2 MT5 sign-in

3 Trades

Enter your MT5 account details

FxPro · FxPro-MT5 Demo

Have these two details ready

Trading account login

Trading account password

Your broker's MT5 account number

Investor password · read only

The investor password is a separate password for read-only access. Use your master trading password only in your own MT5 app.

The button opens a MetaApi form in a new tab. MetaApi is the service that connects your MT5 account. Enter your details, select Submit, then return here.

► Where do I find my investor password?

Open MT5 sign-in

You do not need a MetaApi account for this step.

► Connection settings

Connect to MT5

Read only

Connected — trades are imported automatically

New closed trades arrive approximately every five minutes, even when you leave the journal.

Account	Server	Imported trades	Last import
12345678	FxPro-MT5 Demo	14	27/09/2026, 11:58:00

View trades

► Connection settings

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Import a statement file

An alternative when automatic connection is unavailable

1 Prepare the statement

cTrader: export English column headings, including Deal ID and Position ID. MT5: use a classic HTML statement with a Positions table.

2 Check the settings

Select the source, account and statement time zone. For MT5, use the broker server time zone for the exported period.

3 Review, then confirm

Choose the file and select “Preview import”. Check new entries, duplicates and warnings before confirming the save.

Files can be up to 20 MB. Repeated entries are detected. If the broker changed its UTC offset, export the periods separately; a fixed offset does not follow daylight saving time.

Import from cTrader and MT5

Choose an account, check the data, then confirm the import.

CSV · XLSX · HTML

Source

cTrader / journal CSV

Import into account

Demo · EUR · EUR

Report time zone

UTC

Date order in file

Day / month / year

Decimal separator in file

Dot · 1,234.56

Export one cTrader account with English column names. Include Deal ID and Position ID to identify and link partial closes. You can also re-import a journal CSV here.



Choose your trading history export

Up to 20 MB per file. Each import adds to your existing history.

Choose File No file chosen

Preview import

Try it: [Sample export · 3 trades](#) [Sample export · 7 trades](#)

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Add notes to each trade

Imports provide the numbers. You provide the context.

1 Open a trade

Select a record in "Trades". Review the instrument, direction and realised result.

2 Record your decision

Enter initial risk, setup, trading style, session, HTF bias and whether you followed the plan.

3 Record your behaviour

Choose emotions before entry and after exit, mark mistakes and add a lesson. Attach before and after charts, then save your notes.

Emotions, strategy and entry reasons are not supplied by your broker. Record them honestly and consistently to make your trade review useful.

EURUSD · Short

Demo · EUR · 27/09/2026

Realised result

-€35.00

Closing fills in record

1

No Position ID

Initial risk (EUR)

100

Setup

FVG Retest

Trading style

Intraday

Session

London

HTF bias

Not specified

Emotion before entry

Calm

Emotion after exit

Calm

Plan followed?

YES

Setup and entry

Select all that influenced your entry or add your own tags. These fields are optional.

▶ Market structure (0)

▶ Liquidity (0)

▶ Entry zone (0)

▶ Entry confirmation (0)

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Setup and entry reason

Structured tags, with room for your own approach

1 Mark the factors

The categories are market structure, liquidity, entry zone, entry confirmation, HTF context and setup / model.

2 Add your own option

If a tag is missing, type your own in the relevant category. You can combine preset and custom tags.

3 Explain the entry

In “Entry reason”, describe what you saw, the confirmation you waited for and why you entered. Select “Save notes”.

Use the same name for the same pattern. Your own text is preserved as entered and is not translated when you switch the interface language.

Setup and entry

Select all that influenced your entry or add your own tags. These fields are optional.

► Market structure (1)

MSS

► Liquidity (0)

► Entry zone (1)

FVG

► Entry confirmation (0)

► HTF context (0)

▼ Setup / model (0)

☐ Reversal

☐ Continuation

☐ Sweep + MSS

☐ Sweep + CHoCH

☐ FVG Retest

☐ OB Retest

☐ IFVG Retest

☐ Breaker Retest

☐ Breakout Retest

☐ AMD

☐ Silver Bullet

Custom tag - Setup / model

My London setup

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Add tag

Typed tags are included when you click "Save notes", even without adding them first. Your own text is not translated.

Entry reason

Liquidity sweep, MSS, then an FVG retest. Entry after confirmation.

FVG Retest

0.4 R

€40.00

↗

Current interface · illustrative demo data

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Diary: a plan and a lesson

Keep a record even on days without a trade

1 Write your plan

Open “Diary” → “Daily review”, select the date and write your pre-session plan.

2 Complete the review

Add what you noticed, the day’s emotion and a rule for your next session. Select “Save daily review”.

3 Track chart reactions

In “Chart reactions”, create a new reaction. Record your expectation and a before chart, then add the outcome and lesson later.

A daily review describes the session. Trade notes explain one decision. You can track a chart reaction without opening a position.

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Your checklist and discipline

Small daily actions, with a saved history

1 Create your plan

Open “Discipline” and select “Add habit”. Enter the name, repetition and plan start date.

2 Mark what you complete

Tick off daily tasks. Track weekly and monthly goals using the target number of repetitions.

3 Return to your review

Before the session: plan. After a trade: notes. At the end of the day: diary and checklist. Review your results alongside your discipline.

The checklist records your habits; it does not lock your broker account. Discipline dates use Belgrade time, with weeks starting on Monday.

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