Try one worked trade.

Open heyitsbiz-toolkit-sample.xlsx and choose Trade example. The inputs are invented, editable and intended for learning.

Change a pale-yellow input and check that your spreadsheet app recalculates the GBP result and net R. The example uses 50 shares bought at $100 and sold at $110, with a $95 original stop. Entry FX is £0.80 per dollar; exit FX is £0.78. Each side has £3 costs.

Calculation	Example result
Entry cash: 50 × 100 × 0.80	£4,000
Exit cash: 50 × 110 × 0.78	£4,290
Gross difference	£290
Net after £6 entered costs	£284
Original price risk: 50 × (100 - 95) × 0.80	£200
Net R: 284 / 200	1.42 R

Check that inputs really change outputs

Change the exit price from 110 to 105 while keeping the other inputs fixed. Exit cash becomes £4,095; net result becomes £89; net R becomes 0.445. Restore the exit to 110 to return to the original example.

Understand the assumptions

Original price risk excludes fees, FX movements and worse fills. It is not a maximum possible loss. Cash flows are translated at the entered transaction rates. The example does not replicate broker collateral, tax or currency-account accounting.

File format .xlsx. No macros or live data. Export/import and formula calculations have been checked with an automated engine; desktop Excel and Google Sheets have not been manually verified. Use this sample to test your app.

Test your explanation too.

The sample Evidence worksheet gives you room to record a question, both sides of the evidence, an original source and a review date.

Prompt	An example of useful detail
Research question	Is cash conversion weakening across comparable reporting periods?
Supporting observation	Fictional revenue rose 20% while receivables rose 50%.
Contradictory observation	Record a real opposing observation when found. An untested timing explanation is not evidence.
Original source and period	Document URL, FY/quarter, statement or note, and date checked.
What would change the view?	Subsequent comparable collections and cash flow recover without higher credit losses.
Next review date	A date tied to the next source that can test the question.

The full toolkit adds

A 200-trade log with calculated results; GBP, USD and EUR cash-flow examples; monthly trade summaries; a company-financial comparison; 40 evidence rows; three worked trades; and a 10-page walkthrough with three fictional company cases.

The existing free GBP trading journal remains free. Preview the full toolkit at heyitsbiz.com/toolkit. Read the free library at heyitsbiz.com/guides.

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