

THE FINAL TAPE

Spreadsheet Migration Checklist

Failure audit, formula drift test, 14-day tracker, and essential columns

Spreadsheet failure audit (3+ checked = migrate)

- Global risk cell — one change breaks R on old rows
- Blended books — eval, funded, personal in one pivot
- Actual loss as R — scratches distort risk-reward
- Tag soup — free text you cannot rank
- Self-graded compliance — scored after P&L
- Stale exports — weekly CSV always behind
- File archaeology — master_v7_FINAL.xlsx

5-trade formula drift test

Recalculate R using planned risk at entry, not a global cell.

trade_id	planned_risk_\$	sheet R	recalc R	drift?

9 essential columns

Column	Record
trade_id	Unique ID
portfolio_phase	Eval / Funded / Personal
setup_name	Fixed dropdown
planned_risk_\$	Frozen per row
outcome_r	P&L ÷ planned risk
compliance_%	0–100 at entry
exit_tag	Controlled vocabulary
regime	Trend / Chop / News
risk_%_version	e.g. v1_static_1pct

14-day migration tracker

Day	Action	Done	Notes
1	Freeze old sheet (read-only backup)	<input type="checkbox"/>	
2	Define setup names + checklists	<input type="checkbox"/>	
3	One portfolio per phase; lock risk	<input type="checkbox"/>	
4	Map old columns to new fields	<input type="checkbox"/>	
5	Re-log last 20–30 trades	<input type="checkbox"/>	
6	Verify R on 5 trades	<input type="checkbox"/>	
7	First compliance filter ($\geq 80\%$)	<input type="checkbox"/>	
8	Compare filtered R to old pivot	<input type="checkbox"/>	
9	Controlled tags on new trades	<input type="checkbox"/>	
10	Add missed trades if applicable	<input type="checkbox"/>	
11	First analytics on live data	<input type="checkbox"/>	
12	Remove one unmaintained formula	<input type="checkbox"/>	
13	First Kill List item from tags	<input type="checkbox"/>	
14	Archive old file; new = source of truth	<input type="checkbox"/>	

[thefinaltape.com / blog/trading-journal-vs-spreadsheet](https://thefinaltape.com/blog/trading-journal-vs-spreadsheet)