Open Browser and go to: https://www.dukascopy.com/swiss/english/marketwatch/historical/

Download the pairs data for that week from 11 am Sunday to 11pm Friday.

Gmt	time		UCHF High	UCHF Low	UJPY High	UJPY Low
28.08.2016	11:00:00 PM		0.97829	0.97769	102.043	101.894
29.08.2016	12:00:00 AM		0.97867	0.97729	102.152	101.841
29.08.2016	1:00:00 AM		0.97824	0.97732	102.112	101.911
29.08.2016	2:00:00 AM		0.97831	0.97738	102.215	102.034
29.08.2016	3:00:00 AM		0.97762	0.97687	102.208	102.057
29.08.2016	4:00:00 AM		0.97738	0.97686	102.282	102.152
29.08.2016	5:00:00 AM		0.97721	0.97644	102.351	102.208
29.08.2016	6:00:00 AM		0.97777	0.97653	102.393	102.284
29.08.2016	7:00:00 AM		0.97935	0.97728	102.377	102.247
29.08.2016	8:00:00 AM		0.97792	0.97692	102.301	102.177
29.08.2016	9:00:00 AM		0.97773	0.97676	102.231	102.102
29.08.2016	10:00:00 AM		0.97811	0.97752	102.183	102.091
29.08.2016	11:00:00 AM		0.9794	0.97794	102.282	102.168
29.08.2016	12:00:00 PM		0.98019	0.97886	102.314	102.181
29.08.2016	1:00:00 PM		0.98049	0.97886	102.313	102.229
29.08.2016	2:00:00 PM		0.98064	0.97876	102.269	102.1
29.08.2016	3:00:00 PM		0.97975	0.97803	102.178	102.101
29.08.2016	4:00:00 PM		0.97888	0.978	102.196	102.13
29.08.2016	5:00:00 PM		0.97909	0.97679	102.171	101.931
29.08.2016	6:00:00 PM		0.97841	0.97714	101.985	101.899

So if you are trading UCHF or UJPY copy the high and low price data from your downloaded data for them pairs.

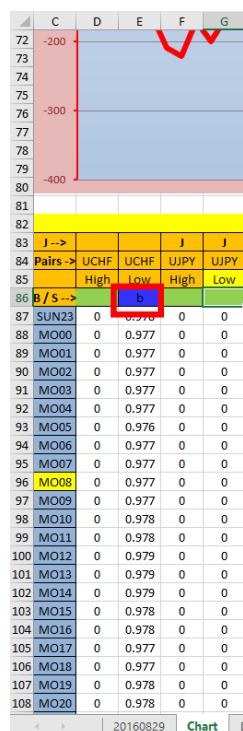IMPORTANT: Paste into correct cells staring from Sunday of that week @ 11pm.

The data should finish at Friday 11pm of that week.

	A	B	C	D	E	F	G
1				UCHF	UCHF	UJPY	UJPY
2	Gmt	time		High	Low	High	Low
3							
118	02.09.2016	5:00:00 PM		0.98059	0.97957	104.038	103.845
119	02.09.2016	6:00:00 PM		0.98087	0.9801	104.086	103.918
120	02.09.2016	7:00:00 PM		0.98028	0.97967	104.027	103.893
121	02.09.2016	8:00:00 PM		0.98032	0.97999	104.038	103.897
122	02.09.2016	9:00:00 PM		0.98016	0.98016	103.897	103.897
123	02.09.2016	10:00:00 PM		0.98016	0.98016	103.897	103.897
124	02.09.2016	11:00:00 PM		0.98016	0.98016	103.897	103.897
125							

If you do not require the pair just leave blank.

	A	B	C	D	E	F	G	H	I
1				UCHF	UCHF	UJPY	UJPY	ACHF	ACHF
2	Gmt	time		High	Low	High	Low	High	Low
3									
4	28.08.2016	11:00:00 PM		0.97829	0.97769			0.73897	0.73726
5	29.08.2016	12:00:00 AM		0.97867	0.97729			0.7374	0.73609
6	29.08.2016	1:00:00 AM		0.97824	0.97732			0.7376	0.73641
7	29.08.2016	2:00:00 AM		0.97831	0.97738			0.73755	0.73676
8	29.08.2016	3:00:00 AM		0.97762	0.97687			0.7379	0.737
9	29.08.2016	4:00:00 AM		0.97738	0.97686			0.73789	0.73729
10	29.08.2016	5:00:00 AM		0.97721	0.97644			0.73775	0.73725
11	29.08.2016	6:00:00 AM		0.97777	0.97653			0.7381	0.73694
12	29.08.2016	7:00:00 AM		0.97935	0.97728			0.73874	0.73709
13	29.08.2016	8:00:00 AM		0.97792	0.97692			0.73855	0.737
14	29.08.2016	9:00:00 AM		0.97773	0.97676			0.7392	0.73784

Go to the Chart tab: From Cell D84.

If you had a buy on the UCHF pair enter **b** in E86 (as shown). (This will pull through the low price data you have pasted from the data tab for that pair.

If you had a sell for the pair AUSD enter **s** in BF86 (as shown).

	BD	BE	BF	BG
75				
76				
77				
78				
79				
80				
81				
82				
83				
84	UCAD	UCAD	AUSD	AUSD
85	High	Low	High	Low
86			s	
87	0	0	0.755	0
88	0	0	0.754	0
89	0	0	0.754	0
90	0	0	0.753	0
91	0	0	0.754	0
92	0	0	0.755	0
93	0	0	0.755	0
94	0	0	0.755	0

Carry the b (buy) and s (sell) for all pairs traded that week.

The table to the right calculates the pip movement on each pair and the totals for the basket of pairs by each hour.

It also has if started at Mon 23:00 what the total pips would have been.

DN	DO	DP	DQ	DR	DS	DT	DU	DV
		If Started at 23:00						
0	1.3	0	11.1	0	0	0	123.8	
UCAD	AUSD	AUSD	ACAD	ACAD			SUM	
0	S	0	S	0				
0	0	0	0	0			0	
0	-12.5	0	-10.5	0			-34.5	
0	-17.4	0	-13.9	0			-86.9	
0	-15.4	0	-6.6	0			-70.2	
0	-5.7	0	-12.8	0			-76.2	
0	-5.8	0	-37.1	0			-162.4	
0	-22.3	0	-46	0			-209.7	
0	-23	0	-39.8	0			-221.2	
0	-31.3	0	-37.2	0			-170.6	
0	-25.8	0	-39.7	0			-199.5	

From this the Max Pips etc and chart is calculated. You do not need to touch this.

AT	AU	AV	AW
PAIRS		FOR EACH PAIR	
PAIRS	14		
MAX PIP	1590		113.5929
MIN PIP	-221.2		-15.8