ABHINAY TRADER · SETUP GUIDE

Supply & Demand Alert Sheet

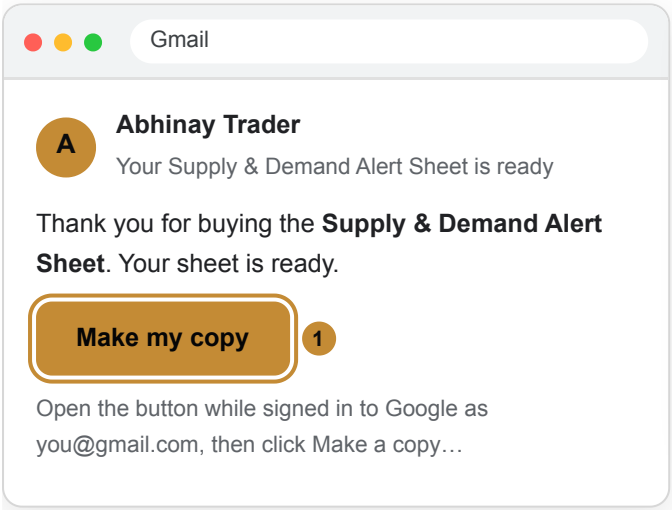
From your payment email to your first alert on Discord or Telegram: every step in order. Setup takes about 10 minutes.

Needs a free Google account (Gmail) **Alerts to** Discord and/or Telegram

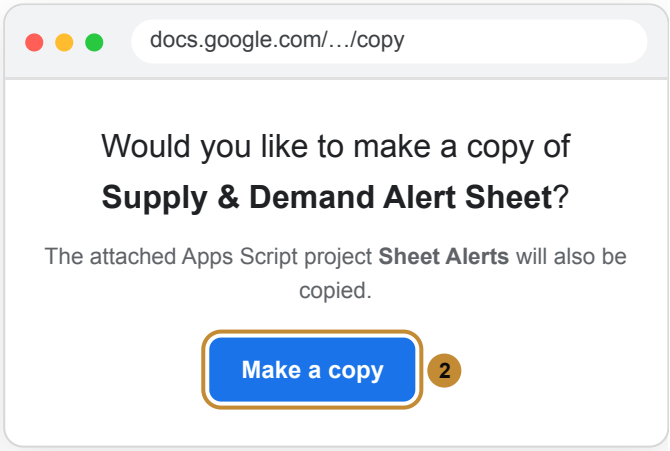
Runs on Google during market hours, even with your computer off

1 Get your copy of the sheet

1. Within minutes of paying you get an email: **"Your Supply & Demand Alert Sheet is ready"**. Check spam if you don't see it.
2. Sign in to Google with the **Gmail you entered on the payment page**. The sheet is shared only with that account.
3. Click **Make my copy** in the email, then **Make a copy** on the page that opens.
4. Your own copy opens in Google Sheets. It is **yours and private**: nobody else sees the prices you type, not even us.



Step 1. The email you receive after paying



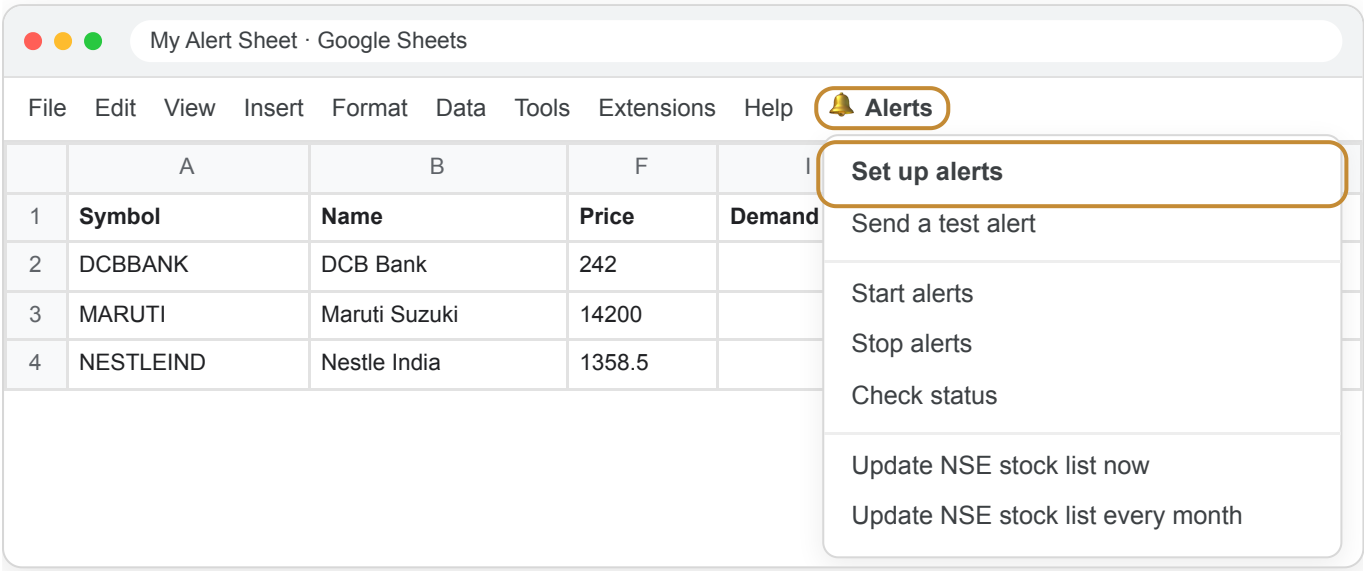
Step 2. Click Make a copy

Bookmark your copy
Always work in your copy (the file in your own Google Drive), not in the original link. Rename it if you like, for example "My Alert Sheet".

What's inside: the **NSE** tab (about 2,000 Indian stocks), the **US MT5** tab (about 1,200 US stocks), the **Calculator** tab (position size) and, after your first alert, an **Alert log** tab.

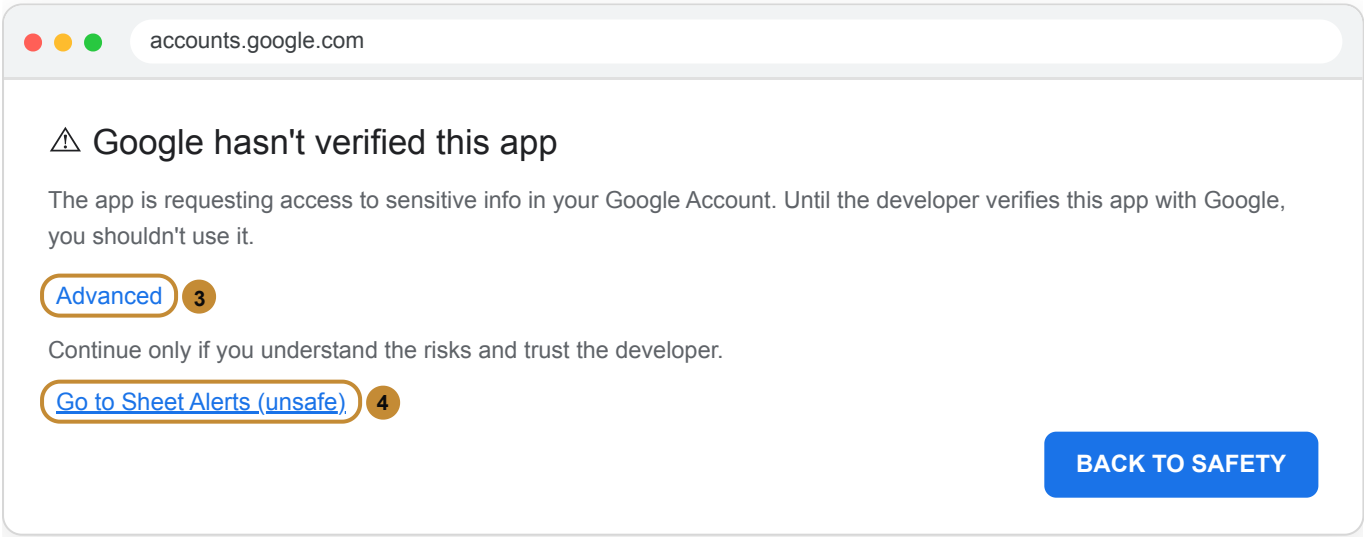
2 Allow the sheet to run (one time)

After the sheet opens, wait a few seconds: an 🔔 **Alerts** menu appears at the top, next to *Help*. If it doesn't, reload the page.



The 🔔 **Alerts** menu sits at the top of your copy, next to Help

1. Click 🔔 **Alerts** → **Set up alerts**.
2. Google shows **"Authorization required"** → **Continue** → choose your Google account.
3. Google shows **"Google hasn't verified this app"** → click **Advanced** → **Go to Sheet Alerts (unsafe)**.
4. Click **Allow**.
5. Click 🔔 **Alerts** → **Set up alerts** again. The setup window opens.



Click **Advanced**, then **Go to Sheet Alerts (unsafe)**, then **Allow** on the next screen

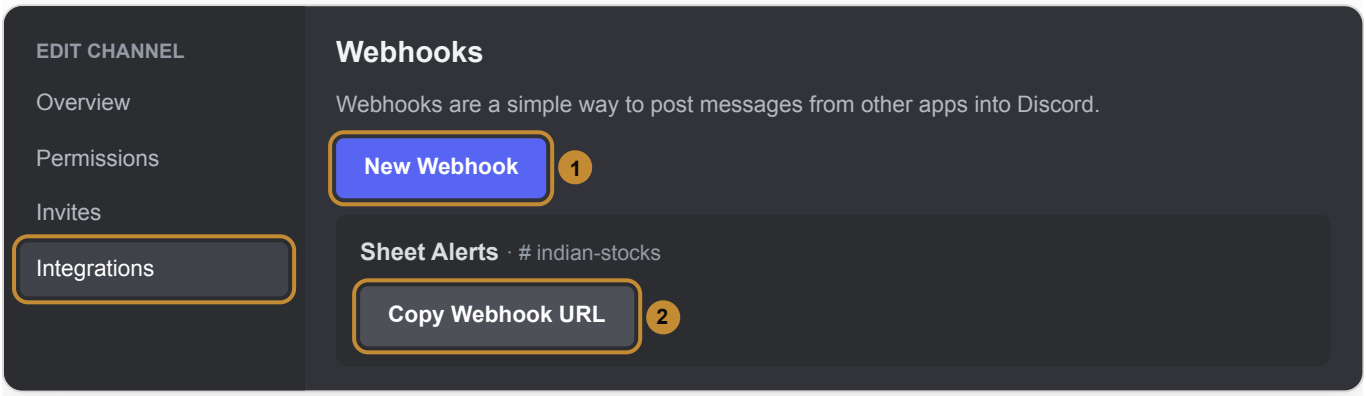
> **Why does Google say "unsafe"?**
> Google shows this for every private script it hasn't reviewed. The script is inside *your* copy and runs in *your* Google account. It reads your sheet and sends alerts to the Discord or Telegram you choose. It does not send your data anywhere else.

3 Connect Discord and/or Telegram

The setup window has one section for **Indian stocks** and one for **US stocks**. You can send both to the same channel or to different ones. Fill in Discord, Telegram, or both.

Discord

1. In Discord, open your server and right-click the channel for alerts → **Edit Channel** → **Integrations** → **Webhooks**.
2. **New Webhook** → give it a name (e.g. "Sheet Alerts") → **Copy Webhook URL**.
3. Paste it into **Indian stocks webhook** (and/or **US stocks webhook**) in the setup window.

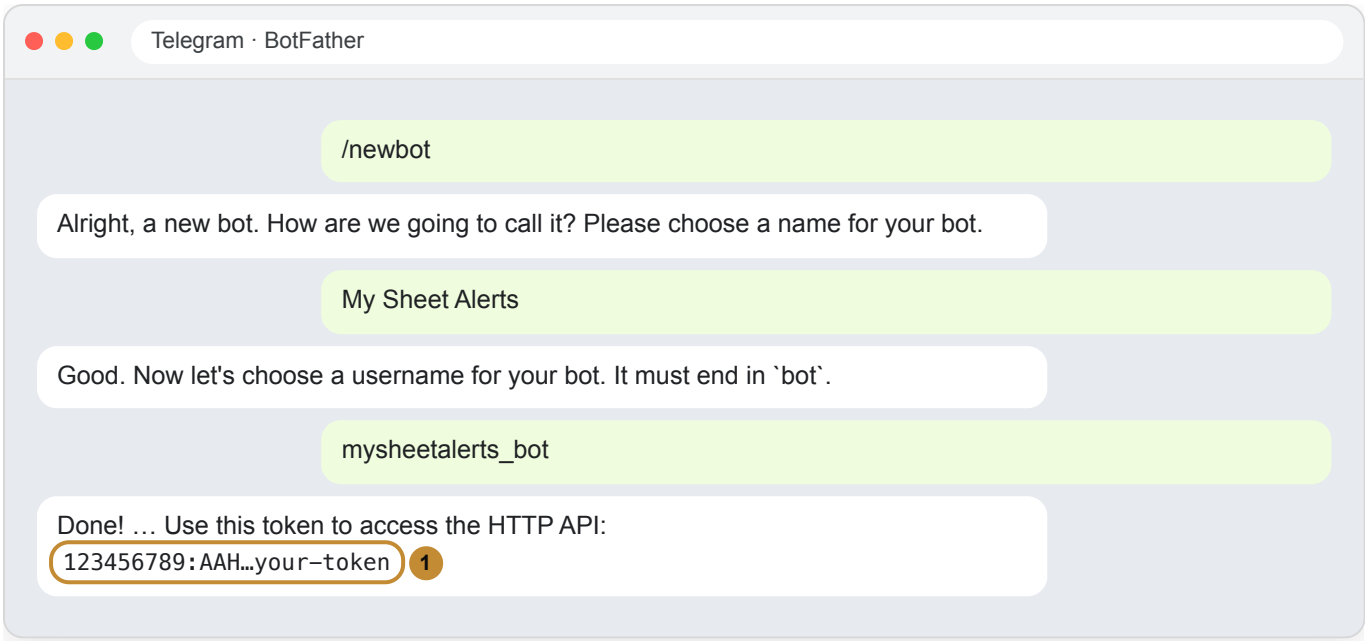


Discord → channel settings → **Integrations** → Webhooks

> **Keep webhook URLs private**
> Anyone with the URL can post into your channel. Don't share screenshots that show it.

Telegram

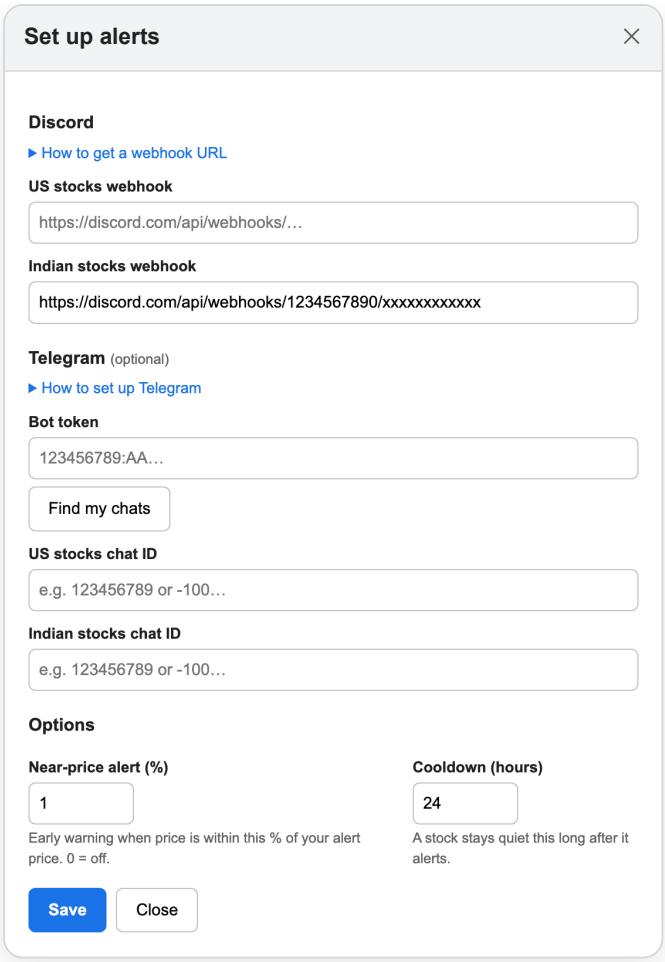
1. In Telegram, open **@BotFather** → send `/newbot` → choose a name and a username ending in `bot`. BotFather replies with a **token** like `123456789:AA…`.
2. Open your new bot and send it any message (for example "hi"). For a group or channel: add the bot as an **admin** and post a message there.
3. Paste the token into **Bot token** in the setup window and click **Find my chats**.
4. Your chats appear in a list. Click **use for Indian stocks** and/or **use for US stocks**.



Copy the token BotFather gives you and paste it into **Bot token**

Options

Option	What it does
Near-price alert (%)	An early warning when price comes within this % of your level, for example `1` = 1%. `0` = off (default).
Cooldown (hours)	After a stock alerts, it stays quiet this long, so a price bouncing on your level doesn't spam you. Default 24.



The setup window (from 🔔 **Alerts → Set up alerts**)

1. Click **Save**.
2. Click 🔔 **Alerts → Send a test alert**. A ✅ message should arrive in each channel you set up.

4 Put in your price levels

Each row is one stock. You only type in two columns; everything else calculates by itself.

Symbol	Price	Demand (I)	Distance %	Status	Supply (L)	Distance %	Status
RELIANCE	1,373.9	1,310	4.65	WAIT	1,452	5.68	WAIT
SAFARI	1,530.0	1,422	7.06	WAIT	1,528	-0.13	ALERT
KOTAKBANK	509.0	482	5.30	WAIT			

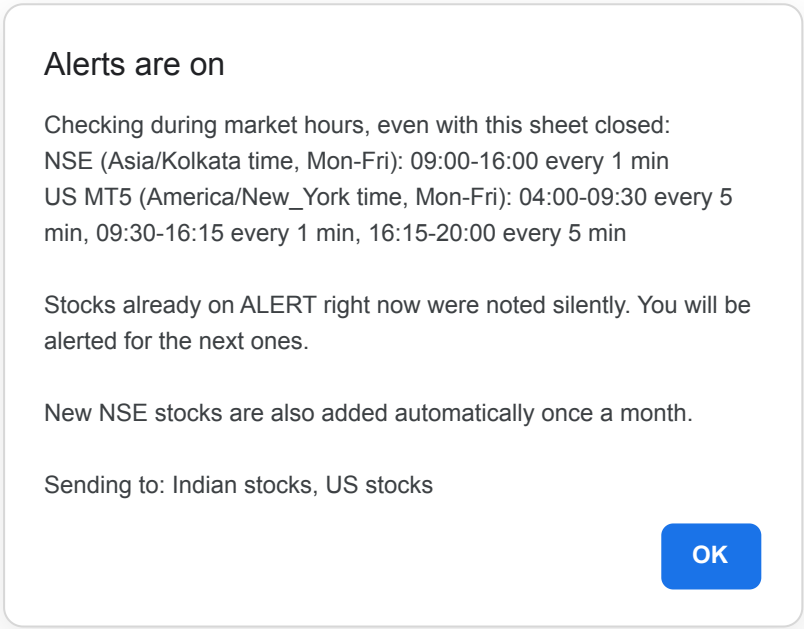
Column	What to do
Demand (column I)	Type the price where you want a **Demand** alert. It fires when price falls **to or below** it.
Supply (column L)	Type the price where you want a **Supply** alert. It fires when price rises **to or above** it.
Distance % / Status	Calculated. Status turns **ALERT** when price reaches your level.
Empty cells	Leave a level empty and that side never alerts. Fill only the stocks you are watching.

> **Put the level where your analysis says**
> At a demand zone · below a demand zone if you expect it to break · above a supply zone for a breakout. The sheet alerts at whatever price you type.

Use **Data → Create a filter** or **Ctrl/Cmd + F** to find a stock quickly.

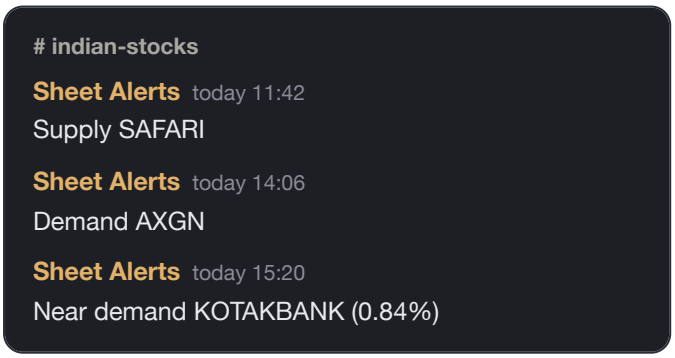
5 Start the alerts

1. Click 🔔 **Alerts → Start alerts**.
2. A box confirms **"Alerts are on"**. You can close the sheet and turn off your computer: it runs on Google's servers every minute during market hours (NSE 9:00 AM to 4:00 PM IST; US pre-market, market hours and post-market), Monday to Friday.



After **Start alerts**

What an alert looks like:



- Stocks already on ALERT when you press Start are noted silently, so you are never flooded.
- Each stock alerts **once** per touch, then waits for the cooldown.
- Every alert is also written to the **Alert log** tab (newest first).

The 🔔 Alerts menu

Menu item	What it does
Set up alerts	Change Discord / Telegram, near-price %, cooldown.
Send a test alert	Checks every channel you set up.
Start alerts / Stop alerts	Turns the market-hours checking on or off.
Check status	Shows if alerts are on, where they go, how many levels you've set, how many are on ALERT and in cooldown.
Update NSE stock list now	Adds newly eligible NSE stocks right away (see step 6).
Update NSE stock list every month	Turns the monthly update on or off.
Remove penny stocks now	Removes very small companies right away (see step 6).

6 New NSE stocks every month

- When you press **Start alerts**, the monthly update is switched on too. On the **3rd of every month** new NSE stocks are added at the bottom of the NSE tab.
- Only stocks listed for **more than 2 years** are added. Recent IPOs don't have enough chart history for supply and demand analysis.
- New rows arrive with empty Demand and Supply, so they never alert until you add a level.
- The update also lists stocks that are no longer on NSE (delisted or renamed). Delete those rows yourself.

Penny stocks are removed for you

- Companies with a **market cap under ₹500 crore** (column O shows market cap in ₹ million, so under `5,000 M`) are treated as penny stocks: low volume, often stuck in circuits and easy to manipulate.
- Every month, before new stocks are added, these rows are removed, and they are never added back.
- Run it any time with 🔔 **Alerts → Remove penny stocks now**. It shows how many it found and a few names before deleting anything.
- **A row where you typed a Demand or Supply price is never removed**, however small the company.

7 Position size calculator

Open the **Calculator** tab. Type only in the **yellow** cells:

POSITION SIZE CALCULATOR	
Stock symbol	**RELIANCE**
Exchange (NSE, or blank for US)	**NSE**
Live price	1,373.90
Entry price	**543.00**
Stop loss	**443.00**
Max risk per trade	**10,000**
SL distance	100.00
Quantity	**100**
Margin required	**54,300**
Direction	**LONG (buy)**
TARGET	
Target price	**580.00**
Profit at target	**3,700**
Risk : Reward	**1 : 0.37**

The **Calculator** tab. Yellow cells are yours to type in

You type	The sheet calculates
Stock symbol, Exchange (NSE, or blank for US)	Live price
Entry price, Stop loss, Max risk per trade	SL distance, **Quantity** (rounded down so you never risk more), Margin required, Direction (LONG / SHORT)
Target price	Profit at target and Risk : Reward

Example: entry 543, stop 443, risk ₹10,000 → quantity **100**, margin **₹54,300**. Target 580 → profit **₹3,700**, risk : reward **1 : 0.37**.

8 Good to know

- **Prices come from Google Finance and can be up to 20 minutes behind the market.** The sheet suits swing and positional levels, not scalping or intraday entries.
- Free Google accounts allow about 90 minutes of script time per day. The sheet uses about 55, so avoid running other heavy Google scripts in the same account.
- Google sometimes emails "Exceeded maximum execution time" or "Server error" for one run. That's a temporary Google hiccup; the next run continues normally.
- The sheet is a tool, not a tip service: the levels are yours.

9 Troubleshooting

Problem	Fix
No 🔔 Alerts menu	Make sure you are in **your copy**, then reload the page and wait 10 seconds.
"Make a copy" says you need access	Sign in with the Gmail you entered at payment. Wrong Gmail? Email us (below).
Test alert says FAILED	Discord: copy the webhook URL again. Telegram: send your bot a message, then click Find my chats again.
No alerts arriving	🔔 **Alerts → Check status**: alerts must be ON, and the stock must have a level in Demand or Supply. A stock that alerted recently is in cooldown.
Price shows #N/A	Google Finance doesn't have that symbol (often renamed or delisted). Remove the row.
Too many alerts	Raise the cooldown in Set up alerts, or set Near-price alert to 0.