How do I manually enter 401(k) transactions?

If you set up a tax-deferred investment account to track your 401(k), you can manually enter 401(k) transactions in the investment transaction list, just as you would for a regular investment account. This is the most time-consuming way to track a 401(k). You must enter each Buy/Sell transaction for each individual security, either from your statement or from transaction-level information posted to your financial institution's website.

If you want this kind of transaction-level detail, investigate whether your financial institution provides online account services through Quicken.