

Fill this in before you open the platform. Stick to the numbers.

1. ACCOUNT SETUP

Account Size *The total capital in your trading account*

Account Currency

Trading Instrument(s) *e.g. NQ, ES, BTC*

2. DAILY LOSS LIMITS

Professional standard: Hard stop = 2% of account. Amber warning = 1%. Never risk more than 1% per trade.

Hard Stop (Daily Loss Limit) *Account Size × 0.02*

Amber Warning Level *Account Size × 0.01 — slow down here*

Green Zone (OK to trade freely) *Below Amber Warning*

3. PER-TRADE RISK

Max Risk Per Trade *Account Size × 0.01 (1% rule)*

Stop Loss in Points / Ticks *From your trade plan entry to stop*

Point Value (per contract) *e.g. NQ = \$20/pt, ES = \$50/pt*

Position Size Formula:

Contracts = Max Risk Per Trade ÷ (Stop Loss in Points × Point Value Per Contract)

Max contracts:

4. SESSION TRADE TRACKER

#	Time	Direction	Entry	Stop	Target	Result (£)	Running P&L
1							
2							
3							
4							
5							

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QUICK REFERENCE — PRE-CALCULATED LIMITS

Based on 2% daily hard stop, 1% amber warning, 1% per-trade risk. Use whichever row matches your account size.

Account Size	Hard Stop (2%)	Amber Warning (1%)	Max Risk/Trade (1%)	Conservative Risk (0.5%)	Max Trades @ 1% risk
\$25,000	\$500	\$250	\$250	\$125	2
\$30,000	\$600	\$300	\$300	\$150	2
\$35,000	\$700	\$350	\$350	\$175	2
\$40,000	\$800	\$400	\$400	\$200	2
\$45,000	\$900	\$450	\$450	\$225	2
\$50,000	\$1,000	\$500	\$500	\$250	2
\$60,000	\$1,200	\$600	\$600	\$300	2
\$70,000	\$1,400	\$700	\$700	\$350	2
\$80,000	\$1,600	\$800	\$800	\$400	2
\$90,000	\$1,800	\$900	\$900	\$450	2
\$100,000	\$2,000	\$1,000	\$1,000	\$500	2
\$150,000	\$3,000	\$1,500	\$1,500	\$750	2

WEEKLY P&L TRACKER

