Gold futures position sizing sheet (PDF)

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Fill in before each trade.

Inputs

Account size ($) and risk per trade (%) _____

Dollar risk allowed (account x risk %) _____

Entry price and stop price _____

Stop distance ($ per ounce) _____

Risk per contract

Contract	Ounces	Risk per contract (stop x ounces)	Contracts allowed (round down)
GC	100		
MGC	10		
1OZ	1		

Checks

- ☐ Contracts allowed is at least 1; otherwise skip or use a smaller contract
- ☐ Prop firm contract limit and daily loss limit respected
- ☐ Not holding into the delivery period
- ☐ Major news times checked

Sources: CME Group: A side-by-side comparison of Gold futures (PDF); CME Group: Micro Gold and Micro Silver futures product overview; CME Group: CME Group to launch 1-Ounce Gold futures (Dec 5, 2024); CFTC: Basics of futures trading. Full explanation and links: https://uxs.nz/commodities/gold-futures-vs-micro-gold-futures/

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