Futures prop sizing worksheet (PDF)

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Fill in before every session.

Account rules

Firm and account size _____

Maximum position size (minis / micros) at this stage _____

Maximum Loss Limit and how it trails _____

Daily loss limit, if any _____

Per trade

% of loss limit risked per trade _____

Stop distance (points) _____

$ per point of the contract (NQ $20, MNQ $2, ES $50, MES $5) _____

Contracts = risk $ ÷ (stop × $ per point) _____

Checks

- [ ] Is the result below the firm's cap at this stage?
- [ ] How many losing trades in a row before the loss limit?
- [ ] Does the Scaling Plan allow this size today?

Sources: Topstep: Trading Combine parameters; Topstep: What is the Scaling Plan?; Topstep: Express Funded Account parameters; Topstep: Trading Combine pricing and targets; Topstep: What is the Maximum Loss Limit?; CME Group: FAQ, Micro E-mini equity index futures. Full explanation and links: https://uxs.nz/prop/how-many-contracts-can-you-trade-on-a-50k-futures-prop-account/

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