NQ / MNQ position sizing sheet (PDF)

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Fill in before each futures trade.

Inputs

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

Entry, stop, and stop distance in index points _____

Calculation

Risk per NQ contract = stop points × $20 _____

Risk per MNQ contract = stop points × $2 _____

Contracts = dollar risk ÷ risk per contract (round down) _____

Checks

- [ ] Margin available for this many contracts
- [ ] A 1% index move against me stays inside my daily loss limit
- [ ] Commissions counted per contract
- [ ] No scheduled news inside the trade window I haven't planned for

Sources: CME Group: E-mini Nasdaq-100 contract specs; CME Group: Micro E-mini Nasdaq-100 contract specs; FRED: Nasdaq-100 Index (NASDAQ100); CFTC: Basics of futures trading. Full explanation and links: https://uxs.nz/indices/how-much-is-one-point-worth-on-nasdaq-100-nq-and-mnq-futures/

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