Forex position-size cheat sheet (PDF)

UXS · https://uxs.nz/forex/how-to-calculate-position-size-in-forex/ · 2026-11-10 · Educational only, not financial advice

Keep this next to your platform. All values are per standard lot (100,000 units).

Formula

Lots = (balance × risk %) ÷ (stop pips + spread pips) ÷ pip value per lot

Pip value per standard lot

Pair type	Example	Pip value
USD is the second currency	EUR/USD, GBP/USD, AUD/USD	$10
JPY is the second currency	USD/JPY, EUR/JPY, GBP/JPY	1,000 yen ÷ USD/JPY rate
Another currency second	EUR/GBP, EUR/CHF	10 units of that currency, converted to $

Quick table: lots for $50 of risk at $10 per pip

Stop (pips)	Lots
10	0.50
20	0.25
30	0.16
50	0.10
100	0.05

Before sending the order

- [ ] Risk % written down before the trade
- [ ] Spread and commission added to stop distance
- [ ] Size rounded down
- [ ] Margin needed checked against free margin
- [ ] Correlated open trades counted in total risk

Sources: NFA: Investor education and resources; CFTC: Foreign currency (forex) fraud advisory; FRED: Japanese yen to one US dollar (DEXJPUS); FRED: US dollars to one British pound (DEXUSUK). Full explanation and links: https://uxs.nz/forex/how-to-calculate-position-size-in-forex/

Educational content, not financial, tax or legal advice. Trading involves substantial risk of loss. Made by UXS (uxs.nz). Free to print and share unchanged with attribution.