Prop challenge plan and daily tracker (PDF)

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Complete before the first trade; update at the end of each day.

Rules

Account size, profit target, time limit _____

Maximum loss (type) and floor in $ _____

Daily loss limit, basis and reset time _____

Other rules (consistency, news, weekend, minimum days) _____

My limits

Risk per trade ($ and %) _____

Personal daily stop ($) _____

Maximum trades per day _____

Size reduction once target is 75% reached _____

Daily tracker

Day	Start balance	Floor today	Trades	P&L	Rules kept?
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

Sources: CFTC: Learn and Protect; FINRA: Day trading; FTC Business Opportunity Rule: Earnings claims (16 CFR 437.4); NFA: Investor education and resources. Full explanation and links: https://uxs.nz/prop/how-to-pass-a-prop-firm-challenge/ 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.