Personal daily loss limit plan (PDF)

UXS · https://uxs.nz/basics/what-daily-loss-limit-should-a-personal-trading-account-use/ · 2026-11-10 · Educational only, not financial advice

Fill this in before the week starts and keep it next to your screen.

My numbers

Account size _____

Risk per trade (R) in % and in money _____

Daily loss limit in R and in money _____

Weekly loss limit in R and in money _____

Maximum trades per day _____

Rules when the limit is hit

- [ ] Close or flatten all positions
- [ ] No new orders until the next session
- [ ] Write one line in the journal: what happened and whether rules were followed
- [ ] Next day: normal size, not double

Weekly review

Days the limit was hit this week _____

Rule breaks on those days _____

Change for next week (if any) _____

Sources: FINRA: Frequent intraday trading basics; FINRA: Risk; CFTC: Basics of futures trading. Full explanation and links: https://uxs.nz/basics/what-daily-loss-limit-should-a-personal-trading-account-use/

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.