Prop challenge risk sizing sheet (PDF)

UXS · https://uxs.nz/prop/what-percent-should-you-risk-per-trade-on-a-prop-firm-challenge/ · 2026-11-10 · Educational only, not financial advice

Fill in before the first trade of the challenge.

Firm rules (from the firm's own page)

Profit target (%) and maximum loss (%), static or trailing _____

Daily loss limit (%) and when the day resets _____

Minimum trading days and any time limit _____

My plan

Risk per trade (%) and in dollars _____

Maximum trades per day and maximum open risk at once (%) _____

Losses in a row before the daily limit (daily limit ÷ risk) _____

Losses in a row before the max loss (max loss ÷ risk) _____

Checks

- [ ] My tested win rate and average reward-to-risk give positive expectancy
- [ ] My stop size and lot size match my dollar risk
- [ ] Correlated positions are counted as one risk
- [ ] I will cut risk after losing a set amount

Sources: FTMO: Trading objectives; FTMO: FAQ; CFTC: Futures market basics; Investor.gov: Compound interest calculator. Full explanation and links: https://uxs.nz/prop/what-percent-should-you-risk-per-trade-on-a-prop-firm-challenge/

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