Printable pre-challenge plan (PDF)

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Fill this in before buying a challenge and keep it next to your screen.

The firm's rules

Profit target and time limit _____

Maximum loss (static or trailing) and floor today _____

Daily loss limit, basis and reset time _____

Consistency, news and weekend rules _____

My risk plan

Risk per trade (% and $) _____

Personal daily stop _____

Maximum trades per day _____

What I do after two losses in a row _____

Before each session

- [ ] Today's floor written down
- [ ] Planned setups only, sized before entry
- [ ] No trading 5 minutes either side of major news if restricted
- [ ] Stop after hitting my personal daily stop

Sources: FINRA: Day trading; CFTC: Learn and Protect; FTC Business Opportunity Rule: Earnings claims (16 CFR 437.4); ESMA: CFD retail investor loss disclosures. Full explanation and links: https://uxs.nz/prop/why-do-most-traders-fail-prop-firm-challenges/

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