One page between you *and your worst trade.*

Fill it in once, before the open. Every rule on this card exists because somebody funded lost an account learning it. Yours are the numbers; the discipline is the edge.

1 Size the position

Risk per trade = at most **1%** of the account. Never more than **5%** of the account in one position.

My account: $__________ → my max risk per trade: $ __________

Contracts or shares = max risk ÷ (entry − stop). Round DOWN.

If the math says zero contracts, the trade is too big for the account. Skip it.

2 Place the stop

The stop goes behind the nearest real chart pivot, plus a buffer. Never at a round number.

Find the last swing low (for longs) or swing high (for shorts) on your entry timeframe. Stop goes a few ticks beyond it.

Round numbers (21,000 / $150.00) are where everyone else's stop sits, and where the market goes fishing.

3 Set the take-profit

The target is the next level, decided before entry, never after.

Next resistance for longs, next support for shorts. If the distance to the target is not at least the distance to the stop (1R), the trade does not exist.

Today's trade: entry __________ stop __________ target __________ = _____R

4 The two-loss rule

Two losses in a row = done for the day. Close the platform.

Not one more small one. Not a revenge scalp. The third trade after two stops is the one that ends evaluations and funded accounts.

Tomorrow the market opens again, and you still have an account.

5 Know your firm's numbers cold

Trading a funded or evaluation account? Copy the numbers from your firm's dashboard today. They change; your memory of them should not.

MY FIRM	DRAWDOWN ($ AND TYPE)	DAILY LOSS LIMIT	CONSISTENCY RULE	MY DAILY QUIT LEVEL (80% OF LIMIT)

Quit at 80% of the daily limit, not 100%. The last 20% is the buffer that keeps a red day from becoming a dead account.