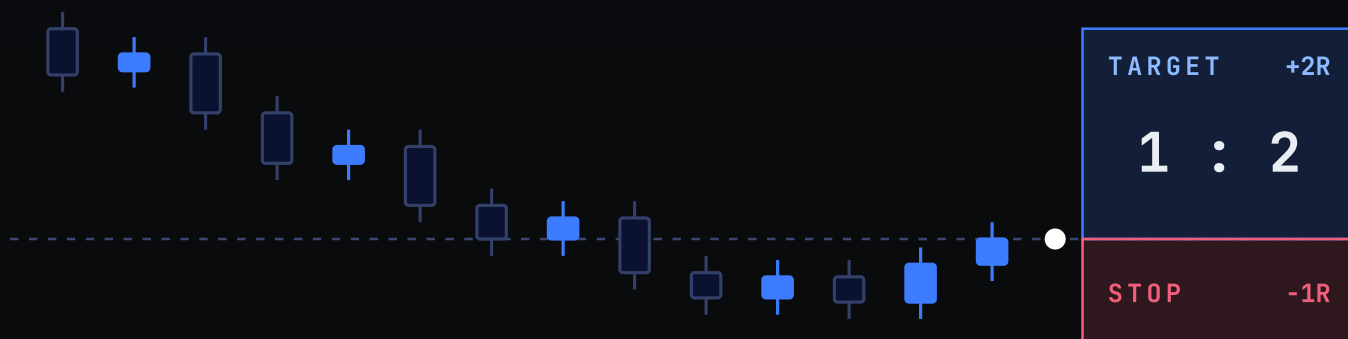


THE TRADE PLAN

How to size every trade, protect your daily balance, and avoid the mistakes that blow accounts and prop firm evaluations.

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01 · THE CHECKLIST

RUN IT BEFORE EVERY TRADE

Print it. Keep it next to your chart. Can't tick a box? No trade.

BEFORE THE SESSION

- ☐ **My daily loss limit today: \$_____**
We use 0.5% of the account: one losing trade and the day is over.
- ☐ **Max trades today: _____**
Decide it now, while you're calm. Not after a loss.
- ☐ **High-impact news today at: _____ : _____**
Red-folder events like CPI, FOMC, NFP. No new entries 15 minutes before and after.
- ☐ **I'm not here to win back yesterday's loss.**
Yesterday is closed. Today has its own limit.

BEFORE EVERY TRADE

- 1 Where am I wrong?** ☐
Stop at the level that kills the idea, marked on the chart before entry.
- 2 What does it cost? \$_____** ☐
A fixed amount every trade. We risk 0.5% of the account.
- 3 How many contracts? _____** ☐
Risk \$ ÷ (stop in points × \$ per point). Round down. Formula on page 3.
- 4 Where do I take profit?** ☐
Target written down before entry. Worth at least 2× what you risk.
- 5 Am I still allowed to trade?** ☐
Under today's loss limit, and no high-impact news in the next 15 minutes.

AFTER THE TRADE

- ☐ **Logged in R, with a screenshot.**
R = result ÷ risk. A \$100 win on \$50 risk is +2R.
- ☐ **The stop only moved toward profit.**
Never away. Not even "just this once".
- ☐ **Daily limit hit? Platform closed.**
Back tomorrow with a fresh limit.

CAN'T WRITE THE STOP? DON'T TAKE THE TRADE.

NO STOP = NO TRADE

02 · POSITION SIZING

SIZE IN 60 SECONDS

Your size isn't a feeling. It comes from two numbers you already have: how much you're willing to lose, and how far away your stop is.

$$\text{Contracts} = \text{Risk \$} \div (\text{Stop in points} \times \text{\$ per point})$$

Always round down. If the answer is below 1, the trade is too big for this account.

SYMBOL	CONTRACT	\$ PER POINT	\$ PER TICK (0.25)
NQ	E-mini Nasdaq-100	\$20.00	\$5.00
MNQ	Micro E-mini Nasdaq-100	\$2.00	\$0.50
ES	E-mini S&P 500	\$50.00	\$12.50
MES	Micro E-mini S&P 500	\$5.00	\$1.25

1 NQ = 10 MNQ. 1 ES = 10 MES. The micros let you size precisely on a smaller account.

EXAMPLE A

\$10,000 account, MNQ

Risk 0.5% = \$50

Stop = 20 points

$20 \times \$2 = \40 / contract

$\$50 \div \$40 = 1.25$

→ **1 MNQ**

EXAMPLE B

\$20,000 account, MES

Risk 0.5% = \$100

Stop = 6 points

$6 \times \$5 = \30 / contract

$\$100 \div \$30 = 3.33$

→ **3 MES**

EXAMPLE C

\$50,000 evaluation, NQ

Risk 0.5% = \$250

Stop = 20 points

$20 \times \$20 = \400 / contract

$\$250 \div \$400 = 0.62$

→ **0 NQ. Too big.**

MNQ: $\$250 \div \$40 = 6.25$

→ **6 MNQ**

Below 1 contract? Switch to the micro or skip the trade. **Never round up, and never tighten the stop just to make the size fit.** The stop belongs where the idea is wrong, not where your account wants it.

03 · QUICK-SIZE TABLES

NO CALCULATOR? USE THESE

Find your risk per trade on the left and your stop on top. The number is your maximum size. A dash means one contract already risks too much: skip it.

MNQ

\$2 per point · max contracts

RISK \ STOP	10 PTS	15 PTS	20 PTS	30 PTS	40 PTS
\$50	2	1	1	—	—
\$100	5	3	2	1	1
\$200	10	6	5	3	2
\$250	12	8	6	4	3
\$500	25	16	12	8	6

MES

\$5 per point · max contracts

RISK \ STOP	3 PTS	5 PTS	8 PTS	10 PTS	15 PTS
\$50	3	2	1	1	—
\$100	6	4	2	2	1
\$200	13	8	5	4	2
\$250	16	10	6	5	3
\$500	33	20	12	10	6

Trading NQ or ES? Divide the micro number by 10 and round down. Example: \$500 risk, 20-point stop → 12 MNQ → **1 NQ**.

FILL IN YOUR OWN LINE

Account size

Risk per trade (\$)

My usual stop (points)

My size (contracts)

04 · WHY 0.5%

THE DRAWDOWN MATH

Losing streaks are normal. Over a few hundred trades, a strategy that wins half the time will usually hit 6 to 8 losses in a row at some point. Your risk per trade decides if that's a bad week or the end of the account.

RISK PER TRADE	AFTER 10 LOSSES IN A ROW		GAIN NEEDED TO GET BACK
0.5%	-4.9%		+5.1%
1%	-9.6%		+10.6%
2%	-18.3%		+22.4%
5%	-40.1%		+67.0%
10%	-65.1%		+186.8%

Each loss is taken as a % of the balance at that moment.

AT 0.5%: OUR DAILY MAX

-4.9%

Ten losing days in a row is a small dent. About +5% brings you back.

AT 10% PER TRADE

-65.1%

The same streak leaves a third of the account, and you'd need to almost triple it to get back.

In a prop firm evaluation it's tighter. The account doesn't have to reach zero to fail. It fails when you touch the max drawdown, which is usually only a few percent of the starting balance.

Example: a \$50,000 evaluation with a \$2,000 drawdown. Risk \$500 a trade and **4 losses** end it. Risk 0.5% (\$250) and you can take **8**.

05 · COMMON MISTAKES

7 MISTAKES THAT BLOW ACCOUNTS AND EVALUATIONS

None of them are about the entry. All of them are about risk.

01 Sizing by feeling

"This setup looks perfect, I'll go bigger." Then the perfect setup loses.

FIX Size only from the formula on page 3. Same risk every trade.

02 Over-leverage

Trading NQ on an account built for MNQ. One NQ point is \$20, so a 25-point stop costs \$500.

FIX If one contract risks more than 1 to 2% of the account, trade the micro or don't trade.

03 Moving the stop away

Price gets close to the stop and you "give it some room". A -1R loss turns into -3R.

FIX A stop moves only toward profit. Never away from it.

04 Revenge trading

A fast, unplanned trade to win back the last loss. It usually becomes the second loss.

FIX One loss and the day is over. Write the limit down before the session.

05 Trading into high-impact news

CPI, FOMC and NFP can move NQ dozens of points in seconds. Spreads widen and a stop can fill well past its price.

FIX No new entries 15 minutes before and after red-folder news. Check the calendar every morning.

06 Rushing the evaluation

Doubling size to hit the profit target in two days. One bad trade and the evaluation is gone.

FIX Trade the evaluation like a funded account. Same risk every trade, and let the target take as long as it takes.

07 Not knowing where the line is

Many evaluations use a trailing drawdown that follows your highest balance up. Depending on the firm it can trail at the end of the day or during the trade.

FIX Before each session, write down how far you are from the line. Size so 3 losses can't reach it.

A PLAN BEFORE EVERY TRADE. A STOP ON EVERY POSITION.

That's the process we teach at Z3NO. Tsotne and Tato have traded NQ and ES with ICT concepts for over 3 years. In the Full Mentorship you learn it with them: 14 live lectures, three times a week, every one recorded, with lifetime access.

Start with this checklist on a demo account. Real money only after your process has proven itself.

QUESTIONS ABOUT THE
CHECKLIST?

DM @z3notrading

PACKAGES AND MENTORS

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