THE FINAL TAPE

# Prop Trader 1% Rule Checklist

7-day lock-in + 3-line sizing formula — static risk on starting balance

### Static vs compounding

- **Static (prop standard):** Starting balance × 1%
- **Compounding:** Current equity × 1% — oversizes after wins

### 3-line position sizing formula

| Step | Formula | Example ($50k) |
|---|---|---|
| 1. Dollar risk | Reference balance × Risk % | $50,000 × 0.01 = $500 |
| 2. Risk per contract | Stop × $/point | 10 × $50 = $500 |
| 3. Contracts | Floor(risk ÷ per contract) | Floor(500 ÷ 500) = 1 |

### 7-day setup checklist

#### Day 1 — Create eval portfolio

- ☐ Static risk, 1%, exact starting balance
- ☐ Success: settings locked before trade one

#### Day 2 — Log three trades

- ☐ Verify planned_risk_$ = balance × 0.01

#### Day 3 — Compare static vs compounding

- ☐ Run both formulas; note the gap

#### Day 4 — Tag manual overrides

- ☐ Every size/stop change gets a tag

#### Day 5 — Flag drift rows

- ☐ Highlight planned risk > 1.05× target

#### Day 6 — Paper-trade the formula

- ☐ Run 3-line formula before the open

#### Day 7 — Write one sizing rule

- ☐ Document static 1% in one sentence

### Red flags

- ☐ Manual override with no tag

- ☐ Wrong tick value / multiplier
- ☐ Compounding enabled on eval portfolio
- ☐ Starting balance edited after payout

### Program examples (1% static)

| Program | Account | 1% risk | Note |
|---|---|---|---|
| TopStep | $50,000 | $500 | ES 10-pt → 1 contract |
| Apex | $25,000 | $250 | Size down to ≤ $250 |
| Personal | $10,000 | $100+ | Compounding OK if documented |

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