

POSITION SIZING LOOKUP TABLE

Find your lot size in under 5 seconds — Laminate and keep at your desk

$$\text{Position Size} = (\text{Account Balance} \times \text{Risk}\%) \div (\text{Stop Distance} \times \text{Point Value})$$

Account Size (rows) × Stop Distance in Points (columns). The values below are contract sizes sized for exactly 1% risk. Point value assumes \$20 per point — the NQ (Nasdaq-100 E-mini) standard contract, matching the Chapter 5 table in the book. For ES (\$50 per point), multiply every value by 0.4.

Standard 1% Risk Table

Account / 1%	5 pt	10 pt	15 pt	20 pt	25 pt	30 pt	35 pt	40 pt	50 pt
\$1,000	0.10	0.05	0.03	0.03	0.02	0.02	0.01	0.01	0.01
\$2,500	0.25	0.13	0.08	0.06	0.05	0.04	0.04	0.03	0.03
\$5,000	0.50	0.25	0.17	0.13	0.10	0.08	0.07	0.06	0.05
\$10,000	1.00	0.50	0.33	0.25	0.20	0.17	0.14	0.13	0.10
\$15,000	1.50	0.75	0.50	0.38	0.30	0.25	0.21	0.19	0.15
\$25,000	2.50	1.25	0.83	0.63	0.50	0.42	0.36	0.31	0.25
\$50,000	5.00	2.50	1.67	1.25	1.00	0.83	0.71	0.63	0.50
\$75,000	7.50	3.75	2.50	1.88	1.50	1.25	1.07	0.94	0.75
\$100,000	10.00	5.00	3.33	2.50	2.00	1.67	1.43	1.25	1.00

Values below 1.00 indicate sub-contract sizing. Use micro contracts for accounts under \$10K: MNQ (\$2 per point) — multiply the table value by 10. MES (\$5 per point) — multiply the table value by 4. Always verify your broker's contract specification before trading.

Learn more — Book 8, Chapter 5.

Rounding: values rounded to nearest 0.01 (half-up). Actual position may vary by one micro contract.

For forex majors (\$10 per pip per standard lot) and gold (XAUUSD, \$10 per ten-cent pip — the series convention): multiply the table value by 2 and read the stop column in pips.

PROP FIRM TRADER — 0.5% AND 2% VARIANTS

For challenge phases (0.5%) and funded scaling (2% — use with caution)

0.5% Risk (Challenge Phase)

Account / 0.5%	5 pt	10 pt	15 pt	20 pt	25 pt	30 pt	35 pt	40 pt	50 pt
\$1,000	0.05	0.03	0.02	0.01	0.01	0.01	0.01	0.01	0.01
\$2,500	0.13	0.06	0.04	0.03	0.03	0.02	0.02	0.02	0.01
\$5,000	0.25	0.13	0.08	0.06	0.05	0.04	0.04	0.03	0.03
\$10,000	0.50	0.25	0.17	0.13	0.10	0.08	0.07	0.06	0.05
\$15,000	0.75	0.38	0.25	0.19	0.15	0.13	0.11	0.09	0.08
\$25,000	1.25	0.63	0.42	0.31	0.25	0.21	0.18	0.16	0.13
\$50,000	2.50	1.25	0.83	0.63	0.50	0.42	0.36	0.31	0.25
\$75,000	3.75	1.88	1.25	0.94	0.75	0.63	0.54	0.47	0.38
\$100,000	5.00	2.50	1.67	1.25	1.00	0.83	0.71	0.63	0.50

2.0% Risk (Funded — Aggressive)

Account / 2%	5 pt	10 pt	15 pt	20 pt	25 pt	30 pt	35 pt	40 pt	50 pt
\$1,000	0.20	0.10	0.07	0.05	0.04	0.03	0.03	0.03	0.02
\$2,500	0.50	0.25	0.17	0.13	0.10	0.08	0.07	0.06	0.05
\$5,000	1.00	0.50	0.33	0.25	0.20	0.17	0.14	0.13	0.10
\$10,000	2.00	1.00	0.67	0.50	0.40	0.33	0.29	0.25	0.20
\$15,000	3.00	1.50	1.00	0.75	0.60	0.50	0.43	0.38	0.30
\$25,000	5.00	2.50	1.67	1.25	1.00	0.83	0.71	0.63	0.50
\$50,000	10.00	5.00	3.33	2.50	2.00	1.67	1.43	1.25	1.00
\$75,000	15.00	7.50	5.00	3.75	3.00	2.50	2.14	1.88	1.50
\$100,000	20.00	10.00	6.67	5.00	4.00	3.33	2.86	2.50	2.00

Rule: never use the 2% table unless you are fully funded AND your weekly win rate over the last 20 trades exceeds 55%. Learn more — Book 7, Chapter 4.

Ash Cole Trading Series — Book 8: The Day Trading Quick-Reference Playbook

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