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Risk Management Checklist

Daily and weekly rules to keep drawdowns under control.

Per trade

- [ ] Risk per trade fixed at ____ % of account
- [ ] Stop-loss set on every position
- [ ] Position size from a calculator, not a guess

Per day

- [ ] Daily loss limit: ____ R / $____ — stop when hit
- [ ] Maximum ____ trades per day
- [ ] No adding to losing positions

Exposure

- [ ] Correlated positions counted as one risk
- [ ] Total open risk below ____ % of account
- [ ] Leverage within broker / prop firm limits

After a losing streak

- [ ] After ____ losses in a row, cut size by half
- [ ] Review journal before the next session
- [ ] Return to full size only after ____ winning days

Weekly review

- [ ] Drawdown from peak: ____ %
- [ ] Rules broken this week and their cost: $____
- [ ] One rule to change next week

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