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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