Mr. Backtester

FOR FUNDED-ACCOUNT CHALLENGES · ANY FIRM

Prop Firm Trading Workbook

Pass the challenge by not failing it.
Track every rule, every day, every payout.

This workbook belongs to

NAME _____

MAIN FIRM / PROGRAM _____

TRADING STYLE _____

START DATE _____

IF FOUND, PLEASE CONTACT _____

Contents

How to use this workbook 4

Part 1 · How challenges are won 5

- How a challenge works 6
- Static and trailing drawdown 7
- Daily loss limits: the quiet killer 8
- Pass rates: edge first, risk second 9
- Pass rates with a trailing drawdown 10
- The math of the target 11
- Your own limits inside the firm's 12
- Consistency rules and payouts 13
- Worked example: challenge tracker 14

Part 2 · Firms and rules 15

- Firm comparison 16

Part 3 · Challenges 18

- Challenge 1 19
- Challenge 2 24
- Challenge 3 29
- Challenge 4 34
- Challenge 5 39
- Challenge 6 44

Part 4 · Funded 49

- Payout log 50
- Scaling plan 52
- Funded monthly reviews 53
- Fee and payout ledger 65

Part 5 · Reference 67

- Quick reference 68
- Notes 69

Click any line to jump there. The tabs on the right edge work on every page.

SAMPLE PAGES · Prop Firm Trading Workbook · Fillable PDF at mrbacktester.com/books

How to use this workbook

FIVE PARTS

A challenge is a game with strict rules and a clear finish line. This workbook helps you learn the rules, plan the attempt, track it daily and keep score of the whole business.

1 **Understand the game**
Part 1: drawdown types, daily limits, and simulated pass rates that show what really decides the outcome.

2 **Compare firms**
Part 2: put programs side by side before you pay a fee.

3 **Plan and track**
Part 3: six challenge packs with a rule card, a plan, a 30-day tracker and a review.

4 **Run the funded account**
Part 4: payouts, scaling plan and monthly reviews.

5 **Keep score**
The fee and payout ledger shows whether prop trading is paying you.

How to fill in the pages

- Copy every rule of your program onto the rule card before you place the first trade. Most failed challenges broke a rule the trader did not know well.
- Fill in the tracker at the end of every trading day. The two columns that matter most are the room left to the daily limit and to the maximum loss.
- Set your own limits inside the firm's limits, with room to spare.
- Log every fee and every payout in the ledger. It is the only honest answer to 'is this working?'
- In this fillable edition, limit levels, balances, room to the limits and payouts calculate themselves from the rule card. You can type any value yourself. Calculations work best in Adobe Acrobat Reader (free).

SAMPLE PAGES · Prop Firm Trading Workbook · Fillable PDF at mrbacktester.com/books

Static and trailing drawdown

The maximum loss line is the single most important rule. Where it sits, and whether it moves, changes how much room you really have.

Static: the line never moves



Trailing: the line follows new highs



01 Static

The line is fixed, for example 10% below the starting balance. Profits add room. A 100,000 account always fails at 90,000.

02 Trailing, end of day

The line moves up when your end-of-day balance makes a new high, and stays a fixed distance below it. Profits do not add room until the line stops moving.

03 Trailing, intraday

The line follows the highest equity reached during the day, even on open trades you did not close at the top. The strictest type: an open winner that turns around costs you room.

04 Lock at the start balance

In many programs the trailing line stops rising once it reaches the starting balance. After that, it behaves like a static line. Check whether yours does.

What it means for you

With a trailing drawdown, a winning streak followed by a normal losing streak can end the account while it is still in profit. Keep risk per trade lower, and take partial profits seriously if your line follows intraday equity.

SAMPLE PAGES · Prop Firm Trading Workbook · Fillable PDF at mrbacktester.com/books

Challenge 1: rule card

COPY EVERY RULE BEFORE THE FIRST TRADE

FIRM / PROGRAM _____

ACCOUNT NUMBER _____

PHASE ☐ Phase 1 ☐ Phase 2 ☐ Funded

START DATE _____ SERVER DAY RESETS AT _____

The numbers

Starting balance			
Profit target (%)		Target level	
Daily loss limit (%)		Daily loss amount	
Maximum loss (%)		Max loss line (start)	

DRAWDOWN TYPE ☐ Static ☐ Trailing, end of day ☐ Trailing, intraday

☐ Trailing line stops at the starting balance

DAILY LIMIT BASED ON ☐ Starting balance ☐ Start-of-day balance ☐ Start-of-day equity

MINIMUM TRADING DAYS _____

TIME LIMIT _____

CONSISTENCY RULE _____

NEWS TRADING _____

WEEKEND / OVERNIGHT HOLDING _____

MAX LOTS / LEVERAGE _____

EAS, COPY TRADING, OTHER _____

FEE PAID / REFUNDABLE? _____

PROFIT SPLIT / PAYOUTS _____

RULES I MUST BE CAREFUL WITH

SAMPLE PAGES · Prop Firm Trading Workbook · Fillable PDF at mrbacktester.com/books

Challenge 1: daily tracker

Daily line = start of day - daily limit amount. Room = end - max line. To target = target level - end.
Fillable: type the day's P/L. Everything else follows from the rule card.

DAY	DATE	START	P/L	END	DAILY LINE	MAX LINE	ROOM	TO TARGET	TRADES	RULES	NOTE
01										☐	
02										☐	
03										☐	
04										☐	
05										☐	
06										☐	
07										☐	
08										☐	
09										☐	
10										☐	
11										☐	
12										☐	
13										☐	
14										☐	
15										☐	

SAMPLE PAGES · Prop Firm Trading Workbook · Fillable PDF at mrbacktester.com/books