

# PERSONAL RISK MANAGEMENT PLAN

Trader: \_\_\_\_\_

Date Created: \_\_\_\_\_

Trading Style: [ Scalper / Day / Swing / Position ] Version: 1.0

## SECTION 1: TRADING STYLE & PHILOSOPHY

My Trading Style:

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Why I chose this style:

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My Trading Philosophy:

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*"My first job is to SURVIVE. Capital preservation above all. I will follow this plan regardless of emotion."*

## SECTION 2: POSITION SIZING RULES

ACCOUNT SIZE: \$ \_\_\_\_\_

BASE RISK PER TRADE: \_\_\_\_\_ % = \$ \_\_\_\_\_

Position Size Formula:

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Adjustments:

- Volatility Method: \_\_\_\_\_

- Setup Quality: A-grade \_\_\_\_% / B-grade \_\_\_\_% / C-grade \_\_\_\_%

## SECTION 3: STOP-LOSS ARCHITECTURE

Primary Method: \_\_\_\_\_

### **Stop Distance Guidelines:**

- Calm market: \_\_\_\_ x ATR = \_\_\_\_ pips/points
- Normal market: \_\_\_\_ x ATR = \_\_\_\_ pips/points
- Volatile market: \_\_\_\_ x ATR = \_\_\_\_ pips/points

**Technical Buffer:** \_\_\_\_ pips/points beyond S/R

### **Trailing Stop Rules:**

- At +\_\_\_\_ R profit: Move to \_\_\_\_\_
- At +\_\_\_\_ R profit: Trail by \_\_\_\_\_
- Maximum trail method: \_\_\_\_\_

### **NON-NEGOTIABLES:**

- Stop placed BEFORE entry, always
- Stop NEVER moved further from entry
- Stop placed in market (not mental)

## **SECTION 4: RISK-REWARD TARGETS**

**Minimum Acceptable RR: 1 : \_\_\_\_**

**Target RR Range: 1 : \_\_\_\_ to 1 : \_\_\_\_**

### **Scaling Out Strategy:**

- \_\_\_\_ % at 1 : \_\_\_\_
- \_\_\_\_ % at 1 : \_\_\_\_
- \_\_\_\_ % trailing stop

## SECTION 5: PORTFOLIO HEAT & POSITION LIMITS

**MAXIMUM SIMULTANEOUS POSITIONS:** \_\_\_\_\_

**MAXIMUM PORTFOLIO HEAT:** \_\_\_\_\_ %

**Correlation Rules:**

- Max same-currency positions: \_\_\_\_\_
- Max same-sector positions: \_\_\_\_\_
- If correlation > 0.7: \_\_\_\_\_

**Weekend Protocol:**

- Max weekend heat: \_\_\_\_\_ %
- Friday routine: \_\_\_\_\_

## SECTION 6: CIRCUIT BREAKERS

**DAILY:** Max trades: \_\_\_\_\_

Loss limit: \_\_\_\_\_ % (\$\_\_\_\_\_) -> STOP FOR DAY

Consecutive losses: \_\_\_\_\_ -> Take \_\_\_\_\_-min break

**WEEKLY:** Loss limit: \_\_\_\_\_ % (\$\_\_\_\_\_) -> STOP ADDING TRADES

Target: +\_\_\_\_\_ to +\_\_\_\_\_ R

**MONTHLY:** Loss at \_\_\_\_\_ % -> Reduce size 50%

Loss at \_\_\_\_\_ % -> STOP LIVE TRADING

Target: +\_\_\_\_\_ to +\_\_\_\_\_ R

## SECTION 7: DRAWDOWN RESPONSE PROTOCOL

**At -5% Drawdown:**

Action: \_\_\_\_\_

**At -10% Drawdown:**

Action: \_\_\_\_\_

**At -15% Drawdown:**

Action: \_\_\_\_\_

**At -20% Drawdown:**

Action: \_\_\_\_\_

## SECTION 8: VOLATILITY REGIME ADAPTATION

### REGIME DETECTION:

- Check daily: YES / NO - Tools: ATR ratio, VIX

### REGIME-BASED PARAMETERS:

#### CALM (ATR < 0.8x):

Risk: \_\_\_\_% Stops: \_\_\_\_ x ATR Max positions: \_\_\_\_

#### NORMAL (ATR 0.8-1.3x):

Risk: \_\_\_\_% Stops: \_\_\_\_ x ATR Max positions: \_\_\_\_

#### VOLATILE (ATR 1.3-2x):

Risk: \_\_\_\_% Stops: \_\_\_\_ x ATR Max positions: \_\_\_\_

#### CRISIS (ATR > 2x or VIX > 60):

Action: \_\_\_\_\_

## SECTION 9: PSYCHOLOGICAL PROTOCOLS

**Pre-Trade Checklist: YES / NO (Mandatory)**

**Emotional State Check: YES / NO**

- Trade only when: Calm (6-7/10)
- Don't trade when: <5 or >8 on emotional scale

**After-Loss Protocol:**

- 30-minute break: YES / NO
- Journal immediately: YES / NO
- Review rule adherence: YES / NO

**Revenge Trading Prevention Action:**

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**Overconfidence Detection:**

After \_\_\_\_ consecutive wins: \_\_\_\_\_

## SECTION 10: PERFORMANCE TRACKING

**DAILY:** \_\_\_\_ mins

- Log all trades
- Calc daily R
- Note emotions

**WEEKLY:** \_\_\_\_ mins (Every \_\_\_\_ day)

- Calc weekly R
- Rule adherence score
- Next week setups
- Review journal

**MONTHLY:** \_\_\_\_ hours (First \_\_\_\_ of month)

- Monthly R total
- Expectancy calc
- MAE/MFE analysis
- Strategy review
- Next month goals

**QUARTERLY:** \_\_\_\_ hours

- Full strategy audit
- Major lessons
- Adjustments needed

## SECTION 11: TOOLS & SYSTEMS

**Charting:** \_\_\_\_\_

**Broker:** \_\_\_\_\_

**Journal:** \_\_\_\_\_

**Position Calculator:** \_\_\_\_\_

**Portfolio Tracker:** \_\_\_\_\_

**Command Center:** \_\_\_\_\_

## SECTION 12: ACCOUNTABILITY

### Self-Accountability:

- Daily honest journal: YES / NO      - Weekly self-review: YES / NO

### External Accountability:

- Mentor: \_\_\_\_\_ (Check-in: \_\_\_\_\_)  
- Partner: \_\_\_\_\_ (Check-in: \_\_\_\_\_)  
- Community: \_\_\_\_\_ (Check-in: \_\_\_\_\_)

## SECTION 13: THE SACRED RULES

- I risk 1-2% per trade maximum, always
- I place stops before entering, always
- I NEVER move stops further from entry
- I NEVER add to losing positions
- I respect my circuit breakers without exception
- I go flat if I hit my loss limits
- I complete my pre-trade checklist every time
- I journal every trade, win or loss
- I check portfolio heat before every new trade
- I measure success by process, not profit

## COMMITMENT

*I, [YOUR NAME], commit to following this risk management plan with absolute discipline, regardless of emotion, market conditions, or recent results. I understand that this plan was created when I was rational, logical, and clear-headed. When I am emotional, THIS PLAN is my guide.*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_