





Funded Account Tracker

Setup time: ~15 minutes · For: prop firm challenges & funded traders · Goal: meet rules, protect equity, stay consistent

What this tracker gives you

- **Auto-calculations** for risk %, R-multiples, daily/weekly P&L, and equity curve
- **Drawdown guardrails:** alerts as you approach daily/max DD
- **Multi-account** tabs (10k / 25k / 50k / custom)
- **Review dashboards:** win rate, avg R, expectancy, best/worst day

1) How to use the tracker

1. **Account setup:** fill balance, max daily loss, max total DD (use presets or custom).
2. **Risk profile:** fixed per trade (0.25–0.5%) or dynamic via ATR.
3. **Log trades:** entry, SL, TP, result in R and €.
4. **Close the day:** sheet auto-calculates daily P&L, DD, and equity.
5. **Weekly review:** check win rate, expectancy, notes → improve one thing/week.

2) Prop firm presets

Use these as a starting point. *Always verify your firm's exact rules.*

Account	Max Daily Loss	Max Total Drawdown	Suggested Risk/Trade
€10,000	€500 (5%)	€1,000 (10%)	0.25–0.5%
€25,000	€1,250 (5%)	€2,500 (10%)	0.25–0.5%
€50,000	€2,500 (5%)	€5,000 (10%)	0.25–0.5%

Formulas (built into the sheet)

- $\text{Risk €} = \text{AccountBalance} \times \text{Risk\%}$
- $\text{R-multiple} = \text{Result€} / \text{Risk€}$
- $\text{DailyLoss\%} = \text{DailyP\&L€} / \text{StartOfDayBalance€}$
- $\text{Expectancy (R)} = \text{WinRate} \times \text{AvgWinR} - (1 - \text{WinRate}) \times \text{AvgLossR}$

3) Trade log (example columns)

Date	Symbol	Bias	Setup	Risk €	R	Result €	Notes
2025-09-03	XAU/USD	Short	London Break	€50	+1.6R	€80	Clean break + retest
2025-09-03	EUR/USD	Long	Retest	€50	-1.0R	-€50	News spike

End-of-day

- Max N trades reached? Stop.
- Daily loss $\geq 0.8 \times$ limit? Stop for the day.
- Review 3 screenshots: entry, SL/TP, exit.

Weekly review (15 min)

- Check win rate, Avg R, Expectancy
- Best/worst setup \rightarrow 1 improvement
- Log rule violations & define an action

4) Drawdown guardrails

The tracker flags a red day as you approach daily loss (e.g., $\geq 80\%$). Suggestions:

- Stop for the day at 80–90% of daily loss.
- Cut risk % by 50% for 1–2 days after a red day.
- Max 2–3 trades/day during challenges.

5) Equity curve & KPIs

- Daily equity curve (line chart)
- Win rate (rolling 20 trades)
- Avg Win R / Avg Loss R / Expectancy
- Hit rate by setup (keep the top 3)

6) Integrations & formulas (Google Sheets / Excel)

Works in Google Sheets and Excel. Useful formulas:

- **Conditional format (daily loss alert):** color cell red if $\text{DailyLoss\%} \geq 0.8 \times \text{MaxDailyLoss\%}$
- **R-multiple (per trade):** $\text{ResultEUR} / \text{RiskEUR}$
- **Expectancy (KPI tab):** $\text{WinRate} * \text{AvgWinR} - (1 - \text{WinRate}) * \text{AvgLossR}$

7) Pairs well with Asset 013 & 015

- **#013 Prop Firm Survival:** use the rules as tracker guardrails.
- **#015 Risk Discipline Journal:** log mindset & rule checks per session → ties directly to P&L.

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FAQ

Does this work for all prop firms?

Yes—set your own limits per tab (daily DD, total DD, min trading days). Presets are starting points.

How much risk per trade?

For challenges: typically 0.25–0.5%. Scale only after a stable positive expectancy.

Can I track multiple accounts?

Yes—one tab per account (10k/25k/50k/custom) with separate KPIs and equity curve.

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