MNQ Position Size Calculator

$3,000 Account | MNQ = $2/point

Quick Reference: Contracts by Range Size

Assumes NQ @ 20,000. Adjust proportionally for different NQ levels.

Range %	Range Pts	Risk $	2.5% ($75)	5% ($150)	10% ($300)
0.05%	10 pts	$20	**3**	**7**	**15**
0.10%	20 pts	$40	**1**	**3**	**7**
0.15%	30 pts	$60	**1**	**2**	**5**
0.20%	40 pts	$80	**0**	**1**	**3**
0.25%	50 pts	$100	**0**	**1**	**3**
0.30%	60 pts	$120	**0**	**1**	**2**
0.35%	70 pts	$140	**0**	**1**	**2**
0.40%	80 pts	$160	**0**	**0**	**1**
0.45%	90 pts	$180	**0**	**0**	**1**
0.50%	100 pts	$200	**0**	**0**	**1**

How to Use

1. **Measure your opening range** (High - Low of 9:30 candle)
2. **Calculate Range %** = (Range / NQ Price) × 100
3. **Find row** matching your Range %
4. **Read contracts** under your risk tolerance column

Formula

```
Contracts = Floor(Account × Risk% / (Range_Points × $2))
```

Example

- NQ @ 20,500
- Range = 41 points (0.20%)
- Risk = 5% ($150)
- Contracts = Floor($150 / (41 × $2)) = Floor(1.83) = **1 contract**

⚠️ Rules

- **0 contracts = SKIP THE TRADE** (Range too large for your risk)
- **Sweet Spot:** 0.10% - 0.18% range (best edge)
- **Never exceed:** 10% risk per trade

Scaling by Account Size

Account	2.5% Risk	5% Risk	10% Risk
$3,000	$75	$150	$300
$5,000	$125	$250	$500
$10,000	$250	$500	$1,000
$25,000	$625	$1,250	$2,500

Multiply contract counts accordingly.