



Remember: Every trade needs Entry · SL · TP.

01 WELCOME

Never traded? You're in the right place.

- Goal: understand a trade start to finish
- Ask questions anytime

03 FUTURES + MICROS

- **MNQ** = Micro Nasdaq
- **MES** = Micro S&P 500
- Micros = smaller size for learning
- Pick one market this week

05 CORE TRADER TERMS

- **Buy** — open long / close short
- **Sell** — open short / close long
- **Long** — bought first (want up)
- **Short** — sold first (want down)
- **Entry** — where you get in
- **SL** — stop loss (protect exit)
- **TP** — take profit (goal exit)
- **BE** — breakeven (SL to entry)
- **Trail** — SL follows price to lock gains
- **Runner** — leftover size after partial TP
- **PnL** — profit & loss
- **Front month** — most active contract
- **RTH / ETH** — regular hours / extended hours
- **Drawdown (DD)** — how far you're down from peak / start (prop limit)
- **Fill** — order executed
- **Flat** — no open position
- **Flatten** — close everything now
- **Cover** — buy to close a short
- **Size** — number of contracts
- **Tick / Point** — price increments (\$ value)
- **Bid / Ask / Spread** — buy price, sell price, gap
- **Market / Limit** — fill now / your price or better
- **Bracket / OCO** — Entry+SL+TP linked · one cancels other

02 WHAT TRADING IS

Buy at one price, sell at another — keep the difference, or take a planned loss.

- Money can be made up or down
- Depends if you bought or sold first

04 TICKERS + MONTHS

- **MNQZ5** = MNQ · Dec · 2025
- MNQ/MES usually roll every quarter
- Switch ~1 week before expiration

H	M	U	Z
Mar	Jun	Sep	Dec

06 TRADE PLAN

Write these before you click.

Template: Long MNQ · Entry ____ · SL ____ · TP ____ · Size 1



TRADE MANAGEMENT · REAL RULES

HARD SL FOR BREATH · EARLY EXIT WHEN BAD

07 OPENING

- Up → **Buy** (long)
- Down → **Sell** (short)
- Hard **SL** on immediately
- Set **TP**
- Best: bracket (Entry + SL + TP)

09 TRADE MANAGEMENT (OUR METHOD)

Two layers of protection — room to breathe + cut losers early.

- **Hard SL ≈ 100 points** — lets the trade breathe / disaster stop (always on)
- **Working risk ≈ \$80–\$100** — if the trade is bad, flatten here (don't wait for full SL)
- On MNQ 1 micro: 100 pts ≈ **\$200** worst case · early cut keeps most losers near **\$80–\$100**
- Never move hard SL farther away hoping
- **BE** — after it moves your way, move SL to entry
- **Trail** — lock gains as price continues (never trail into more risk)
- Thesis gone → Flatten now
- Don't add size when losing

Rule: Hard SL on for safety · if it's clearly bad, out at ~\$80–\$100 · don't "hope" into -\$200

11 DAILY RULES

- Size: **1 micro**
- Green day cap ≈ **\$300** → stop
- After ~2 bad cuts (-\$160 to -\$200) → done
- No Entry/SL/TP = no trade

08 CLOSING

- Long → **Sell** to close
- Short → **Buy** to close
- Exit: TP · SL · or Flatten
- **Flat** = done

10 PRACTICE (SIM)

- Sim first
- Drill: Flat → Entry → SL → TP → Close
- Practice early cut at ~\$80–\$100



PROP BREAKDOWN · 1 MICRO

MAX \$300 / DAY · COMBINED WITH GUIDE RULES

PAGE 3
GRIND PLAN
capitalinfluence.us**Plan:** 1 micro · max ≈ **\$300/day** · hard SL for breath · cut bad trades ~\$80–\$100

25K target \$1,500 → \$300 × 5 green days = PASS

ACCOUNT	PROFIT TARGET	%	DAYS @ \$300	WEEKS	EXAMPLE MAX DD
\$25K	\$1,500	6%	5 days	1	\$1,000
\$50K	\$3,000	6%	10 days	2	\$2,000
\$75K	\$4,500	6%	15 days	3	~\$2,500*
\$100K	\$6,000	6%	20 days	4	\$3,000
\$150K	\$9,000	6%	30 days	6	\$4,000

12 WHY THIS FITS \$25K

- Normal loser ≈ \$80–\$100 (early cut)
- Worst case ≈ \$200 (full 100-pt SL)
- Green day banks ~\$300
- 5 clean green days → \$1,500

14 HOMEWORK

- One market · write Entry / SL / TP
- Sim: open → manage (early cut or BE/trail) → close
- Journal: 1 win + 1 loss with Entry / SL / TP
- Help: 832-231-9987 · 346-537-4296

13 DON'T FORGET

- Days listed = perfect green days
- Red days add time
- Follow your firm's DD rules
- *\$75K = confirm firm offers it