SPIKEFORECASTER

Beginner's risk checklist

Use this before, during and after a demo trade.

- [ ] **Confirm the account and symbol**

  Check that the platform says demo. Write down the symbol, contract size and account currency.

- [ ] **Set a cash risk limit**

  Choose a hypothetical balance and risk percentage. Multiply the balance by risk percent divided by 100.

- [ ] **Plan the exit and size**

  Record your stop distance. Calculate position size using the symbol value per unit of movement. Round down to an allowed size.

- [ ] **Check the possible costs**

  Review the spread, commission and overnight costs. A stop order may fill at a different price during fast markets.

- [ ] **Record the trade and review it**

  Write down the plan, actual fill, outcome and one thing to practise next. Include trades you decided to skip.

WORKED EXAMPLE

USD 500 demo balance x 1% = USD 5 planned cash risk. The example illustrates the calculation. Choose your own assumptions for practice.

Leveraged products carry a high risk of loss. This checklist is educational and does not constitute financial advice.