



# Week 1 Practice Exercise - Futures P&L Calculations

Fill in the fields for each trade. Use MES = \$5 per point and MNQ = \$2 per point.

**Formula:** P&L = Points x Contracts x Value per Point

**Tip:** Use positive points for winners and negative points for losers.

Trade	Mkt	Entry	Exit	Points	Contracts	P&L (\$)
1	MES	4500	4505	+5	2	\$50
2	MNQ	15500	15490	-10	1	-\$20
3	MES	4510	4507	-3	3	-\$45
4	MNQ	15620	15635	+15	1	\$30
5	MES	4520	4515	-5	2	-\$50
6	MNQ	15700	15680	-20	1	-\$40
7	MES	4490	4498	+8	1	\$40
8	MNQ	15800	15810	+10	2	\$40
9	MES	4530	4520	-10	1	-\$50
10	MNQ	15900	15870	-30	1	-\$60

Complete this section after you finish the 10 trade calculations.

---

### Risk Planning

Account Size (\$)	5,000 (example)
Max Daily Loss (%)	2
Max Daily Loss (\$)	100
If risking 5 points on MES, what is your max contracts?	4
How many points of loss equals your max daily loss?	20

### Reflection Questions

1. Which trades had the largest impact on your account?

**Trades with the biggest point move and/or largest size had the largest impact.**

2. How did position size affect your results?

**More contracts increased both profits and losses proportionally.**

3. At what point would you have stopped trading based on a max daily loss?

**At the point total that matched the max daily loss rule.**

Instructor note: Example risk values use a \$5,000 account and a 2% max daily loss.