

Lesson 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	<input type="text"/>	2	<input type="text"/>
2	MNQ	15500	15490	<input type="text"/>	1	<input type="text"/>
3	MES	4510	4507	<input type="text"/>	3	<input type="text"/>
4	MNQ	15620	15635	<input type="text"/>	1	<input type="text"/>
5	MES	4520	4515	<input type="text"/>	2	<input type="text"/>
6	MNQ	15700	15680	<input type="text"/>	1	<input type="text"/>
7	MES	4490	4498	<input type="text"/>	1	<input type="text"/>
8	MNQ	15800	15810	<input type="text"/>	2	<input type="text"/>
9	MES	4530	4520	<input type="text"/>	1	<input type="text"/>
10	MNQ	15900	15870	<input type="text"/>	1	<input type="text"/>

Risk Planning and Reflection

Complete this section after you finish the 10 trade calculations.

Risk Planning

Account Size (\$)

Max Daily Loss (%)

Max Daily Loss (\$)

If risking 5 points on MES, what is your max contracts?

How many points of loss equals your max daily loss?

Reflection Questions