

Prop Firm Pass Checklist

A printable pre-flight for futures and forex prop-firm evaluations: transcribe the rules, size to the drawdown, run the session, review the day. Built from the rules pages of Topstep, Apex, My Funded Futures, FTMO and Tradeify.

Why people fail evaluations: rarely because they cannot find a trade. Usually because they misread how the drawdown moves, size too big for the room they have, or break a rule (consistency, news, daily limit) they never wrote down. Every box below exists to catch one of those.

Step 1. Write the rules down before you pay

Copy each number from the firm's own rules page, not from a review site or a video. If you cannot fill a row, you do not yet know the rule well enough to trade it.

Rule	Your evaluation	Where it is written (URL)
Account size / plan name		
Profit target (\$)		
Max drawdown (\$) and TYPE: static, trailing end-of-day, or trailing intraday		
Does the drawdown floor LOCK? At what balance?		
Daily loss limit (\$). Breach = fail, or pause for the day?		
Minimum trading days		
Consistency rule (e.g. best day $\leq$ X% of total profit)		
News / overnight / weekend holding rules		
Max contracts or lots; scaling rule		
Fee, reset fee, and activation fee (\$)		

Step 2. Do the math before the first trade

Four numbers decide most evaluations. Work them out on paper once per account.

A. Your drawdown measured in losing trades

Drawdown room / risk per trade = how many full losers in a row you can survive. On a \$2,000 trailing drawdown, risking \$400 a trade gives you 5 losers. Even a strategy that wins 55% of the time will produce a run of 5 losses in a row fairly often over a few hundred trades. Risking \$200 gives you 10. Small size is not timid; it is what keeps you in the evaluation long enough for your edge, if you have one, to show up.

Drawdown room	Risk / trade	Losers in a row you can absorb
\$2,000	\$400	5
\$2,000	\$250	8
\$2,000	\$200	10
	\$ _____	_____

B. Target measured in winning trades

Profit target / average win = winning trades needed. At \$200 risk and a 1.5R average win (\$300), a \$3,000 target needs about 10 net winners. Check that this fits the minimum-day and consistency rules instead of fighting them.

C. The consistency rule, worked through

If the rule is **best day <= 55% of total profit**, then total profit must be at least best day / 0.55. One \$2,000 day means you need at least \$3,637 total before you can pass, even on a \$3,000 target. A big day early can quietly raise your real target. Write the formula here for your firm: total needed = best day / _____.

D. What an evaluation really costs

Expected cost to get funded = fee / your honest pass rate. A \$100 evaluation at a 20% pass rate costs about \$500 on average, before reset fees. Decide your maximum spend in advance and write it here: \$_____. Stop when you reach it and review, instead of buying the next reset on tilt.

Trailing drawdown, in one line each. *Static*: the floor never moves. *Trailing end-of-day*: the floor rises with your best CLOSING balance, once a day (at some firms it is still enforced against open P&L during the day). *Trailing intraday*: the floor rises with your best OPEN equity, tick by tick, so an open winner you give back can raise the floor and then hit it. Know which one you have, and whether and where it locks.

Step 3. The session checklist

Print one copy per trading day, or copy it into your journal template.

Before the open

- ☐ I know today's distance to the drawdown floor in dollars: \$_____ (= ____ losers at my size).
- ☐ I know today's daily loss limit and whether hitting it fails the account or just ends the day.
- ☐ I checked the economic calendar and my firm's news rule for today's releases.
- ☐ My max loss for TODAY (smaller than the firm's limit) is \$_____. When I hit it, I stop.
- ☐ My setups for today are written down. Anything not on the list is not a trade.
- ☐ Position size is set from the risk per trade on page 2, not from how I feel.

During the session

- ☐ Every order has a stop at the moment it is placed.
- ☐ I do not add to a losing position.
- ☐ After two losses in a row I take a 15-minute break away from the screen.
- ☐ If the drawdown type is intraday trailing, I take partial profits instead of letting a big open winner raise the floor and then come back.
- ☐ I stop for the day at my own max loss, or after a day big enough to strain the consistency rule.

After the close

- ☐ I logged every trade: setup, entry, exit, stop, size, and whether it followed the plan.
- ☐ I graded each trade A to F on PROCESS, not on outcome.
- ☐ I updated: total profit \$_____, best day \$_____, days traded ____, floor \$_____.
- ☐ I recalculated tomorrow's room to the floor and my size for tomorrow.
- ☐ One sentence: the single thing I will do differently tomorrow.

Quick reference: rules as of 1 Oct 2026

Five common futures and forex evaluations, transcribed from each firm's own help center on 1 October 2026.

Firms change terms often and run promotions with different rules. Treat this as a starting point and confirm every number on the firm's site before you buy. Full sources and worked examples:

tradeflowquantum.com/evaluation-rules.

Evaluation	Target	Daily loss	Max drawdown	Min days	Consistency
Topstep 50K Combine	\$3,000	\$1,000 (pauses day)	\$2,000 trailing EOD	2 in practice	55% best day
Topstep 100K Combine	\$6,000	\$2,000 (pauses day)	\$3,000 trailing EOD	2 in practice	55% best day
Topstep 150K Combine	\$9,000	\$3,000 (pauses day)	\$4,500 trailing EOD	2 in practice	55% best day
Apex 50K Intraday	\$3,000	None	\$2,000 trailing intraday	None	None
Apex 50K EOD	\$3,000	\$1,000 (pauses day)	\$2,000 trailing EOD	None	None
Apex 100K Intraday	\$6,000	None	\$3,000 trailing intraday	None	None
MFFU Builder 50K	\$3,000	\$1,000 (pauses day)	\$2,000 trailing EOD	1	None
FTMO 100K 2-Step, Phase 1	\$10,000	\$5,000 (FAILS)	\$10,000 static	4	None
FTMO 100K 2-Step, Verification	\$5,000	\$5,000 (FAILS)	\$10,000 static	4	None
Tradeify Growth 50K	\$3,000	\$1,250 (pauses day)	\$2,000 trailing EOD, no lock in eval	1	None
Tradeify Select 50K	\$3,000	None	\$2,000 trailing EOD	3 in practice	40% best day

"Pauses day" means hitting the daily limit ends trading for that session and the evaluation continues. At FTMO, hitting the daily loss fails the account. Lock points differ by firm and platform; see the per-firm pages for exactly where each floor stops trailing.

The seven ways evaluations usually end

Failure mode	The check that catches it
Sized from the profit target, not the drawdown	Page 2A: count losers you can absorb before every session.
Misread trailing drawdown (open equity raised the floor)	Know the drawdown type and lock point (Step 1, row 3-4).
One huge day breaks the consistency rule	Page 2C: compute total needed from your best day.
Revenge trading after the first loss	Your own daily max, smaller than the firm's; the 2-loss break.
Held through a restricted news release	Calendar and news rule check before the open.
Buying resets on tilt	Page 2D: a written maximum spend, and a review before any reset.
No record, so no learning between attempts	After-close log and process grade, every day.

Keep going (free)

Funded Trader Lab is our free Skool community for traders working through evaluations: the eval-math explainer, a review-habit starter course, and a place to post your daily review and get a second pair of eyes on it. Free to join; an optional paid tier unlocks the full course library. tradeflowquantum.com/go/checklist-pdf or skool.com/funded-trader-lab-2079

Per-firm rule pages with worked examples (how each drawdown actually moves, day by day):
tradeflowquantum.com/evaluation-rules

TradeFlow Quantum is a trading journal that tracks a prop evaluation against these rules automatically (distance to floor, consistency, days). Paid product; this checklist does the same job on paper.
tradeflowquantum.com

Educational material only. Nothing here is a recommendation to buy or sell any security, futures contract or evaluation product. Trading futures and forex involves substantial risk of loss, and most evaluation purchases do not lead to a payout. Rule figures are transcribed from public pages on the date shown and may be out of date. Published by Crosspoint Capital Inc. (TradeFlow Quantum). Free to share unmodified.