30-Day Evaluation Challenge Checklist

Step-by-Step Prop Firm Pass & Scaling Roadmap

Follow this mandatory 30-day checklist during your prop firm evaluation to eliminate emotional impulse trades, enforce risk rules, and guarantee disciplined execution.

Phase 1: Pre-Challenge Preparation

[ ] Read and record exact prop firm rules (Static vs Trailing Drawdown, Weekend holding)
[ ] Set up broker terminal with exact risk calculator lot sizing limits
[ ] Clear daily loss limit buffer in AI Trade Journal (max 2% daily loss)
[ ] Define 2 primary trading setups (e.g. Asia Sweep + NY Expansion)

Phase 2: Week 1 & 2 Execution (Capital Preservation)

[ ] Risk maximum 0.5% per trade for the first 5 trades until in profit buffer
[ ] Log every trade in AI Trade Journal immediately post-execution
[ ] Do not trade 15 minutes before or after high-impact USD/GBP news releases
[ ] Stop trading for the day if 2 consecutive stop-losses are hit

Phase 3: Week 3 & 4 Target Completion

[ ] Protect 50% of peak profit buffer - never let a +4% account drawdown back to breakeven
[ ] Maintain minimum 1:2 Risk-to-Reward ratio across all executed setups
[ ] Review weekly DCS (Drawdown Consistency Score) report before session start
[ ] Submit evaluation review upon reaching profit target (+8% or +10%)