

Prop Firm Evaluation Plan

Find Your Balance of Budget, Risk and Time

An evaluation strategy is a business decision. Decide what you can spend, what your data supports and how you will adapt before you place a trade.

INVESTMENT	RISK	TIME
What can you spend?	What can your data support?	What pace is workable?

Find your evaluation sweet spot

Helen's Goldilocks lens: avoid both reckless turnover and keeping an evaluation alive indefinitely without a viable plan.

TOO HOT  <p>Oversized risk and unnecessary trades can turn account failures into an expensive habit.</p>	TOO COLD  <p>Risk so little that progress stalls and recurring fees quietly consume the budget.</p>	JUST RIGHT  <p>Balance investment, risk and time using evidence, explicit limits and regular review.</p>
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Make failures part of the plan, not your identity

Failed evaluations can be a planned business expense. That does not make unlimited resets a strategy. Set a cash cap, record why attempts fail and decide in advance when to pause or change the approach.

Keep the budget intentional

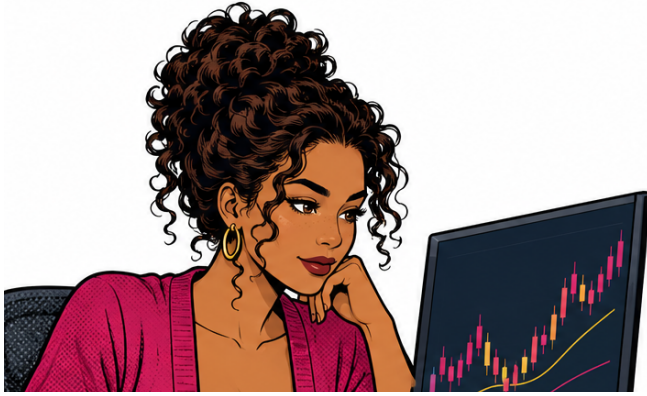
Your budget may change as you learn, work toward payouts or scale. Include evaluation, renewal, reset and activation fees. Discounts can lower costs, but a sale is not a reason to buy an account you have not planned for.

The business goal: move through evaluations efficiently, then operate funded accounts with a clear payout process. A pass is a milestone, not the whole business.

02

One lesson, two approaches

Maya and Jordan are fictional examples of Helen's principles, not performance claims or recommended position sizes.



MAYA

Smaller budget / Patient pace

START WITH EVIDENCE

Maya has a limited fee budget and is still building her statistics. She chooses one evaluation and more conservative planned risk while collecting reliable data.

WATCH BOTH COST AND PROGRESS

A renewal approaches, but no valid setup appears. She sits out, then reviews whether her risk, pace and total costs still make business sense.

ADAPT BEFORE THE NEXT TRADE

After losses reduce her remaining allowance, she reduces planned risk under her written rules. She does not invent bigger targets to win the money back.

REVIEW THE BUSINESS

At her fee cap, she pauses new spending and reviews the evidence. The next purchase needs a reason, not a discount or frustration.



JORDAN

Larger budget / Potentially faster

LET DATA SUPPORT THE CHOICE

Jordan has a larger fee budget and a tested record. She considers higher planned risk plus multiple evaluations, within firm rules and a combined exposure limit.

RESPECT THE COMBINED IMPACT

A copied losing trade affects every account. At her planned daily stop she stops, rather than adding size. Multiple accounts are not independent chances.

ADAPT NEAR THE TARGET

When an account is close to passing, she reduces risk to match the remaining objective and rules. There is no bonus for overshooting the target.

REVIEW THE BUSINESS

Larger gains may shorten a successful attempt; losses may end it sooner. She budgets possible failures and checks execution and costs before buying again.

For both traders: size risk to the actual loss allowance and account rules, not the headline account size. Higher risk needs more than an attractive win rate; assess losses, drawdown and execution too.

03

Build your evaluation plan

Define success, spending and guardrails before buying. Check current firm rules; use only money you can afford to lose.

THE SLACKER

Not enough data yet? Build your statistics; use a more conservative approach while you learn.

CAPTAIN FOMO

Have data but break the plan? Add accountability, trade limits or platform lockouts.

What support system will keep you on plan?

Total fee budget and maximum paid attempts

Review date or spending trigger

Account size / actual loss allowance

Profit target / drawdown method

Risk per trade, per account

Concurrent accounts / combined trade risk

Daily stop, consistency rules and copying restrictions

How I reduce risk after losses and when close to the target

What must be true before I continue, reset or buy again

After-pass plan: activation, ongoing fees, risk limits and payout rules

Track and improve: fees per attempt, pass rate, time to pass, rule adherence and costs before your first payout. Separate real cash fees from evaluation P&L, which may be simulated.

Want help building your customized prop firm plan?

Our PGT group can help you work through your budget, risk rules, routines and accountability.

[Explore Prop Girl Trading](#)

propgirltrading.com

Adapted from Coach Helen's Evaluation Accounts: What's Your Strategy? Educational only; no guarantee of passing, funding or payouts. Fictional examples are illustrative. Firm rules vary and can change.