

THE PROP FIRM EVALUATION

THE 30-DAY BLUEPRINT

The Exact Week-by-Week Plan to Go From
Zero to Funded — Without Winging It

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THE 4-WEEK FRAMEWORK INSIDE

WEEK 1
SETUP

WEEK 2
EXECUTE

WEEK 3
PUSH

WEEK 4
PROTECT

- Week 1 — Setup & Calibration
- Week 2 — Disciplined Execution
- Week 3 — Push for Target

- Week 4 — Protect the Pass
- Handling Setbacks mid-evaluation
- Bonus: Launch Checklist

30

days is all it takes to go
from zero to funded — with a plan

4

structured phases — each with
exact targets and rules to follow

"Stop winging it. The traders who pass have a plan for every week, every day, every trade."

STOP WINGING YOUR EVALUATION. THIS IS YOUR EXACT PLAN.

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INTRODUCTION

STOP WINGING YOUR EVALUATION. HERE'S THE PLAN.

Most traders start their evaluation with no plan beyond 'trade my strategy and hit 10%.' That's not a plan. That's a hope. And hopes don't pass prop firm evaluations — systems do.

This blueprint gives you the exact week-by-week framework I use with every client I coach through their evaluation. It tells you what to focus on each week, what metrics to hit, how to handle setbacks, and when to push — and when to protect.



WHAT THIS BLUEPRINT COVERS

- Week 1 — Setup, calibration & building your evaluation framework
- Week 2 — Disciplined execution & locking in consistent process
- Week 3 — Scaling toward target without blowing your buffer
- Week 4 — Protecting your progress and closing out the evaluation
- Handling setbacks — what to do when things go wrong mid-evaluation
- Key metrics — the exact numbers to track every single day
- Bonus — The pre-evaluation launch checklist

— WEEK 1 OF 4

SETUP

SETUP AND CALIBRATE

WEEK OBJECTIVE

Week 1 is not about profit. It is about calibrating your strategy to the evaluation account, confirming your process works under live conditions, and building a foundation of disciplined execution. Your goal is to end Week 1 with 0–2% profit and zero rule breaches.

Treat Week 1 like the pre-season. Athletes don't go full speed in their first training session after a break. They calibrate. They find their rhythm. Week 1 is your calibration period — not your profit-chasing period.

DAILY FOCUS

- Max **2 trades per day** — quality over quantity
- Only enter on setups rated **8+ on your checklist**
- Log every trade with screenshot and quality score
- Calculate and record your drawdown at session close
- Review the previous day's trades before opening charts

WHAT TO AVOID

- Taking more than 2 trades in any session
- Entering on a setup rated below 8
- Trading within 2 hours of high-impact news
- Increasing lot size to 'make up' slow days
- Checking your profit target percentage

TARGETS TO HIT THIS WEEK

2MAX TRADES/DAY
Hard limit — no exceptions**0–2%**TARGET P&L
Profit not the goal**<3%**MAX DRAWDOWN
Well inside your buffer**95%+**PROCESS SCORE
Rule compliance rate

END OF WEEK CHECK

- ✓ Did I stay within my max 2 trades per day?
- ✓ Is my drawdown below 3%?
- ✓ Did I log and review every trade?
- ✓ Process compliance score 90%+?
- ✓ Am I in a calm, stable mental state heading into Week 2?

— WEEK 2 OF 4

EXECUTE

DISCIPLINED EXECUTION

WEEK OBJECTIVE

Week 2 is about locking in consistent, repeatable execution. You've calibrated your strategy in Week 1 — now you prove you can execute it day after day without deviation. Your goal is to end Week 2 with 3–5% profit and a process compliance score above 90%.

Consistency beats brilliance. One good trade per day for 30 days beats three great days and four disaster days every single time. Week 2 is your consistency proof — to the firm, and to yourself.

DAILY FOCUS

- Increase to max **3 trades per day** if Week 1 was clean
- Apply the **3-Strike System** without exception
- Focus on **execution quality**, not profit percentage
- Review process compliance score at end of each session
- Maintain drawdown buffer — do not exceed 50% of max

WHAT TO AVOID

- Increasing frequency because you're 'feeling good'
- Moving stop losses once a trade is live
- Trading on setups below your quality threshold
- Skipping your pre-session mental checklist
- Looking at how far you are from the profit target

TARGETS TO HIT THIS WEEK

3MAX TRADES/DAY
Only if Week 1 was clean**3–5%**TARGET P&L
Halfway to target**<5%**MAX DRAWDOWN
Still inside safe zone**90%+**PROCESS SCORE
Non-negotiable benchmark

END OF WEEK CHECK

- ✓ Am I at 3–5% profit without exceeding 50% drawdown?
- ✓ Have I followed the 3-Strike System consistently?
- ✓ Is my process compliance score above 90%?
- ✓ Did I take any trades below my quality threshold?
- ✓ Do I feel in control and disciplined heading into Week 3?

— WEEK 3 OF 4 **PUSH**

PUSH FOR TARGET

WEEK OBJECTIVE

Week 3 is where you push toward your profit target — but only from a position of strength. If you've executed cleanly in Weeks 1 and 2, you have runway and capital to work with. Your goal is 7–8% profit by end of Week 3, with drawdown still inside 60% of your max.

Pushing doesn't mean forcing. It means staying sharp and capitalising when high-quality setups appear — not taking more trades or bigger lots. The best setups present themselves. Your job is to be ready for them.

DAILY FOCUS

- Maintain max 3 trades — do not increase under any circumstances
- Look for **A++ setups** — rate 9+ only in this phase
- If you're ahead of target, **trade smaller**, not bigger
- Double-check drawdown before every single trade
- Apply full 3-Strike System — no modifications

WHAT TO AVOID

- Increasing lot size because the target is 'close'
- Taking more than 3 trades — urgency is the enemy
- Trading setups you'd have skipped in Week 1
- Calculating how many trades you need to hit target
- Letting a good week make you complacent with risk

TARGETS TO HIT THIS WEEK

7–8%TARGET P&L
Close to finish line**9+**QUALITY BAR
Raise the threshold now**<6%**MAX DRAWDOWN
60% of a 10% max DD**≤3**TRADES/DAY
No increase, ever

END OF WEEK CHECK

- ✓ Am I at 7–8% without exceeding 60% of my max drawdown?
- ✓ Did I raise my quality bar to 9+ as planned?
- ✓ Zero lot size increases this week?
- ✓ Am I in control of my emotional state?
- ✓ Is my drawdown buffer still protecting the evaluation?

— WEEK 4 OF 4

PROTECT

PROTECT THE PASS

WEEK OBJECTIVE

Week 4 has one job: do not blow what you've built. You are close to the target. The single biggest mistake at this stage is getting aggressive. The traders who fail in Week 4 don't fail because their strategy stopped working — they fail because they started gambling with their own success.

You are a goalkeeper protecting a 1-0 lead in the final 10 minutes. Your job is not to score another goal. Your job is to not concede. Every decision this week is a defensive decision.

DAILY FOCUS

- Reduce to max **2 trades per day** — protect mode activated
- Only 9+ quality setups — no exceptions
- Reduce lot size by **25–30%** to protect accumulated profit
- If you hit 8%+ profit: trade at **minimum viable size only**
- Stop entirely once you've crossed the target threshold

WHAT TO AVOID

- Trading normally — you are in protect mode now
- Trying to maximise profit beyond the target
- Keeping trades open over the weekend unnecessarily
- Any trade that isn't a clear, obvious A+ setup
- Celebrating before the evaluation is officially passed

TARGETS TO HIT THIS WEEK

10%+TARGET P&L
Cross the line cleanly**2**MAX TRADES/DAY
Back to Week 1 discipline**-25%**LOT SIZE
Reduced to protect profit**<8%**DRAWDOWN
Final buffer — protect it

END OF WEEK CHECK

- ✓ Did I cross the profit target without breaching drawdown?
- ✓ Did I reduce lot size as planned in protect mode?
- ✓ Zero rule breaches in the final week?
- ✓ Have I submitted or confirmed the evaluation with the firm?
- ✓ Am I ready to start the next phase — the funded account?

WHEN THINGS GO WRONG

HANDLING SETBACKS MID-EVALUATION

Every evaluation will have at least one bad day. The traders who pass aren't the ones who avoid setbacks — they're the ones who have a pre-built response protocol so they don't compound a bad day into a catastrophic one.

YOU HIT 50% OF YOUR MAX DRAWDOWN

- Stop trading immediately for the rest of the day
- Mandatory 48-hour break — no charts, no analysis
- Return with 50% position size for the next 3 sessions
- Only A+ setups (8+ quality score) — no marginal trades
- Do not calculate whether you can still pass — focus on execution only

YOU BREACH YOUR DAILY LOSS LIMIT

- Platform closed — do not trade again today under any circumstances
- 24-hour mandatory break before returning
- Full trade review of every trade taken that day
- Identify root cause: was it strategy failure or emotional trading?
- If emotional: revisit Part 2 (Mindset) before next session

YOU'RE AT WEEK 3 AND STUCK AT 5%

- Do not panic — 5% with clean drawdown is a strong position
- Maintain 2-3 trades per day — do not increase frequency
- Look for higher-probability setups only — raise your quality bar to 9+
- Extend your time horizon: most firms allow 30-60 days minimum
- Never increase lot size to 'catch up' — it is the fastest route to failure

YOU MISS A TRADE AND THE MARKET RUNS

- Do not chase — the next trade is not a replacement for a missed one
- Record it in your journal as a missed opportunity, not a loss
- Remind yourself: there is always another setup
- Chasing missed trades is one of the top 5 causes of evaluation failures

PERFORMANCE TRACKING

THE METRICS THAT ACTUALLY MATTER

Track these numbers daily. Not obsessively — systematically. One 5-minute update at the end of each session is all it takes.

<p>CURRENT DRAWDOWN %</p> <p>DAILY</p> <p>Most critical number — know it always</p>	<p>DAILY P&L</p> <p>DAILY</p> <p>Track wins & losses, not just the balance</p>	<p>TRADE QUALITY SCORE</p> <p>PER TRADE</p> <p>Average score should stay above 7.5</p>
<p>PROCESS COMPLIANCE</p> <p>WEEKLY</p> <p>% of trades where you followed all rules</p>	<p>ACTUAL vs EXPECTED WIN RATE</p> <p>WEEKLY</p> <p>Are you within your historical range?</p>	<p>DAYS REMAINING</p> <p>WEEKLY</p> <p>Awareness only — never let it drive urgency</p>

DAILY TRACKER TEMPLATE

DATE	BALANCE	DRAWDOWN %	TRADES	QUALITY AVG	PROCESS?

THRESHOLD GUIDE

ON TRACK	Drawdown < 40% of max · Process score 90%+ · Quality avg 7.5+
CAUTION	Drawdown 40–60% of max · Process score 70–89% · 2 losses today
STOP	Drawdown 60%+ of max · 3rd loss of the day · Chasing trades

BONUS

PRE-EVALUATION LAUNCH CHECKLIST

Complete every item on this list before you place your first trade. Most traders skip this. That's why most traders fail.

RULES & PARAMETERS

- ✓ Read the prop firm rulebook — all of it
- ✓ Write down your max drawdown & daily loss limit
- ✓ Set your max lot size based on 1% risk per trade
- ✓ Create your drawdown tracker spreadsheet
- ✓ Define your 3 entry criteria in writing
- ✓ Set your trade quality checklist (8+ to enter)
- ✓ Write your max trades per day (start at 3)
- ✓ Define your news blackout schedule

PLATFORM SETUP

- ✓ Set MT4/MT5 alerts for 50% drawdown threshold
- ✓ Bookmark ForexFactory economic calendar
- ✓ Set Sunday alarm to review weekly news events
- ✓ Create trade journal template (screenshot + notes)

MINDSET & SYSTEMS

- ✓ Read your trading identity statement
- ✓ Accept your expected number of losing trades
- ✓ Write your 3-Strike System on a sticky note
- ✓ Create your Red Day Recovery Checklist
- ✓ Confirm: I am trading process, not profit target
- ✓ Hide or minimise the P&L; column during trades
- ✓ Set mandatory 30-min break alarm after 1st loss
- ✓ Commit to: no news trading this evaluation

FINAL CONFIRMATION

- ✓ I have a plan for every week of this evaluation
- ✓ I know exactly what I will do if things go wrong
- ✓ I am not starting this to get lucky — I have a system

PREPARATION IS THE EDGE. PLAN IT. EXECUTE IT. GET FUNDED.

SERIES COMPLETE

YOU NOW HAVE EVERYTHING YOU NEED.

PART 1

5 Fatal Mistakes

The traps that kill evaluations — and how to avoid every one

PART 2

The Funded Trader Mindset

The 7 mental rules that separate consistent profits from blown accounts

PART 3

The 30-Day Blueprint

The exact week-by-week plan to go from zero to funded

YOU ARE HERE

"The prop firm isn't the obstacle. It's the filter. Pass it, and you've already proven something most traders never will — that you can be trusted with risk."

Ready to Get Funded?

I work 1-on-1 with traders to pass evaluations across FTMO, The5ers, FundingNext, E8, and more. Trade reviews, accountability, and a proven system tailored to your style.

DM "FUNDED" on Instagram @eleusisfx

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