



**GORILA CAPITAL**

Free trading-education guide · toolkit

**FREE TRADER TOOLKIT · RISK**

# Drawdown & Risk Calculator

How to use the drawdown and risk spreadsheet: recovery maths, losing-streak odds, daily limits and position size in one place.

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## Inside

- How to open the sheet in Google Sheets or Excel
- Drawdown and recovery table
- Losing-streak probabilities by win rate
- Daily and weekly loss limits
- Position size from stop distance

A free lesson taken from **Price Action Pro**, the course we are preparing for Skool. Free to read and share. Education only, not investment advice. Trading is high risk.

## PART 1

# Opening the sheet

1. Google Sheets: open [sheets.google.com](https://sheets.google.com), then File > Import > Upload and choose **drawdown-risk-calculator.xlsx**.
2. Excel or LibreOffice: open the file directly.
3. Change only the yellow cells (account size, risk %, win rate, stop distance). Everything else is calculated.

**Note**

The sheet uses plain formulas only, no macros or scripts, so it is safe to open on any device.

## PART 2

# Drawdown needs a bigger recovery

Losses and gains are not symmetrical. A 50% loss needs a 100% gain to get back to the start. This is why controlling drawdown matters more than chasing returns.

| Drawdown | Gain needed to recover |
|----------|------------------------|
| 5%       | 5.3%                   |
| 10%      | 11.1%                  |
| 15%      | 17.6%                  |
| 20%      | 25.0%                  |
| 25%      | 33.3%                  |
| 30%      | 42.9%                  |
| 40%      | 66.7%                  |
| 50%      | 100.0%                 |
| 60%      | 150.0%                 |
| 75%      | 300.0%                 |

## PART 3

# How likely is a losing streak?

Approximate chance of seeing at least one run of N losses in a row within 100 trades. Even good methods have long losing runs, so your risk per trade must survive them.

| Win rate | 5 in a row | 8 in a row | 10 in a row |
|----------|------------|------------|-------------|
| 40%      | 98%        | 49%        | 20%         |
| 50%      | 81%        | 17%        | 4.4%        |
| 60%      | 46%        | 3.6%       | 0.6%        |

**Note**

Values are calculated for independent trades with a fixed win rate. Real trades are not perfectly independent, so treat them as a guide to scale, not exact odds.

## PART 4

# Daily and weekly limits

A loss limit stops a bad day from becoming a bad month. The sheet calculates them in money from your account size.

| Rule              | Common starting point   | Example on \$5,000   |
|-------------------|-------------------------|----------------------|
| Risk per trade    | 0.5-1%                  | \$25-50              |
| Daily loss limit  | 2-3% or 3 losing trades | \$100-150            |
| Weekly loss limit | 5-6%                    | \$250-300            |
| Pause and review  | -10% from peak          | \$500 below the high |

## PART 5

# Position size from the stop

**Lots = (Account \* Risk %) ÷ (Stop distance \* Value per unit per lot).** The sheet has this formula ready for EURUSD-type pairs (\$10 per pip per lot), JPY pairs (about \$6.70) and gold (\$100 per \$1 per lot).

**Common mistake**

Contract sizes differ between providers. Check the value per pip or per point on your own platform before relying on any calculator.

- [ ] I filled in my own account size and risk %
- [ ] I wrote my daily and weekly limits on my trading plan
- [ ] Post your journal week or your news-day plan in the free Telegram or Discord community and ask for a review.

## KEEP LEARNING

# Where to go next

This guide is one free lesson. If it helped, these are the next steps, all optional.

| Next step                               | What it is                                                                                                                                                                                                             |
|-----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Free community                          | Daily market notes, session plans and chart reviews. No signals for sale, no account managers.                                                                                                                         |
| Telegram                                | <a href="https://t.me/gorilacapital99">t.me/gorilacapital99</a>                                                                                                                                                        |
| Discord                                 | <a href="https://discord.gg/aHRUT6DhT">discord.gg/aHRUT6DhT</a>                                                                                                                                                        |
| WhatsApp channel                        | <a href="https://whatsapp.com/channel/0029Vb8jer11nozBPjBeAM06">whatsapp.com/channel/0029Vb8jer11nozBPjBeAM06</a>                                                                                                      |
| Gorila Zones (\$49, one-time)           | Our TradingView education tool that marks supply and demand zones, structure breaks and a historical stats table. <a href="https://finance-gorila.pages.dev/indicator">Details: finance-gorila.pages.dev/indicator</a> |
| Price Action Pro (coming soon on Skool) | The full course this guide comes from: structure, liquidity, zones, sessions and risk, with drills and chart reviews. Join the community above to hear when it opens.                                                  |
| More free guides                        | <a href="https://finance-gorila.pages.dev/free">finance-gorila.pages.dev/free</a>                                                                                                                                      |

**Risk warning**

Education only, not investment advice. Trading is high risk. Leveraged products such as CFDs and forex can lose money fast, and most retail accounts lose money. Past examples do not predict future results. Only trade money you can afford to lose, and check that any provider you use is authorised in your country.

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