



PRINCIPLES TO SUCCESSFUL TRADING

The 101 Guide to
Active Trade Days

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Principles to Successful Trading

A concise guide to mastering Active Trade Days
for consistent results

Elite Trader Funding

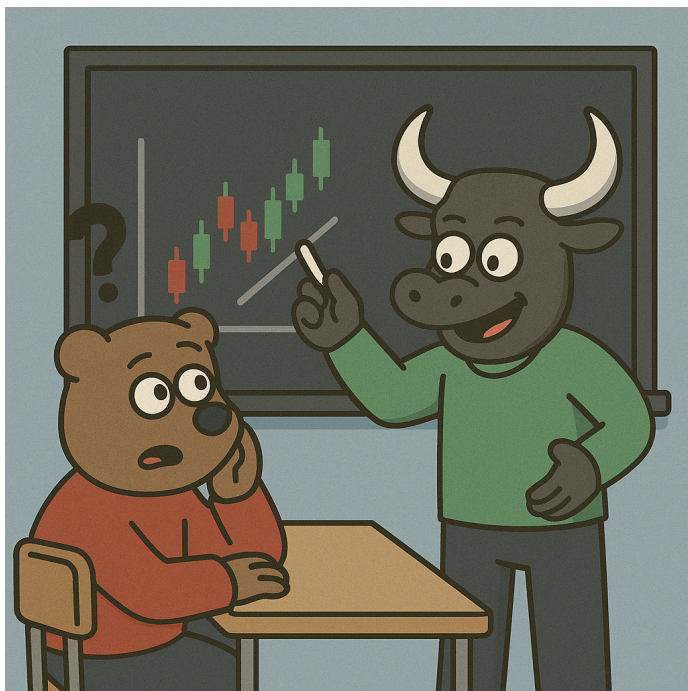
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Introduction



Active Trade Days (ATDs) are trading days on which you meet or exceed a predefined profit threshold. They're a simple yet powerful way to build consistent performance -whether you're trading an evaluation service account, your own portfolio, in simulations or live markets, across any market or instrument.

These three core principles will help you turn everyday trading into a repeatable system for growth and risk control.

Understanding Active Trade Days

An Active Trade Day is any trading day on which you achieve a minimum profit target set by your trading plan. Why it matters:

- **Rewarding Consistency:** ATDs demonstrate a trader's ability to generate profits across multiple sessions, regardless of market conditions. Steady results are much better rather than sporadic wins.
- **Encouraging Discipline:** To achieve an ATD, traders must stick to their trading plan, manage risk, and avoid impulsive decisions. This discipline protects the trader's account.
- **Driving Progress:** If you decide to trade with an evaluation service, many of them tie ATDs to key milestones, such as passing an evaluation, withdrawing profits, or scaling to a larger account.

Principle 1: Minimum Realized Profit

The minimum realized profit is the smallest profit you must achieve on a trading day for it to qualify as an **Active Trade Day (ATD)**—a key metric to gauge your consistency. Depending on your plan, this floor might be \$100, \$200, or \$300 per day.

It's not about hitting home runs; **it's about consistent singles that add up over time.**

This profit floor ensures that every day you trade contributes meaningfully to your overall performance and keeping you on track.

Set a clear daily profit floor:

- The exact dollar amount depends on your plan (for example, \$100– \$300 per day).
- This ensures every counted day contributes meaningfully to your overall performance.

Principle 2: Variable Threshold Rule

The Variable Threshold Rule ties your daily performance to your peak achievement. Specifically, it mandates that for a trading day to qualify as an ATD, you must generate a profit that's at least X% of the profit from your best trading day. For example, if your highest daily profit is \$1,000 and your program sets X at 20%, you need to earn at least \$200 on a new day for it to count as an ATD. Days that fall below this threshold, even if profitable, do not count toward your ATD tally.

This rule ensures that your performance remains robust and consistent, rather than relying on one standout day to carry you through.

To avoid relying on a single big win, require each new day to earn at least X% of your best day's profit.

- X% varies by your plan (commonly 20%–35%).
- Days below your plan's percentage do not count as ATDs.
- Check your trading conditions for the exact percentage.

Principle 3: Required Active Days per Cycle



Trading plans often group ATDs into cycles to qualify for payouts or account upgrades:

- Initial cycle: typically 10–15 ATDs
- Subsequent cycles: often 8–12 ATDs

Verify the required count in your program and track it in your trading log or dashboard.

Universal Application



The principles also **shine across a wide range of markets: stocks, futures, forex, options, and crypto.**

Whether you're scalping futures contracts, trading forex pairs, or navigating the volatility of crypto, the emphasis on daily goals keeps you grounded. For instance, hitting a profit target in forex requires the same discipline as achieving it in stocks—the asset changes, but the habit of steady progress remains. This universality makes the framework a powerful tool for traders who want to diversify their portfolios or explore new markets without overhauling their approach.

By training yourself to meet daily targets in a simulated environment, you're preparing for the pressures of live trading, ensuring a **smoother transition** and stronger performance.

Trading on a simulation platform, where you're practicing without real financial risk, focusing on daily goals helps you build confidence and refine your strategy. Those same habits—consistency, discipline, and incremental progress—translate directly to live markets, where real money is at stake.

Strategies for Success



1. Plan Your Day

- Choose targets above your minimum threshold.
- Review your best day's profit to set your variable threshold.

2. Manage Risk

- Use stop-losses and position sizing.
- Avoid chasing metrics with excessive leverage.

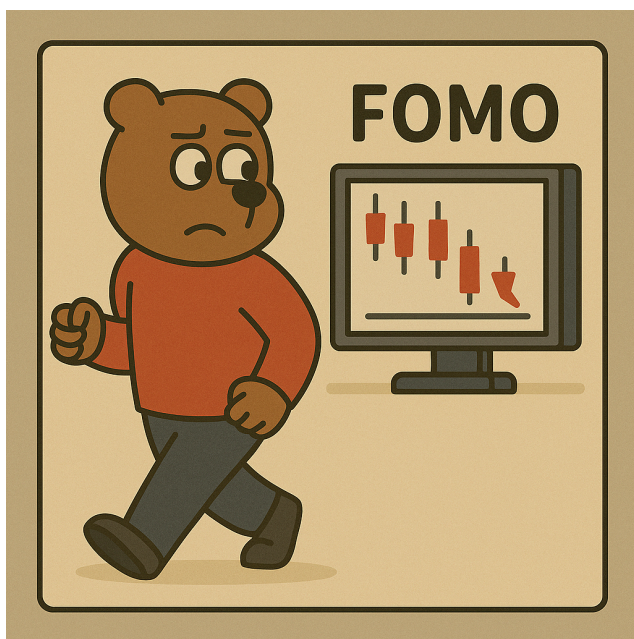
3. Track Performance

- Keep a simple journal of P&L and ATD status.
- Note any days that fell short of thresholds.

4. Adapt & Improve

- If you miss an ATD, adjust your plan early next week.
- Balance high-momentum trades with steady, low-risk setups.

Psychological Edge



Following these principles helps you stay disciplined and resist FOMO trades. A system built on ATDs makes trading “boring”—and boring trading usually means you’re making the right decisions **consistently**. When trading feels too exciting, you risk acting on bias or emotion, which can lead to costly mistakes. Embrace the routine: steady, unemotional trading is the foundation of long-term success.

Active Trade Days aren't just metrics—they're habits. Apply these principles consistently to build disciplined, repeatable trading routines and achieve more reliable results, no matter your market or platform.

Next Steps:

If you found these principles helpful, we'd love to support your journey further:

Explore our funding programs

Visit [Elite Trader Funding](#) to learn about tailored accounts and opportunities.

Join the conversation

Connect with fellow traders in our Discord community at etf.fund/discord.

Appendix. Quick reference

Principle	Typical Requirement
Minimum Realized Profit	\$100–\$300 per day (plan-specific)
Variable Threshold Rule	15%–30% of your best day's profit
Active Days per Cycle	Initial: 10–15 days · Later: 8–12 days
Consistency Rule	No day > 40%–50% of cycle's total profits

Example:

Day	Profit	Best Day	Threshold %	Threshold \$	ATD Credit
1	1,000	1,000	20%	200	✓
2	250	1,000	20%	200	✓
3	180	1,000	20%	200	✗
4	600	1,000	20%	200	✓

**If you made it this far,
thank you for reading and
Happy Trading!**

