PROFITAMITRA

Position Size Calculator

The #1 discipline tool of professional traders — know exactly how many shares to buy so one bad trade can never hurt your capital badly.

Why This Matters

Most retail traders blow up their capital not because they picked the wrong stock, but because they bought the **wrong quantity** for their capital and risk tolerance. This worksheet is the exact paper version of the calculation ProfitaMitra teaches in every course — the same formula behind our free online tool at **profitamitra.com/calculator.html**.

The Formula

STEP 1 — DECIDE YOUR RISK AMOUNT
Risk Amount (₹) = Total Capital × Risk % Per Trade

STEP 2 — FIND YOUR RISK PER SHARE
Risk Per Share (₹) = | Entry Price − Stop-Loss Price |

STEP 3 — CALCULATE YOUR QUANTITY
Quantity = Risk Amount ÷ Risk Per Share

STEP 4 — CHECK YOUR RISK:REWARD
Risk : Reward = | Target − Entry | ÷ Risk Per Share

⚠ Professional traders typically risk only **1-2% of total capital** on any single trade — never risk what you can't afford to lose repeatedly across many trades.

Worked Example

Input	Value
Total Trading Capital	₹1,00,000
Risk Per Trade	1%
Entry Price	₹250
Stop-Loss Price	₹240
Target Price	₹280

Result	Calculation
Risk Amount	₹1,00,000 × 1% = **₹1,000**
Risk Per Share	|₹250 − ₹240| = **₹10**
Quantity to Buy	₹1,000 ÷ ₹10 = **100 shares**
Position Value	100 × ₹250 = **₹25,000 (25% of capital)**
Risk : Reward	|₹280 − ₹250| ÷ ₹10 = **1 : 3**

This trade risks only ₹1,000 (1% of capital) to potentially make ₹3,000 — a favourable 1:3 setup.

Your Practice Sheet — Fill This In For Your Next 5 Trades

Capital	Risk %	Entry	Stop-Loss	Target	Risk Amt	Quantity	R:R