



The macro calendar, explained

The reports that move everything

Inflation, monthly

The Consumer Price Index drops monthly at 8:30 AM ET. Hot print: the Fed stays tight, stocks fall. Cool print: rate-cut odds rise, stocks rally. One decimal place moves trillions.



The Fed speaks

Eight times a year the Fed sets rates. The statement matters less than the press conference. A single Powell sentence has moved markets more than the decision itself. Watch the words, not just the number.



Jobs, first Friday

Nonfarm payrolls lands the first Friday of each month at 8:30 AM ET. Strong jobs mean a hot economy and fewer cuts. Weak jobs mean the opposite. It reprices the entire rate path in minutes.



Guidance over results

The big banks kick off each season, then tech. A beat means little if guidance disappoints. Stocks trade on the future, not the quarter. The conference call moves more than the headline.





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