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Decode The Market Code

Macro Events &
News Trading Calendar

NFP, FOMC and CPI explained, plus how **DXY** correlates with both **Gold** and **Nifty**. Trade the news, don't fear it.

A FREE STUDY RESOURCE BY CHART CODE

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About This Guide

The **macro calendar** lists upcoming economic data releases and policy decisions ranked by expected market impact. A handful of US releases (NFP, FOMC and CPI), along with the Dollar Index (DXY), tend to move markets worldwide, including Nifty. This guide explains each one and how they connect to gold and Nifty.

By the end of this guide you will know:

- What the macro calendar tracks and how releases are ranked by impact
- What NFP, FOMC and CPI each measure and why they move markets
- What DXY measures and how it typically correlates with gold
- How dollar strength, FII flows and crude oil connect global macro events to Nifty
- How to read a release without letting it become the whole plan, and the mistakes to avoid

Macro Events & News Trading Calendar

Quick Answer: What Are NFP, FOMC, CPI and DXY?

These terms cover most of what you need to know. Each is explained in full later in the guide.

Term	Meaning
Macro economic calendar	A scheduled list of upcoming economic data releases and policy decisions, ranked by their expected market impact.
NFP (Non-Farm Payrolls)	A monthly US report on the change in paid workers, excluding farm employees, released on the first Friday of most months. It is closely watched as a gauge of US labour market health.
FOMC	The Federal Open Market Committee, the branch of the US Federal Reserve that sets the target range for the US federal funds rate. Its decisions and forward guidance are among the most closely watched events in global markets.
CPI (Consumer Price Index)	The main US inflation gauge, measuring the average change in prices paid by consumers. Because Fed decisions are heavily influenced by inflation, CPI releases often move markets by shifting rate expectations.
DXY (US Dollar Index)	An index measuring the US dollar against a weighted basket of six major currencies, with the euro carrying the largest weight, used as a general gauge of dollar strength.
DXY and Gold	The dollar index and gold prices typically move inversely to each other, though the relationship is a tendency rather than a rule that holds every day.
DXY and Nifty	A stronger dollar can make emerging-market assets relatively less attractive and can affect FII inflows, and it also affects crude oil prices, which matter significantly for India as a major oil importer.

1. Why the Macro Calendar Matters

A handful of scheduled releases each month carry outsized influence over global markets, not because they are mysterious, but because they update the market's best guess about where interest rates,

inflation and growth are headed next. Learning what these releases actually measure turns them from unpredictable "news risk" into scheduled, plannable events.

This guide covers three of the most closely watched US releases (NFP, FOMC decisions, and CPI), then explains the US Dollar Index (DXY) and how it connects those releases to two very different markets: gold and India's Nifty.

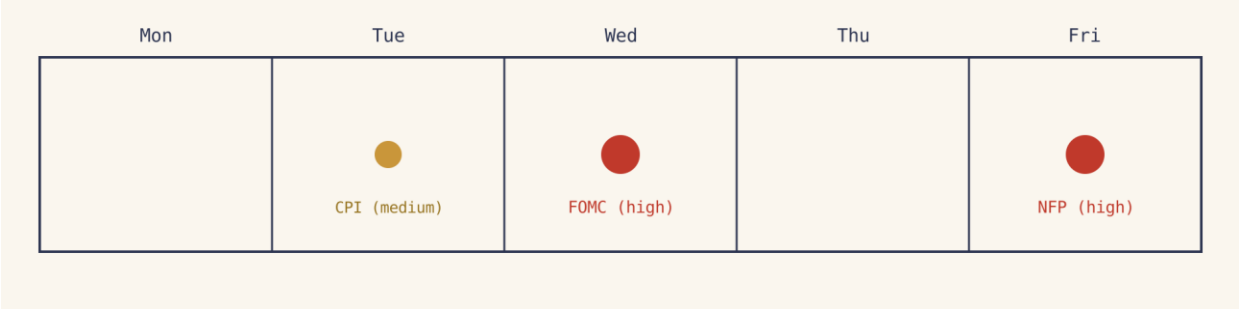
2. How to Actually Use the Macro Calendar (Before You Trade Around It)

The most common mistake with macro events is either ignoring them entirely and being surprised by the resulting volatility, or overreacting to every single release regardless of its actual significance. A useful approach sits between the two. Before any scheduled release, run it through three quick filters:

- **Do I know what this specific number actually measures?** Reacting to a headline without understanding what moved is guesswork.
- **How does it compare to expectations?** Markets typically react to the surprise relative to forecast, not the raw number alone.
- **Which of my instruments does this actually affect?** A US release doesn't move every market the same way or by the same amount.

3. What Is a Macro Economic Calendar?

Core Concept



Visualising it: a sample week with CPI (medium impact) on Tuesday, FOMC (high) on Wednesday and NFP (high) on Friday.

A macro economic calendar is simply a scheduled list of upcoming economic data releases and central bank decisions, typically ranked by expected market impact (often shown as low, medium or high). Knowing what is on the calendar for the week ahead is the starting point for planning around volatility rather than being caught off guard by it.

HOW TO READ IT

The three events covered in this guide (NFP, FOMC decisions, and CPI) are consistently ranked among the highest-impact scheduled US releases for global markets.

4. NFP (Non-Farm Payrolls) Explained

Core Concept

Detail	Value
What it measures	Monthly change in US paid employment, excluding farm workers
Released by	US Bureau of Labor Statistics
Typical timing	First Friday of most months
Why it matters	A key gauge of US labour market and broader economic health

HOW TO READ IT

The market reaction typically depends on how the actual figure compares to economists' forecasts, not the raw number in isolation. A "weak" number that still beats a lower forecast can still trigger a positive reaction, and vice versa.

5. FOMC & the Federal Reserve Explained

Core Concept

Detail	Value
What it does	Sets the target range for the US federal funds interest rate
Meets	Roughly 8 times a year
Key outputs	Rate decision, policy statement, press conference, and periodic economic projections
Why it matters	US interest rate expectations influence global capital flows and asset valuations broadly

HOW TO READ IT

Markets often react as much to the tone and forward guidance in the accompanying statement and press conference as to the rate decision itself, since that guidance shapes expectations for future meetings.

6. CPI (Consumer Price Index) Explained

Core Concept

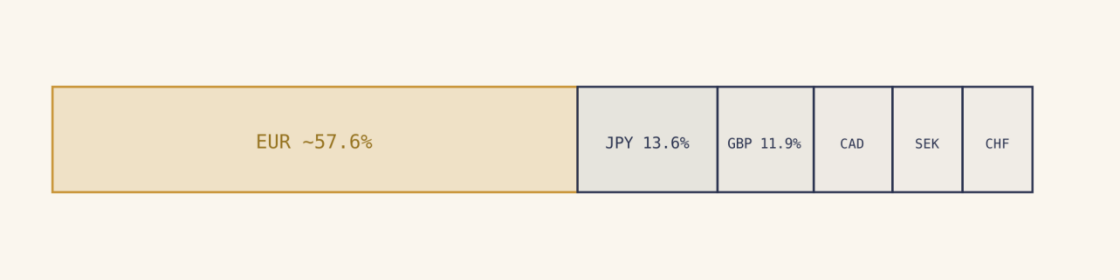
Detail	Value
What it measures	Average change in prices paid by consumers for a fixed basket of goods and services
Released by	US Bureau of Labor Statistics
Typical timing	Monthly, usually mid-month
Why it matters	The primary inflation gauge feeding directly into Fed policy expectations

HOW TO READ IT

Because inflation trends heavily influence the Fed's interest rate decisions, a surprising CPI print can shift FOMC rate-decision expectations sharply, which is often why CPI releases move markets so directly.

7. What Is DXY (US Dollar Index)?

Core Concept



Visualising it: the weights of the six currencies in the DXY basket, with the euro carrying by far the largest share.

DXY (the US Dollar Index) measures the US dollar's value against a fixed, weighted basket of six major foreign currencies (the euro, Japanese yen, British pound, Canadian dollar, Swedish krona and Swiss franc), with the euro carrying by far the largest weight. When DXY rises, it means the dollar is broadly strengthening against this basket; when it falls, the dollar is broadly weakening.

HOW TO READ IT

Because the euro dominates the basket, DXY often behaves quite similarly to (the inverse of) EUR/USD specifically, even though technically it reflects a wider set of currencies.

8. How DXY Correlates with Gold

Core Concept



Visualising it: as DXY falls, the gold price tends to rise.

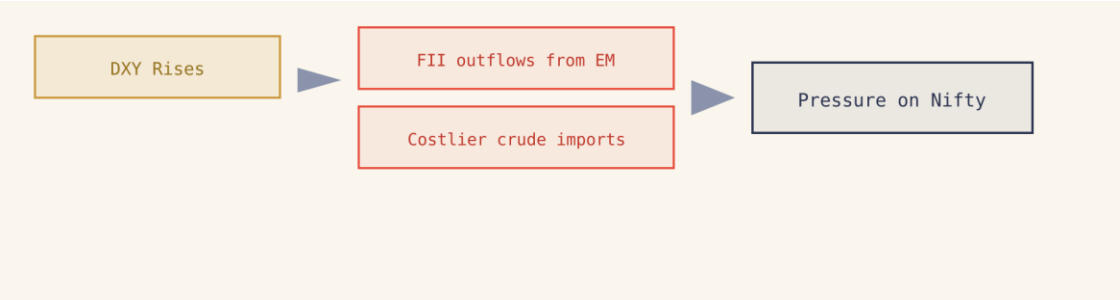
Since gold is priced in US dollars, a falling DXY (a weaker dollar) generally makes gold cheaper for buyers holding other currencies, which tends to support gold prices, and a rising DXY tends to weigh on gold. This inverse relationship, covered briefly in our gold guide, is one of the most consistently observed correlations across financial markets, though it isn't absolute on any single day.

HOW TO READ IT

Checking DXY's recent direction alongside a gold chart is a quick way to judge whether a gold move is being reinforced by, or is fighting against, this typical relationship.

9. How DXY & Global Macro Correlates with Nifty

Core Concept



Visualising it: a rising DXY leads to FII outflows from emerging markets and costlier crude imports, which puts pressure on Nifty.

A rising DXY tends to connect to Indian markets through two main channels. First, a stronger dollar can make emerging-market assets relatively less attractive, sometimes leading to reduced foreign institutional investor (FII) inflows into Indian equities. Second, since crude oil is priced in dollars and India imports a large share of its oil needs, a stronger dollar can make those imports costlier, adding pressure to India's trade balance and, indirectly, market sentiment. A falling DXY tends to work in the opposite, more supportive direction.

HOW TO READ IT

These are tendencies operating alongside many other domestic factors (India-specific earnings, RBI policy, and local sentiment), so DXY should be read as one input into the broader Nifty picture, not the sole explanation for any single day's move.

10. Common Macro Trading Mistakes to Avoid

1. **Reacting to the headline number alone:** Ignoring how a release compares to consensus forecasts means missing the actual driver of the market's reaction.
2. **Treating every release as equally important:** Not all scheduled events carry the same weight. NFP, FOMC and CPI consistently rank higher than most other releases.
3. **Ignoring DXY when trading gold or Nifty:** Trading either instrument without any awareness of the dollar's recent direction means missing a consistently relevant piece of context.
4. **Assuming Fed decisions move every market equally:** US-focused events affect different instruments to different degrees. A blanket assumption of impact can be misleading.
5. **Not knowing the exact release time:** Missing the scheduled time of a high-impact event removes any ability to plan entries, exits or risk around it.
6. **Treating DXY correlations as guarantees:** The DXY-gold and DXY-Nifty relationships are tendencies, not fixed rules. Other factors can and do override them on any given day.

NEXT STEP

Understanding these releases is the foundation. Applying them alongside structure and liquidity concepts is what we build hands-on in our Global Markets course at Chart Code, offline in Boisar or live online anywhere in India.

11. Your Macro Calendar Confirmation Checklist

Before trading around any scheduled event in this guide, run through this five-point check:

- **Release Identified & Understood** — Do you know exactly which event is scheduled and what it actually measures?
- **Consensus Forecast Checked** — Do you know what the market is expecting, so you can judge the surprise rather than just the raw number?
- **Relevant Instruments Identified** — Have you confirmed which of your instruments this specific release actually tends to affect?
- **DXY Context Considered** — For gold or Nifty specifically, have you checked DXY's recent direction as added context?
- **Defined Risk** — Do you know exactly where you'd be proven wrong, and have you adjusted risk for the expected volatility?

EDUCATIONAL CONTENT ONLY

This guide is for education only. It is not investment advice or a recommendation to buy or sell any security. Macro releases and cross-asset correlations described here are general tendencies, not rules that hold on every release, and past relationships can change. Trading involves risk of loss, and many retail traders lose money, so always use a predefined stop-loss and risk only what you can afford to lose.

12. Frequently Asked Questions

What is NFP in trading?

NFP, or Non-Farm Payrolls, is a monthly US government report measuring the change in the number of paid workers in the US, excluding farm employees and a few other categories. It is released on the first Friday of most months and is closely watched as an indicator of US economic and labour market health.

What does the FOMC decide?

The Federal Open Market Committee (FOMC) is the branch of the US Federal Reserve responsible for setting the target range for the US federal funds interest rate. Its decisions, and the guidance given about future policy, are among the most closely watched events across global financial markets.

What is CPI and why does it matter to traders?

CPI, or the Consumer Price Index, measures the average change in prices paid by consumers for a basket of goods and services over time, making it the primary gauge of inflation. Because the Federal Reserve's interest rate decisions are heavily influenced by inflation trends, CPI releases often move markets by shifting expectations for future Fed policy.

What is the DXY (US Dollar Index)?

DXY is an index that measures the value of the US dollar against a weighted basket of six major foreign currencies, with the euro carrying the largest weight. It is widely used as a general gauge of overall dollar strength or weakness.

Why does dollar strength often pressure Nifty and other emerging markets?

A stronger US dollar can make emerging-market assets relatively less attractive to foreign investors and can pressure emerging-market currencies, sometimes leading to reduced foreign institutional investor (FII) inflows into markets like India's. This is one of several channels connecting broad dollar strength to pressure on indices like Nifty, alongside its effect on crude oil prices, which matter significantly for India as a major oil importer.

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