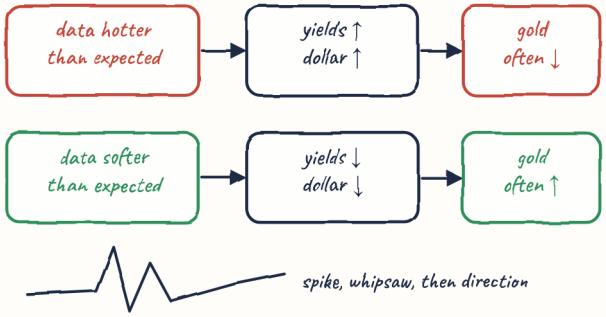
XAUUSD Global · study note

How CPI, NFP and FOMC move gold

Gold reacts to the surprise, not the headline: the gap between the actual figure and what markets expected, and what it means for interest rates, real yields and the dollar.



Key points

- A typical shape: a spike, a whipsaw, then clearer direction after 15 to 30 minutes.
- Spreads widen and stops can slip in the first seconds after the release.
- The headline and the details can disagree (for example soft headline CPI, hot core CPI), and the first spike can reverse.
- FOMC days have two bursts: the statement and the press conference half an hour later.

CPI (US inflation, monthly)	08:30 New York time	**NFP (US jobs report, usually first Friday)**	08:30 New York time
FOMC statement (8 meetings a year)	14:00 New York time	**FOMC press conference**	14:30 New York time

Times are in their home zone, with the zone named. On the web page each one also shows in your own time zone.

How traders use it

1. Write this week's release times in your own time zone.
2. Many traders stay flat into the release. If you trade it, use reduced risk and wait for structure to form.
3. Check the dollar and the 2-year yield: if they don't confirm gold's spike, be careful.

Watch out

- ✗ A tight stop held through the release.
- ✗ Trading the first one-minute candle.
- ✗ Assuming good news always means gold up.

Key line: **Surprise versus expectations, then yields and the dollar, then gold. Let the dust settle.**