

Natural Gas

Crude Oil

	Current Day		Prev Day			Current Day		Prev Day	
	4/1/21	3/31/21	change	change		4/1/21	3/31/21		
May-21	2.639	2.608	0.031	1.2%		61.450	59.160		
Jun-21	2.697	2.667	0.030	1.1%		61.480	59.180		
Jul-21	2.761	2.732	0.029	1.1%		61.350	59.030		
Aug-21	2.782	2.753	0.029	1.1%		61.040	58.690		
Sep-21	2.769	2.740	0.029	1.1%		60.620	58.240		
Oct-21	2.783	2.755	0.028	1.0%		60.170	57.760		
Nov-21	2.855	2.830	0.025	0.9%		59.720	57.290		
Dec-21	2.982	2.961	0.021	0.7%		59.290	56.850		
Jan-22	3.070	3.049	0.021	0.7%		58.890	56.420		
Feb-22	3.011	2.992	0.019	0.6%		58.500	56.020		
Mar-22	2.835	2.818	0.017	0.6%		58.150	55.650		
Apr-22	2.489	2.483	0.006	0.2%		57.800	55.310		
May-22	2.448	2.442	0.006	0.2%		57.490	55.010		
Jun-22	2.480	2.473	0.007	0.3%		57.180	54.720		
Jul-22	2.515	2.508	0.007	0.3%		56.860	54.410		
Aug-22	2.521	2.514	0.007	0.3%		56.560	54.110		
Sep-22	2.505	2.498	0.007	0.3%		56.270	53.830		
Oct-22	2.529	2.523	0.006	0.2%		56.010	53.570		
Nov-22	2.597	2.591	0.006	0.2%		55.770	53.340		
Dec-22	2.765	2.759	0.006	0.2%		55.550	53.120		
Jan-23	2.868	2.863	0.005	0.2%		55.280	52.860		
Feb-23	2.822	2.819	0.003	0.1%		55.030	52.620		
Mar-23	2.665	2.664	0.001	0.0%		54.800	52.390		
Apr-23	2.384	2.378	0.006	0.3%		54.590	52.180		
May-23	2.357	2.351	0.006	0.3%		54.410	52.000		
Jun-23	2.396	2.390	0.006	0.3%		54.250	51.820		
Jul-23	2.439	2.433	0.006	0.2%		54.050	51.610		
Aug-23	2.452	2.445	0.007	0.3%		53.870	51.420		
Sep-23	2.435	2.427	0.008	0.3%		53.700	51.260		
Oct-23	2.468	2.459	0.009	0.4%		53.550	51.120		
Nov-23	2.553	2.544	0.009	0.4%		53.410	50.980		
Dec-23	2.763	2.749	0.014	0.5%		53.270	50.840		
Jan-24	2.876	2.865	0.011	0.4%		53.080	50.660		
Feb-24	2.838	2.826	0.012	0.4%		52.910	50.490		
Mar-24	2.693	2.681	0.012	0.4%		52.760	50.330		
Apr-24	2.411	2.396	0.015	0.6%		52.630	50.200		
May-24	2.384	2.369	0.015	0.6%		52.490	50.080		
Jun-24	2.423	2.408	0.015	0.6%		52.390	49.970		
Jul-24	2.470	2.455	0.015	0.6%		52.260	49.840		
Aug-24	2.482	2.467	0.015	0.6%		52.150	49.750		
Sep-24	2.469	2.454	0.015	0.6%		52.060	49.660		
Oct-24	2.505	2.490	0.015	0.6%		51.970	49.560		
Nov-24	2.607	2.592	0.015	0.6%		51.890	49.460		
Dec-24	2.811	2.796	0.015	0.5%		51.850	49.410		
Jan-25	2.918	2.903	0.015	0.5%		51.740	49.300		
Feb-25	2.875	2.860	0.015	0.5%		51.670	49.220		
Mar-25	2.729	2.714	0.015	0.6%		51.580	49.130		
Apr-25	2.439	2.424	0.015	0.6%		51.480	49.030		
May-25	2.419	2.404	0.015	0.6%		51.360	48.900		

Jun-25	2.453	2.438	0.015	0.6%	51.290	48.830
Jul-25	2.491	2.476	0.015	0.6%	51.230	48.770
Aug-25	2.499	2.484	0.015	0.6%	51.160	48.710
Sep-25	2.491	2.476	0.015	0.6%	51.120	48.670
Oct-25	2.519	2.504	0.015	0.6%	51.030	48.590
Nov-25	2.622	2.607	0.015	0.6%	51.000	48.560
Dec-25	2.829	2.814	0.015	0.5%	50.990	48.560
Jan-26	2.937	2.922	0.015	0.5%	50.890	48.460
Feb-26	2.894	2.879	0.015	0.5%	50.860	48.430
Mar-26	2.749	2.734	0.015	0.5%	50.790	48.360
Apr-26	2.466	2.444	0.022	0.9%	50.750	48.320
May-26	2.446	2.424	0.022	0.9%	50.690	48.260
Jun-26	2.484	2.462	0.022	0.9%	50.630	48.200
Jul-26	2.524	2.502	0.022	0.9%	50.560	48.130
Aug-26	2.535	2.513	0.022	0.9%	50.590	48.160
Sep-26	2.532	2.510	0.022	0.9%	50.540	48.110
Oct-26	2.563	2.541	0.022	0.9%	50.530	48.100
Nov-26	2.664	2.642	0.022	0.8%	50.500	48.070
Dec-26	2.876	2.854	0.022	0.8%	50.520	48.090
Jan-27	2.986	2.964	0.022	0.7%	50.450	48.020
Feb-27	2.943	2.921	0.022	0.8%	50.410	47.980
Mar-27	2.798	2.776	0.022	0.8%	50.400	47.970
Apr-27	2.510	2.481	0.029	1.2%	50.360	47.930
May-27	2.491	2.462	0.029	1.2%	50.390	47.960
Jun-27	2.527	2.498	0.029	1.2%	50.370	47.940
Jul-27	2.561	2.532	0.029	1.1%	50.410	47.980
Aug-27	2.567	2.538	0.029	1.1%	50.390	47.960
Sep-27	2.573	2.544	0.029	1.1%	50.420	47.990
Oct-27	2.609	2.580	0.029	1.1%	50.390	47.960
Nov-27	2.707	2.678	0.029	1.1%	50.400	47.970
Dec-27	2.909	2.880	0.029	1.0%	50.370	47.940
Jan-28	3.019	2.990	0.029	1.0%	50.350	47.920
Feb-28	2.976	2.947	0.029	1.0%	50.350	47.920
Mar-28	2.836	2.807	0.029	1.0%	50.350	47.920
Apr-28	2.521	2.492	0.029	1.2%	50.380	47.950
May-28	2.501	2.472	0.029	1.2%	50.390	47.960
Jun-28	2.542	2.513	0.029	1.2%	50.380	47.950
Jul-28	2.584	2.555	0.029	1.1%	50.440	48.010
Aug-28	2.600	2.571	0.029	1.1%	50.460	48.030
Sep-28	2.612	2.583	0.029	1.1%	50.470	48.040
Oct-28	2.649	2.620	0.029	1.1%	50.500	48.070
Nov-28	2.755	2.726	0.029	1.1%	50.500	48.070
Dec-28	2.965	2.936	0.029	1.0%	50.480	48.050
Jan-29	3.085	3.056	0.029	0.9%	50.560	48.130
Feb-29	3.041	3.012	0.029	1.0%	50.560	48.130
Mar-29	2.912	2.883	0.029	1.0%	50.600	48.170
Apr-29	2.577	2.548	0.029	1.1%	50.640	48.210
May-29	2.552	2.523	0.029	1.1%	50.670	48.240
Jun-29	2.587	2.558	0.029	1.1%	50.610	48.180
Jul-29	2.627	2.598	0.029	1.1%	50.650	48.220
Aug-29	2.652	2.623	0.029	1.1%	50.670	48.240
Sep-29	2.657	2.628	0.029	1.1%	50.680	48.250
Oct-29	2.692	2.663	0.029	1.1%	50.710	48.280

Nov-29	2.797	2.768	0.029	1.0%	50.740	48.310
Dec-29	3.007	2.978	0.029	1.0%	50.780	48.350
Jan-30	3.132	3.103	0.029	0.9%	50.830	48.400
Feb-30	3.092	3.063	0.029	0.9%	50.880	48.450
Mar-30	2.967	2.938	0.029	1.0%	50.910	48.480
Apr-30	2.637	2.608	0.029	1.1%	50.940	48.510
May-30	2.615	2.586	0.029	1.1%	50.970	48.540
Jun-30	2.650	2.621	0.029	1.1%	51.020	48.590
Jul-30	2.690	2.661	0.029	1.1%	51.080	48.650
Aug-30	2.730	2.701	0.029	1.1%	51.120	48.690
Sep-30	2.745	2.716	0.029	1.1%	51.150	48.720
Oct-30	2.791	2.762	0.029	1.0%	51.170	48.740
Nov-30	2.863	2.834	0.029	1.0%	51.200	48.770
Dec-30	3.018	2.989	0.029	1.0%	51.230	48.800
Jan-31	3.153	3.124	0.029	0.9%	51.310	48.880
Feb-31	3.113	3.084	0.029	0.9%	51.400	48.970
Mar-31	3.008	2.979	0.029	1.0%	51.460	49.030
Apr-31	2.688	2.659	0.029	1.1%	51.500	49.070
May-31	2.666	2.637	0.029	1.1%	51.500	49.070
Jun-31	2.701	2.672	0.029	1.1%	51.460	49.030
Jul-31	2.741	2.712	0.029	1.1%	51.470	49.040
Aug-31	2.781	2.752	0.029	1.1%	51.460	49.030
Sep-31	2.796	2.767	0.029	1.0%	51.480	49.050
Oct-31	2.842	2.813	0.029	1.0%	51.540	49.110
Nov-31	2.914	2.885	0.029	1.0%	51.630	49.200
Dec-31	3.069	3.040	0.029	1.0%	51.710	49.280
Jan-32	3.204	3.175	0.029	0.9%	51.830	49.400
Feb-32	3.164	3.135	0.029	0.9%	52.000	49.570
Mar-32	3.064	3.035	0.029	1.0%		
Apr-32	2.749	2.720	0.029	1.1%		
May-32	2.727	2.698	0.029	1.1%		
Jun-32	2.762	2.733	0.029	1.1%		
Jul-32	2.802	2.773	0.029	1.0%		
Aug-32	2.842	2.813	0.029	1.0%		
Sep-32	2.857	2.828	0.029	1.0%		
Oct-32	2.903	2.874	0.029	1.0%		
Nov-32	2.975	2.946	0.029	1.0%		
Dec-32	3.130	3.101	0.029	0.9%		
Jan-33	3.265	3.236	0.029	0.9%		
Feb-33	3.225	3.196	0.029	0.9%		
Mar-33	3.130	3.101	0.029	0.9%		
Apr-33	2.815	2.786	0.029	1.0%		
May-33	2.793	2.764	0.029	1.0%		
Jun-33	2.828	2.799	0.029	1.0%		
Jul-33	2.868	2.839	0.029	1.0%		
Aug-33	2.908	2.879	0.029	1.0%		
Sep-33	2.923	2.894	0.029	1.0%		
Oct-33	2.969	2.940	0.029	1.0%		
Nov-33	3.041	3.012	0.029	1.0%		
Dec-33	3.196	3.167	0.029	0.9%		
12 month	2.806	2.782	0.024	0.9%	59.872	57.467
Bal '21	2.784	2.756	0.028	1.0%	60.640	58.275

Cal '22	2.647	2.638	0.010	0.4%	57.086	54.626
Cal '23	2.550	2.544	0.007	0.3%	54.184	51.758
Cal '24	2.581	2.567	0.014	0.6%	52.370	49.951
Cal '25	2.607	2.592	0.015	0.6%	51.304	48.856
Cal '26	2.639	2.619	0.020	0.8%	50.654	48.224
Cal '27	2.682	2.655	0.027	0.010	50.397	47.967
Cal '28	2.713	2.684	0.029	0.011	50.421	47.991
Cal '29	2.766	2.737	0.029	0.011	50.656	48.226
Cal '30	2.828	2.799	0.029	0.010	51.042	48.612
Cal '31	2.873	2.844	0.029	0.010	51.493	49.063
Cal '32	2.932	2.903	0.029	0.010		
Cal '33	2.997	2.968	0.029	0.010		

24 month	2.699	2.684	0.015	0.5%
36 month	2.651	2.639	0.013	0.5%
48 month	2.637	2.623	0.013	0.5%
60 month	2.632	2.618	0.014	0.5%

change	change
2.290	3.9%
2.300	3.9%
2.320	3.9%
2.350	4.0%
2.380	4.1%
2.410	4.2%
2.430	4.2%
2.440	4.3%
2.470	4.4%
2.480	4.4%
2.500	4.5%
2.490	4.5%
2.480	4.5%
2.460	4.5%
2.450	4.5%
2.450	4.5%
2.440	4.5%
2.440	4.6%
2.430	4.6%
2.430	4.6%
2.420	4.6%
2.410	4.6%
2.410	4.6%
2.410	4.6%
2.410	4.6%
2.430	4.7%
2.440	4.7%
2.450	4.8%
2.440	4.8%
2.430	4.8%
2.430	4.8%
2.430	4.8%
2.420	4.8%
2.420	4.8%
2.430	4.8%
2.430	4.8%
2.410	4.8%
2.420	4.8%
2.420	4.9%
2.400	4.8%
2.400	4.8%
2.410	4.9%
2.430	4.9%
2.440	4.9%
2.440	4.9%
2.450	5.0%
2.450	5.0%
2.450	5.0%
2.460	5.0%

For Market Update

	Close	Change
May-21	2.639	0.031
Jun-21	2.697	0.030
12 Month	2.806	0.024
Cal 22	2.647	0.010
Cal 23	2.550	0.007

Current Day =IF(WEEKDAY(B1)=2,B1-3,B1-1)

Prev Day =IF(WEEKDAY(B4)=2,B4-3,B4-1)

2.460	4.5%
2.426	4.7%
2.419	4.8%
2.448	5.0%
2.430	5.0%
2.430	0.051
2.430	0.051
2.430	0.050
2.430	0.050
2.430	0.050