

Natural Gas

Crude Oil

	Current Day		Prev Day		change	change	Current Day		Prev Day	
	11/27/18	11/26/18	11/27/18	11/26/18			11/27/18	11/26/18		
Dec-18	4.262	4.248	0.014	0.3%			56.760	56.460		
Jan-19	4.292	4.299	-0.007	-0.2%			51.560	51.630		
Feb-19	4.161	4.184	-0.023	-0.5%			51.730	51.800		
Mar-19	3.909	3.966	-0.057	-1.4%			51.890	51.950		
Apr-19	2.871	2.861	0.010	0.3%			52.020	52.080		
May-19	2.749	2.735	0.014	0.5%			52.170	52.230		
Jun-19	2.768	2.752	0.016	0.6%			52.280	52.330		
Jul-19	2.792	2.774	0.018	0.6%			52.380	52.410		
Aug-19	2.787	2.766	0.021	0.8%			52.470	52.480		
Sep-19	2.762	2.735	0.027	1.0%			52.570	52.560		
Oct-19	2.783	2.753	0.030	1.1%			52.640	52.610		
Nov-19	2.819	2.788	0.031	1.1%			52.720	52.660		
Dec-19	2.975	2.941	0.034	1.2%			52.790	52.710		
Jan-20	3.098	3.064	0.034	1.1%			52.810	52.710		
Feb-20	3.044	3.006	0.038	1.3%			52.830	52.720		
Mar-20	2.848	2.829	0.019	0.7%			52.860	52.730		
Apr-20	2.476	2.466	0.010	0.4%			52.900	52.740		
May-20	2.432	2.426	0.006	0.2%			52.940	52.750		
Jun-20	2.489	2.483	0.006	0.2%			52.990	52.770		
Jul-20	2.548	2.542	0.006	0.2%			52.990	52.750		
Aug-20	2.554	2.548	0.006	0.2%			53.010	52.740		
Sep-20	2.536	2.531	0.005	0.2%			53.030	52.730		
Oct-20	2.552	2.548	0.004	0.2%			53.060	52.730		
Nov-20	2.618	2.614	0.004	0.2%			53.080	52.760		
Dec-20	2.783	2.779	0.004	0.1%			53.130	52.780		
Jan-21	2.888	2.884	0.004	0.1%			53.110	52.750		
Feb-21	2.839	2.839	0.000	0.0%			53.080	52.680		
Mar-21	2.713	2.717	-0.004	-0.1%			53.060	52.640		
Apr-21	2.470	2.474	-0.004	-0.2%			53.050	52.600		
May-21	2.438	2.442	-0.004	-0.2%			53.040	52.570		
Jun-21	2.470	2.474	-0.004	-0.2%			53.050	52.550		
Jul-21	2.504	2.508	-0.004	-0.2%			53.020	52.490		
Aug-21	2.521	2.525	-0.004	-0.2%			53.000	52.450		
Sep-21	2.517	2.521	-0.004	-0.2%			52.990	52.410		
Oct-21	2.542	2.546	-0.004	-0.2%			52.990	52.390		
Nov-21	2.608	2.612	-0.004	-0.2%			52.990	52.380		
Dec-21	2.761	2.765	-0.004	-0.1%			53.010	52.390		
Jan-22	2.871	2.875	-0.004	-0.1%			52.970	52.340		
Feb-22	2.827	2.831	-0.004	-0.1%			52.970	52.320		
Mar-22	2.742	2.746	-0.004	-0.1%			52.970	52.300		
Apr-22	2.503	2.507	-0.004	-0.2%			52.980	52.290		
May-22	2.474	2.478	-0.004	-0.2%			52.990	52.290		
Jun-22	2.502	2.506	-0.004	-0.2%			53.010	52.300		
Jul-22	2.533	2.537	-0.004	-0.2%			53.040	52.320		
Aug-22	2.544	2.548	-0.004	-0.2%			53.070	52.340		
Sep-22	2.534	2.538	-0.004	-0.2%			53.120	52.380		
Oct-22	2.553	2.557	-0.004	-0.2%			53.180	52.430		
Nov-22	2.615	2.619	-0.004	-0.2%			53.240	52.500		
Dec-22	2.758	2.762	-0.004	-0.1%			53.300	52.610		
Jan-23	2.868	2.872	-0.004	-0.1%			53.290	52.620		
Feb-23	2.824	2.828	-0.004	-0.1%			53.290	52.590		
Mar-23	2.739	2.743	-0.004	-0.1%			53.300	52.600		

Apr-23	2.519	2.523	-0.004	-0.2%	53.320	52.620
May-23	2.506	2.510	-0.004	-0.2%	53.350	52.640
Jun-23	2.539	2.543	-0.004	-0.2%	53.390	52.670
Jul-23	2.573	2.577	-0.004	-0.2%	53.410	52.690
Aug-23	2.593	2.597	-0.004	-0.2%	53.440	52.720
Sep-23	2.599	2.603	-0.004	-0.2%	53.480	52.760
Oct-23	2.629	2.633	-0.004	-0.2%	53.530	52.810
Nov-23	2.696	2.700	-0.004	-0.1%	53.590	52.870
Dec-23	2.844	2.848	-0.004	-0.1%	53.640	52.920
Jan-24	2.954	2.958	-0.004	-0.1%	53.610	52.880
Feb-24	2.917	2.921	-0.004	-0.1%	53.620	52.890
Mar-24	2.847	2.851	-0.004	-0.1%	53.570	52.830
Apr-24	2.625	2.629	-0.004	-0.2%	53.550	52.810
May-24	2.608	2.612	-0.004	-0.2%	53.560	52.810
Jun-24	2.637	2.641	-0.004	-0.2%	53.590	52.840
Jul-24	2.669	2.673	-0.004	-0.1%	53.590	52.830
Aug-24	2.688	2.692	-0.004	-0.1%	53.610	52.850
Sep-24	2.693	2.697	-0.004	-0.1%	53.590	52.820
Oct-24	2.722	2.726	-0.004	-0.1%	53.610	52.840
Nov-24	2.788	2.792	-0.004	-0.1%	53.680	52.900
Dec-24	2.938	2.942	-0.004	-0.1%	53.730	52.950
Jan-25	3.053	3.057	-0.004	-0.1%	53.650	52.870
Feb-25	3.021	3.025	-0.004	-0.1%	53.660	52.880
Mar-25	2.956	2.960	-0.004	-0.1%	53.630	52.850
Apr-25	2.736	2.740	-0.004	-0.1%	53.630	52.850
May-25	2.718	2.722	-0.004	-0.1%	53.610	52.830
Jun-25	2.747	2.751	-0.004	-0.1%	53.580	52.790
Jul-25	2.779	2.783	-0.004	-0.1%	53.610	52.820
Aug-25	2.798	2.802	-0.004	-0.1%	53.600	52.810
Sep-25	2.802	2.806	-0.004	-0.1%	53.580	52.790
Oct-25	2.833	2.837	-0.004	-0.1%	53.580	52.790
Nov-25	2.899	2.903	-0.004	-0.1%	53.610	52.820
Dec-25	3.051	3.055	-0.004	-0.1%	53.600	52.810
Jan-26	3.173	3.177	-0.004	-0.1%	53.550	52.760
Feb-26	3.140	3.144	-0.004	-0.1%	53.510	52.720
Mar-26	3.075	3.079	-0.004	-0.1%	53.450	52.660
Apr-26	2.850	2.854	-0.004	-0.1%	53.420	52.630
May-26	2.832	2.836	-0.004	-0.1%	53.410	52.620
Jun-26	2.853	2.857	-0.004	-0.1%	53.310	52.520
Jul-26	2.877	2.881	-0.004	-0.1%	53.390	52.600
Aug-26	2.897	2.901	-0.004	-0.1%	53.400	52.610
Sep-26	2.901	2.905	-0.004	-0.1%	53.390	52.600

12 month	3.246	3.238	0.008	0.2%
Bal '18	4.262	4.248	0.014	0.3%
Cal'19	3.139	3.130	0.010	0.3%
Cal'20	2.665	2.653	0.012	0.4%
Cal'21	2.606	2.609	-0.003	-0.1%
Cal'22	2.621	2.625	-0.004	-0.2%
Cal'23	2.661	2.665	-0.004	-0.2%
Cal'24	2.757	2.761	-0.004	-0.1%

52.27	52.29
52.27	52.29
52.27	52.29
52.97	52.74
53.03	52.53
53.07	52.37

24 month	2.964	2.952	0.011	0.4%
36 month	2.845	2.838	0.007	0.2%
48 month	2.789	2.785	0.004	0.1%
60 month	2.762	2.760	0.002	0.1%

Heating Oil

change		Current Day	Prev Day	change	change
change		11/27/18	11/26/18		
0.300	0.5%	1.886	1.893	-0.007	-0.4%
-0.070	-0.1%	1.882	1.887	-0.005	-0.3%
-0.070	-0.1%	1.873	1.879	-0.005	-0.3%
-0.060	-0.1%	1.865	1.871	-0.006	-0.3%
-0.060	-0.1%	1.853	1.860	-0.006	-0.3%
-0.060	-0.1%	1.852	1.859	-0.006	-0.3%
-0.050	-0.1%	1.855	1.861	-0.006	-0.3%
-0.030	-0.1%	1.864	1.870	-0.006	-0.3%
-0.010	0.0%	1.875	1.881	-0.005	-0.3%
0.010	0.0%	1.888	1.893	-0.005	-0.3%
0.030	0.1%	1.898	1.903	-0.005	-0.2%
0.060	0.1%	1.908	1.912	-0.005	-0.2%
0.080	0.2%	1.916	1.920	-0.004	-0.2%
0.100	0.2%	1.921	1.925	-0.004	-0.2%
0.110	0.2%	1.921	1.925	-0.004	-0.2%
0.130	0.2%	1.918	1.922	-0.004	-0.2%
0.160	0.3%	1.908	1.912	-0.004	-0.2%
0.190	0.4%	1.905	1.909	-0.003	-0.2%
0.220	0.4%	1.908	1.911	-0.003	-0.2%
0.240	0.5%	1.912	1.915	-0.003	-0.1%
0.270	0.5%	1.917	1.919	-0.003	-0.1%
0.300	0.6%	1.919	1.922	-0.002	-0.1%
0.330	0.6%	1.919	1.921	-0.002	-0.1%
0.320	0.6%	1.921	1.923	-0.003	-0.1%
0.350	0.7%	1.923	1.926	-0.003	-0.2%
0.360	0.7%	1.927	1.930	-0.003	-0.2%
0.400	0.8%	1.928	1.931	-0.002	-0.1%
0.420	0.8%	1.924	1.926	-0.002	-0.1%
0.450	0.9%	1.916	1.918	-0.002	-0.1%
0.470	0.9%	1.912	1.913	-0.001	-0.1%
0.500	1.0%	1.912	1.911	0.001	0.0%
0.530	1.0%	1.910	1.910	-0.001	0.0%
0.550	1.0%	1.909	1.910	0.000	0.0%
0.580	1.1%	1.908	1.909	0.000	0.0%
0.600	1.1%	1.905	1.905	0.000	0.0%
0.610	1.2%	1.902	1.902	-0.001	0.0%
0.620	1.2%	1.910	1.910	-0.001	0.0%
0.630	1.2%	1.916	1.916	-0.001	0.0%
0.650	1.2%				
0.670	1.3%				
0.690	1.3%				
0.700	1.3%				
0.710	1.4%				
0.720	1.4%				
0.730	1.4%				
0.740	1.4%				
0.750	1.4%				
0.740	1.4%				
0.690	1.3%				
0.670	1.3%				
0.700	1.3%				
0.700	1.3%				

Dec-18
Jan-19
12 Month
Cal 19
Cal 20

Current Day =I
Prev Day =IF(\

0.700	1.3%
0.710	1.3%
0.720	1.4%
0.720	1.4%
0.720	1.4%
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0.720	1.4%
0.720	1.4%
0.720	1.4%
0.730	1.4%
0.730	1.4%
0.740	1.4%
0.740	1.4%
0.750	1.4%
0.750	1.4%
0.760	1.4%
0.760	1.4%
0.770	1.5%
0.770	1.5%
0.780	1.5%
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0.790	1.5%
0.790	1.5%
0.790	1.5%
0.790	1.5%

-0.02	0.0%
-0.02	0.0%
-0.02	0.0%
0.23	0.4%
0.51	1.0%
0.70	1.3%

1.88	1.88	-0.01	-0.3%
1.89	1.89	-0.01	-0.4%

For Market Update

Close	Change
4.262	0.014
4.292	-0.007
3.246	0.008
3.139	0.010
2.665	0.012

F(WEEKDAY(B1)=2,B1-3,B1-1)
WEEKDAY(B4)=2,B4-3,B4-1)