

# Fed-Day Portfolio Checklist

A one-page routine for FOMC week. Confirm your plan, don't react to the headline.

## THE 3-GATE CHECK - ask in order, stop at the first yes

- Gate 1.** Do you need this money within 12 months? If yes, hold it in cash regardless of the Fed.
- Gate 2.** Has your time horizon actually changed? If yes, adjust the plan, not the timing.
- Gate 3.** Is it simply a scheduled FOMC week? If yes, follow your written rule and do nothing.

## THE 4 STEPS - set these once, then leave them alone

- Step 1.** Map your time horizon. Write down when you actually need the money.
- Step 2.** Set a rebalance rule in advance: a fixed calendar (once or twice a year), not the FOMC schedule.
- Step 3.** Hold near-term cash separately. Money needed within a year stays in cash or short-term instruments.
- Step 4.** Log the FOMC date, then do nothing. Next meeting: June 16-17, 2026.

### Remember

The decision is mostly priced in: markets react to the surprise, about 1% per unanticipated quarter-point, not the announced rate (Bernanke & Kuttner, 2005). From 2005 to 2024, \$10,000 fully invested in the S&P 500 grew to \$71,750; missing only the 10 best days cut it to \$32,871. The best days cluster near the worst, so stepping out around a meeting forfeits the rebound.