ADP National Employment Report Preliminary Estimate for March 21, 2026

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APR 7, 2026

ROSELAND, N.J. – April 7, 2026 – For the four weeks ending March 21, 2026, U.S. private employers added an average of 26,000 jobs per week, according to the NER Pulse, a weekly update of the monthly *ADP National Employment Report* (NER).

It was the third straight week of improvement in hiring. These numbers are preliminary and could change as new data is added.

Week ending	Change (Four-week moving average, seasonally adjusted)
3/21/2026	26,000
3/14/2026	15,250
3/7/2026	10,000
2/28/2026	9,000
2/21/2026	14,750
2/14/2026	15,500
2/7/2026	12,000
1/31/2026	11,500

1/24/2026	7,250
1/17/2026	5,500
1/10/2026	4,250
1/3/2026	8,000

The NER Pulse is an estimate of the week-over-week change in employment based on a four-week moving average. These estimates are based on ADP's finely tuned, high-frequency data. The data is seasonally adjusted and have a two-week lag to allow for more complete and accurate estimates of real-time employment trends.

The NER Pulse, including 12 weeks of historical data, publishes every Tuesday at 8:15 a.m. ET, except weeks when ADP Research publishes the monthly National Employment Report which is built on a reference week that includes the 12th day of the month. The press release is available Tuesdays at 8:15 a.m. ET in the ADP Media Center. The NER Pulse is also available shortly after 8:15 a.m. ET on release days at ADP Research and in Main Street Macro.

The next NER Pulse will be released April 14, 2026. For upcoming release dates please refer to the calendar on the NER website.

The *ADP National Employment Report* and the NER Pulse are produced by ADP Research in collaboration with the Stanford Digital Economy Lab.

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To subscribe to monthly email alerts or obtain additional information about ADP Research, including employment and pay data, methodology, and a calendar of release dates, please visit https://www.adpresearch.com.

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