

National Currency Watch 2026-07-31

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
USD	7.7 mg	1.0%	1.6%	-18.1%	-54.7%
CAD	5.5 mg	1.5%	3.0%	-19.2%	-59.6%
EUR	8.9 mg	2.3%	2.5%	-17.3%	-55.9%
JPY	0.048 mg	3.3%	3.1%	-23.7%	-68.9%
CNY	1.13 mg	-0.6%	-1.9%	-13.6%	-57.1%

Digital Token Watch 2026-07-31

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Bitcoin (BTC)	485.84 g	-0.9%	6.5%	-55.5%	-28.7%
Ethereum (ETH)	14.39 g	1.1%	17.7%	-58.7%	-66.7%
Crypto Index (CCi30)	2,746.71 g	-0.4%	3.4%	-61.8%	-75.7%

Bond Watch 2026-07-31

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
US 1-3 Year (SHY)	0.63 g	1.2%	1.8%	-18.6%	-53.3%
US 20+ Year (TLT)	0.64 g	-0.2%	-2.3%	-22.5%	-73.2%

Equity Watch 2026-07-31

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
DJIA	405.42 g	2.1%	1.9%	-2.6%	-31.9%
S&P 500	57.85 g	2.1%	1.6%	-3.2%	-22.7%
Nikkei 225	3.10 g	2.9%	-5.8%	19.6%	-26.7%
Euro STOXX (FEZ)	0.539 g	4.1%	4.4%	-1.2%	-32.7%
HUI	4.77 g	-0.3%	-2.6%	19.2%	2.3%

Commodity Watch 2026-07-31

		Change from			
	Price in Gold	Week ago	Month ago	Year ago	5 Years ago
Crude Oil	0.654 g/bbl	-4.2%	25.4%	0.2%	-48.0%
Platinum	12.56 g/oz	2.6%	5.2%	2.0%	-29.4%
Palladium	9.86 g/oz	2.7%	7.6%	-14.1%	-78.2%
Silver	0.446 g/oz	0.0%	0.7%	30.6%	2.7%
Copper	49.8 mg/lb	3.0%	6.9%	21.9%	-34.8%
Coffee	25.7 mg/lb	6.9%	4.0%	-8.0%	-16.1%
Cotton	6.22 mg/lb	3.5%	11.6%	0.5%	-59.2%